ISSUE 2

# SEPTEMBER NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS

This Issues Highlight: BRIGHT PINK LIPSTICK DAY FUNDRAISER

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## September In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

September has flown by and we have had an action packed month. While I was lucky to take a short break and escape to the beautiful islands of Fiji the team were busy getting it done. Natalie and Rob presented at JAS-ANZ to help promote their health and wellbeing in the workplace initiative, the clinic hosted Bright Pink Lipstick Day with a fundraising bake sale and our Powered by Physio term 3 came to a close.
Please read our ‘Star Patient’ section where one of our amazing Powered by Physio participants tells us why she signed up and how she has found the program.

Happy reading!

STAR PATIENT:

# HELEN MCKENZIE

POWERED BY PHYSIO PARTICIPANT

**Why I signed up:**
I'd been concerned about how sedentary my lifestyle had become over recent years and I felt constantly low on energy. I'm at an age (57) where I'm very aware of the aging process and I worried about the decline of my strength and fitness, and the impact this would have on my retirement years if I didn't do something about it. When I saw the "Powered by Physio" flyer in the tearoom at work it sparked my interest.

**How has Powered by Physio changed your lifestyle?**
The first improvement I felt, after only a couple of sessions, was a lift in my mood. Those initial sessions were hard but it felt good to be back moving and exercising. As I started feeling stronger I wanted to push myself to challenge my body more, and I felt safe in doing so under the guidance of a qualified physiotherapist. The best outcome has been my increased energy.

**Recent results**
I didn't join the program to lose weight but I've found my clothes are now looser, and I can feel long-lost muscles in my legs and arms are definitely returning. Stairs are easier to climb and I now have a spring in my step. I'm also sleeping much better.

**"I've never been a sporty person and being an accountant, I tend to sit at a computer for most of my work day. I'm finding I enjoy the gym sessions after work as it helps reduce stress. I also like that my individual program means I'm not competing with anyone; only myself!"**

# ORIGIN NEWS

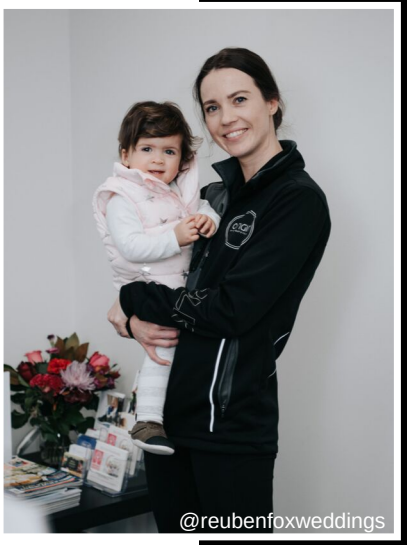
What a wonderful September it's been!
This month Origin was invited to attend JAS-ANZ's Workshop on the 12th and provided their Australian and New Zealand staff with beneficial knowledge for health and wellbeing in the workplace. With two passionate physiotherapists who love what they do and are the best at doing it, we couldn't agree more with JAS-ANZ's choice to have Nat and Rob present at this event!

Origin also hosted Bright Pink Lipstick Day with a fundraising Bakesale. We had many of our wonderful neighbours in Phipps Close come to the clinic and show their support! The donations are going towards Pink Hope, an organisation that raises awareness for breast and ovarian cancer, while also providing personalised support for at risk women.

See Nat's section on women's health for more information!

# Women's Health Corner

**WITH NATALIE D'ROZARIO**




In light of Bright Pink Lipstick Day, which was on the 20th of September, this month's women's health focus will be on breast and ovarian cancer.
Breast cancer is a very common disease, affecting approximately 1 in 8 women by the age of 85. This type of cancer can also occur in men however, this is rare. Ovarian cancer affects 1 in 100 women by the age of 75 years and is the most common cause of death among gynaecological cancers.

In some families, there is an increased risk of developing these types of cancers due to inheritance of a faulty gene, most commonly BRCA1 or BRCA2. Only 5-10% of cases of breast and ovarian cancer are due to either the inherited faulty BRCA1/BRCA2 genes or to other unknown inherited faulty 'cancer protection' genes.

***Figure 32.2:*** *Chance of having breast cancer due to an inherited predisposition. Figure adopted from Gegetic Testin for breast and ovarian cancer risk: Hereditary Cancer Clinic, Prince of Wales Hospital Sydney, Australia, 2004.*

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**How does cancer occur?**
Cancer occurs when normal cells in the body begin to uncontrollably divide. We have ‘cancer protection’ genes that regulate the division of cells and stop them developing into cancerous cells. When mutations occur in these genes, they no longer control cell division well, which can lead to abnormal cell growth and division. In women with the BRCA1 or BRCA2 gene mutations, the breast and ovarian cell growth and division is not as tightly controlled as it is in women with no genetic mutation. It is due to the mutation in these tumour suppressor genes, that women with a BRCA1 or BRCA2 mutation have a increased risk of developing cancer compared to the general population.

- The chance of developing cancer up until the age of 70 years in a woman with a BRCA1 mutation is between 40-80% for breast cancer and between 10-50% for ovarian cancer.
- The chance of developing cancer up until the age of 70 years in a woman with a BRCA2 mutation is between 40-60% for breast cancer and between 10-30% for ovarian cancer.

**What is a strong family history of breast/ovarian cancer?**
A strong family history of breast or ovarian cancer may include one or more of the following:

- Many relatives with breast or ovarian cancer
- A family member diagnosed with breast or ovarian cancer at a younger age, usually before the age of 40
- Relatives who have both breast and ovarian cancer
- An individual with breast cancer in both breasts
- Breast cancer in a male relative Ashkenazi Jewish ancestry as BRCA gene mutations are more common in this population

If you think that you may be at an increased risk of developing breast or ovarian cancer, talk to your GP about being referred to a genetic counsellor, who can help you make an informed decision when it comes to genetic testing.

You can also take the Know Your Risk questionnaire, available via the Pink Hope website, to help you assess your personal risk of developing breast or ovarian cancer. https://pinkhope.org.au/know-your-risk/
To read our director Natalie’s BRCA1 story, click here.

# Class Updates

## POWERED BY PHYSIO

12:00-1:00PM Monday
5:30-6:30PM Thursday

TERM 4 STARTS OCTOBER 14TH.
Registrations open now.

## BUB & ME CLASSES

**POST-NATAL**
9:30-10:30AM Tuesday

**PRE-NATAL**
5:15-6:15PM Tuesday
6:30-7:30PM Tuesday

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