

Have a Go News ACTIVE AGEING LIFTOUT



Masters water polo Gold medal winner Gary Payne (centre) with fellow world champions Terry Mulligan (left) and Harry Neesham - Read more on page 7.

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Message from the Minister for Seniors and Ageing



Mick Murray MLA

AS an older Western Australian myself, I've been privileged to spend time with many

older Western Australians since I became the state's Seniors and Ageing Minister.

I've learnt more about priorities for older people and gained a better insight into how they contribute to their communities, be that as carers, grandparents, volunteers or in the workforce. Older people are also a great source of wisdom and have expertise gained over a lifetime.

I've also learnt more about the important role physical activity plays in the wellbeing of older people.

There are so many benefits of remaining active as we age - and not just for our physical health. Keeping active also helps maintain social connections and improves general wellbeing.

Supporting older people to live well and healthily is a priority for the state government and we continue to explore and create opportunities for seniors to stay active.

In 2017, we supported local governments to try new ways to make communities more inclusive by offering the Age-Friendly Communities Innovation and Implementation Grants Program.

Already, we've seen some great results from this program, with a range of projects making a difference to how older people

can enjoy their communities. Based on that success, the state government has allocated \$100,000 for age-friendly grants this year.

An ongoing state government program to support older people to get out into the community and embrace all life has to offer is the WA Seniors Card. The card is a great way for eligible people to receive discounts on transport and a range of other services, and therefore have better access to more community activities.

I understand that while staying strong and healthy is important at any age, the steps to achieve this can be more challenging as we get older.

This lift-out presents some positive suggestions to help you on your way to a more active, healthy lifestyle.

Mick Murray MLA
Minister for Seniors and Ageing;
Volunteering; Sport and Recreation



Department of Local Government,
Sport and Cultural Industries
Department of Communities

Let's get active

WE hope you enjoy reading our inaugural Active Ageing liftout and it provides you with a reference point to keep.



Research shows that as we get older the more physical activity we undertake, the better the outcome for our health, wellbeing and longevity.

Inside these pages we will show you how exercise is the magic potion for healthy ageing.

We profile a 65-year-old marathon runner, a gold medal winning 70+ water polo player and an 85-year-old who works out at the gym twice a week.

These people are wonderful examples of how you, too, can combine exercise into your life to live longer and stronger. We hope they inspire you.

Also included in the pages are articles about the benefits of dancing, strength-based exercise programs and many opportunities to get you out and having a go!

Research has shown that even if you have a chronic disease, a specially tailored exercise program can help you feel better and we have included an article with tips, advice and information.

Sleep and healthy eating are priorities at any age and there is some great information on these topics.

Whatever your fancy there are myriad opportunities to join in on some physical activity which also provides great social opportunities to expand your friendship base.

For those who would like to join a club or a group tailored for the over 50s our website has a host of information - visit www.haveagonews.com.au/clubs/

Jennifer Merigan
Editor

Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Tonight
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Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

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Exercise is the magic potion for healthy ageing



Resistance training improves health

to the health needs of seniors. This is known as the Living Longer Living Stronger program (LLLS) and at least one health fund (HBF) has seen its benefit in preventing illness and pays member benefits that cover part of the cost of LLLS classes.

An evaluation conducted by Professor Robert Newton of Edith Cowan University

found seniors who participated in the LLLS program for six months enjoyed meaningful improvements in their physical and mental health.

He said the most striking improvements are reduced blood pressure, increased muscle strength and physical function, greater confidence in balance and reduced fear of falling.

The WA government's physical activity task force, Be Active WA, recommends older people should do some form of physical activity, no matter what their age, weight, health problems or abilities.

This should include at least 30 minutes of moderate intensity physical activity on most, preferably all, days, doing a range of

activities that incorporate fitness, strength, balance and flexibility.

Older people who have ceased physical activity, or who are starting a new activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.

Physical activity contributes to an older

person's health and well-being by maintaining strength, balance and mobility, all of which are important for those of us who wish to remain living in their home for as long as possible.

Being active is a great way to reduce the risk of heart disease and it is a lot cheaper and better for you than drugs.

by Frank Smith

FOUR lifestyle changes which can help you live longer – not smoking, eating lots of fruit and vegetables, limiting your alcohol intake and most importantly taking more exercise.

According to Professor David Dunstan of the Baker Heart and Diabetes Institute Australians now spend more time sitting than they do sleeping every day.

Dr Elissa Burton of Curtin University says participating in resistance training on a regular basis (twice weekly) is recommended for older people; yet, fewer than 15 per cent of people over 60 years achieve this level.

Physical inactivity is thought to be responsible for five million deaths worldwide and last year Public Health England listed physical inactivity as one of the top ten causes of disease and disability.

A study by the Black Dog Institute found that as little as one or two hours of exercise a week can prevent depression, while the UK Wildlife trust found that digging ditches and building bird tables in the open air resulted in improved mental health in just six weeks.

Also last year a study

published in the prestigious British medical journal, *The Lancet*, of 130,000 people in 17 countries showed that one in 12 deaths from cardiovascular diseases – heart attack, stroke, or heart failure – can be prevented by as little as 150 minutes of exercise per week.

The study led by Professor Scott Lear of Simon Fraser University in Canada, found that physical activity is associated with a lower risk of mortality and cardiovascular disease irrespective of country, other risk factors, the type of physical activity and whether the activity is for leisure or if it is taken as part of daily transport, at work, or housework.

"Meeting physical activity guidelines by walking for as little as 30 minutes most days of the week has a substantial benefit, and higher physical activity is associated with even lower risks," said Professor Lear.

The study found no ceiling effect and no risks associated with extremely high levels of physical activity.

COTA has made agreements with many gyms in both Perth and regional WA to provide exercise classes at an affordable price tailored

The smallest things can make a big difference.

Want to help someone stay living in their home and connected to their community?

Maybe you'd like to join our team and work with a community organisation that's making a difference to thousands of people's lives every day across WA.

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The importance of getting a good night's sleep



by Frank Smith

NO ONE can live without sleep and getting a good night's sleep is an essential part of remaining healthy.

Curtin University sleep scientist Dr Kim Ward says sleep is as important to good health as eating and drinking.

"Sleep is essential to recuperate physically and mentally each day. Sleep of good quality, duration and timed correctly is important in order to feel refreshed upon waking.

"The average sleep need of adults is about 8.25 hours (ranging from seven to nine hours)," she said.

Older people need

about the same amount of sleep as younger adults, but often they take it in two doses. Around 40 per cent of seniors take a nap of around half an hour in the middle of the day; the over 80s often nap for longer.

Naps contribute to the total sleep but take care not to sleep too long. An afternoon nap may improve night-time sleep, but it may also interfere with sleeping at night. This is often a problem if the nap is late in the afternoon or lasts longer than 15-20 minutes.

Many older people, especially women, take longer to get to sleep at night than younger people and 40 per cent

have occasional bursts of insomnia.

"Sleep quality can be impaired by a range of medical conditions such as pain or sleep apnoea and environmental factors such as caffeine, cigarettes and alcohol. Sleep quality is best when it is timed in synchrony with night since our biological rhythms are geared to rest then," she said.

Sleep scientists have found this is because older people make less of the hormone melatonin that promotes sleep. So they find it more difficult to drop off to sleep. Moreover other factors may interfere with sleep and cause them to awaken during the night.

These include the need to go to the toilet during the night and other medical problems such as arthritis that make it difficult to stay in one position for the whole night.

Many diseases, such as arthritis, osteoporosis, Parkinson's disease, incontinence, indigestion, heart disease and lung diseases such as

asthma or Chronic Obstructive Pulmonary Disease (COPD) can make it harder to sleep. Some sleep disorders are more common in older people, including sleep apnoea and periodic limb movement disorder.

Dementia can make sleep worse. People with these conditions are more confused at night and may wander around the house. Two thirds of nursing home residents have problems with their sleep, especially if there is not enough exercise or interesting activities during the day.

What to do about insomnia:

Establish a routine. Try to go to bed and get up at the same time each day. An alarm clock can help with this. Avoid sleeping in, even if you have had a poor night's sleep and still feel tired. If you happen to wake early, think about getting out of bed and starting your day.

Use the bedroom only for sleeping and sex. Don't allow a TV or computer in the room.

Avoid food and alcohol just before bedtime and especially bright lights, which suppress melatonin. Create a wind down routine of dim lights and possibly a warm drink.

If you can't fall asleep after about 30 minutes get up, go to another room and do something quiet and restful in dim

light like reading a book. Avoid your computer, mobile or TV. When you start feeling tired, go back to bed. If you still can't fall asleep, get up again.

Dr Ward said sleeping tablets are safe to use occasionally but they don't deal with the root cause of insomnia and can become addictive.

However doxylamine, sold over the counter by pharmacists claims to be non-addictive, but again should only be used for short periods.

"Sleeping tablets are not a long term solution but use them when you need to, for example when doing shift work or during periods of grief or stress.

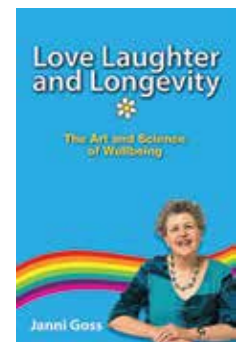
"I limit caffeine after midday and drink camomile tea which seems to have a calming effect. Valerian is also sold as a herbal remedy for sleeplessness and is good for some people."

As with most herbal remedies there is little research to confirm their efficacy.

"Melatonin peaks just before you are ready to sleep. Melatonin tablets may help with jet lag. I took them on a recent trip to a conference in New Zealand and felt fresh and awake when I arrived," she said.

For more information contact your GP or the Sleep Health Foundation www.sleephealthfoundation.org.au.

Laugh for longevity



LAUGHTER is one of the most accessible, cost-effective strategies to reduce stress, boost the immune system and contribute to health and wellbeing.

Stress is implicated in 75-95 per cent of diseases according to the Mayo Clinic. Inviting more laughter into your life reduces the stress hormone, Cortisol and replaces it with a feeling of wellbeing and relaxation with a D.O.S.E. of happy hormones - Dopamine, the pleasure hormone, Oxytocin - the bonding hormone, Serotonin - the mood hormone, and Endorphins - which help us feel good and relieve pain.

The easiest way to get a medicinal dose of laughter is to attend a Laughter Club and join in on Laughter Yoga. A combination of hand-clapping, deep breathing and playful laughter exercises turns intentional laughter into the real thing. Members of LaughWA Inc are available to visit any group, club or organisation to introduce them to the joys of Laughter Yoga. Much research has documented the benefits of laughter, so please visit www.laughwa.org.au to find a Laughter Club near you.

In her book, *Love, Laughter and Longevity - The Art and Science of Wellbeing*, Janni Goss, president of LaughWA, shares many strategies to outsmart stress, enhance your health and wellbeing, increase your enjoyment of life and contribute to healthy longevity. www.lovelaughterandlongevity.com

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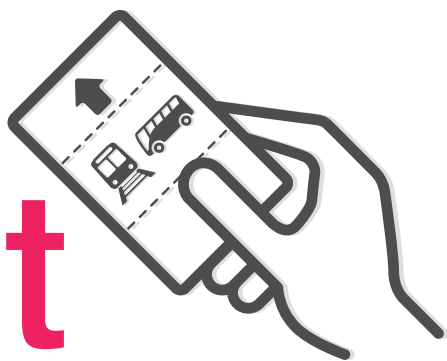
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Eileen Newby knows how to run the distance



Eileen Newby

special for me and I have a lot of support from my family, school and hockey friends there, although they find my marathon running amusing," she said.

Eileen says running marathons is a personal challenge and it does require discipline.

"You cannot just go out and run a marathon, there is discipline required to get up early and train even when you

do not feel like it," she said.

Her advice about training is that when you don't feel like training it's best not to think about it and just get out there and do it.

One of the benefits of running means that she can eat and drink whatever she wants.

"I am hopeless at dieting. Running means I can eat Christmas cake which I love all year

round and enjoy a wine or two without thinking about my weight," she said.

As a fulltime accountant she loves her work however she works inside all day and running means she gets to go outside and enjoy our beautiful city.

"Kings Park is a special place for me and I love running in the hills past all the beautiful gardens. The plants seem

to smell different every week," she said.

This active woman enjoys watching sport, both live and on television, gardening, reading, live theatre and the orchestra.

She now takes a day off a week to look after her first granddaughter, who is 15 months old and she says that she has a secret plan to train her to run with her.

Not one to sit still Eileen has just taken up

kayaking which she says is relaxing and fun and allows her to go to some places which you cannot reach by road or foot.

This 65-year-old power house doesn't believe age is any barrier to being healthy and strong and her advice for readers...

"Get up and go for a walk, once you are fit try a little 10 step jog... going faster means you will see more things."

by Jennifer Merigan

FITNESS has always been a part of Eileen Newby's life.

In her 20s she played hockey, tennis and squash. Running was part of her training for these activities.

When she was in her 40s, her youngest daughter wanted to run the four kilometre City to Surf and so she accompanied her. This started her back into running.

Her daughter abandoned running for horses, but the following year Eileen decided to run the 12 km section for a personal challenge and for the last 20 or so years she has run most City to Surfs and various other events in Perth.

Four years ago, she said she was starting to get a little cross at these events with walkers and strollers ending up in front of the runners and she noticed that the half marathon and marathon runners had their own area, so she decided that the next year she would run with them.

After nailing the half marathons and approaching 62, Eileen told

Have a Go News that she had always had the thought at the back of her mind to run a marathon.

"It was clear time was not on my side and some urgency was required if I wanted to commit to stepping up to this distance. I downloaded a training program and followed it and I ran my first marathon at 62 years of age," she said.

"I thought it would be like running two half marathons, but it was very different, it took me just over five hours and it was very challenging.

"I was very sore at the end and it took me about three weeks to fully recover, however I was hooked and with a few tweaks in training the next year I ran the Sydney marathon at a faster time and attended a family party the same night and wasn't sore at all.

"I am now four weeks into training for the Auckland marathon to be held at the end of October and my daughter and son-in-law will run this one with me.

"Auckland is my home town, so it will be very

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Unit 1/10 Hughie Edwards Drive, Merriwa

Taking to the dance floor for fun, fitness and health

by Josephine Allison

ACROSS Perth on any given day older people are taking part in all kinds of dance from ballroom to ballet, square dance and Zumba. It's an exercise which has lasting mental and physical benefits, as well as the pleasure of social interaction and making friendships.

According to Adam and Linda Penn who run Top Hat Enterprises, sev-

eral medical studies suggest that dancing is the best form of exercise.

"In its many different forms, dance can assist to preserve agility and strength and ward off many of our most feared and disabling conditions of getting older," Linda said. "Ballroom, Latin and sequence dancing have been noted in numerous studies, along with many anecdotal observations, to have health and well-

being benefits, that are simply astounding.

The Penns say the practice of learning new and different sequences or routines that need to be committed to memory, can help create new pathways in the brain, keeping it active and, in some ways, creative, effectively exercising and strengthening it.

Add to this the actual physical activity of taking part in dance, and par-

ticularly the advantage of cardio exercise which helps with circulation and breathing.

"Dancing requires movement of the dancer to music, in time to the beat or rhythm and, in some cases to the melody," Linda said. "This is a daunting task for some but when we add the challenge of a partner, with whom you must work and compromise to achieve the desired

end, this can lead to many fabulous benefits. While disagreements and sometimes arguments can happen, the fun and laughter often seen is priceless."

The Penns say exercise can become more difficult as people age and bodies do not work as well as they did. Ballroom dancing is flexible enough to suit anyone taking part, from the high energy of Latin to



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the gentle and graceful movement of ballroom and New Vogue-sequence dance.

It covers cardio, muscle strength (weight bearing exercise), mind-body coordination, brain activity, balance exercises and social interaction which is why dance has been cited in many Australian and overseas studies as the best form of exercise for older people.

"Whether you look at it from a solo stance or in the case of line dancing, Zumba, Prime Movers, simply boogying in your living room, or you take the leap to learn or take part with a partner, the delight and freedom of moving to music, holding someone special in your arms and creating flight and rhythm is a sensation and feeling you can only know if you dance."

Jenny Clare, of Jus' Dance, who runs dance classes for all ages, said dance offered the chance to meet new people and have fun with others learning dance steps.

"It is co-ordinated exercise to music which is good for dementia and other degenerative diseases," she said. "People also improve their social skills by interacting with others and meeting new friends. They can also encourage others to take part in activities outside dancing."

Steve Lockwood, of the Square Dance Society WA, said many people were looking to square dance for fitness as well as fun and friendship.

"They keep hearing they should walk more to exercise their body and stimulate their mind but they want something that also keeps them happy. Square dancing does this and much more. It's like a breath of fresh air as a way of warding off many bad habits such as hibernating in front of the television."

"Square dancing is all about walking and moving to the instructions of a caller. People start with simple easy-to-follow moves and gradually introduce more challenging ones. Before they know it they have mastered many interesting dance routines."

"All the square dance moves are in English so you can square dance anywhere in the world... why not dance your way around the world?"

Mr Lockwood advises watching YouTube videos by searching 'Square Dance Keeps You Young,' or 'Square Dance ABC' or why not try square dancing at one of the local clubs. These venues are listed on national web pages www.squaredance.org.au. Both singles and partners are welcome.

For more information call Steve on 9243 1200 or 0419 900 441 or free call 1800 643 277.

For the ballet inclined, WA Ballet offers Ballet Basics, a five-week course for people who want to enjoy ballet. No experience is needed and during the course those taking part will build on previously learnt content.

The company also offers 20 classes a week catering for adults of all levels and abilities. Visit waballet.com.au/learn/adult-dance-classes. The company also has Open Friday when the public can view classes at the WA Ballet Centre in Maylands. For more information: info@waballet.com.au

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NEWS
www.haveagonews.com.au

Never too late to realise your dreams and earn a gold medal



Gary Payne

by Brad Elborough

DREAMS don't have to fade away just because you get a few extra grey hairs.

Just ask Gary Payne. He's been playing water polo for 55 years; since he was a 15-year-old splashing around in the Swan River in Guildford.

And last year he finally reached the top of the sport he has dedicated so much of his life to, when he was a part of the gold medal winning team at the FINA World Masters Championships in Budapest, Hungary.

It was the inaugural competition in the 70-plus age group and the Perth Cockatoos pinched a last-minute six-five win against the highly fancied Blue Thunder from the US.

The Cockatoos may have had four-times Olympian and water polo icon Tom Hoad in their team, but the Blue Thunder team was full of Olympians and world champs.

And now Gary and his

teammates are world champions themselves.

It was the chance to win as a team that got Payne involved in the sport from the beginning.

"I started as a swimmer, but if I was going to make a final, I was happy," he said.

"I was never going to win a gold medal or go to the Olympic Games.

"A water polo coach from Hungary was hanging around looking for young blokes. He looked at me and the size of my hands and said 'you're big enough'.

"I liked the idea of 11 people winning gold medals together, not just one."

Gary's early playing career was far from disgraceful. He made the state side – as A reserve, not in the starting seven.

He played A-Grade for a decade, won a few state championships, but could never crack it in to the national team.

Then he switched to refereeing.

Gary's time in the sport – in the pool, on the sidelines, in committee rooms and wherever else he has had his hands assisting has seen him recognised on many honour boards.

He's hardly diverted his attention elsewhere. He had a crack at rugby league when he was younger only to have his nose straightened out a few times. And work at Barrow Island dragged him away from the pool for a while also.

But at 70 years of age, he is still going strong – and with that gold medal finally around his neck.

The local Perth water polo competition for seniors is also going strong.

It has four divisions, with around 100 men and women playing.

The Cockatoos are an amalgamation of players from a number of clubs who spend each week kicking and belting one another – but then joined forces for the greater good.

And they worked hard together to get the result.

"Before the World Championships we trained six days a week.

For six months prior, it was four days a week," Gary said.

"We practiced against the younger guys – the 60 and 65-year-olds – who kept us on our toes.

"We had to maintain our fitness. We have a couple of good coaches and we kept learning. You should never stop learning in any game you play.

"Now, the grandkids hate me because I have a gold medal."

Gary says the low-profile Olympic sport of water polo is still attracting new players, even up to and beyond the age of 50.

"People get bored swimming up and down the pool," he said.

There are many rugby and Australian Rules players who like to play for fitness during the off-season also.

He says that anyone who can swim can be

taught how to play water polo, and they don't need to be super quick either.

But anyone coming to the sport, even in their older years, should be prepared for a little argy-bargy.

"Yeah, that still happens," Gary said. "But as you get older, you don't mend so quickly, so you don't give out as much as you're gonna get back. There's a little bit of holding bathers and

holding arms. "We're not as strong and not as fit. But you don't get damaged, like ligaments and knee joints."

So if that doesn't sound too bad, it might not be too late for you to become a world champion, just like Gary is.

Contact Water Polo Western Australia – Visit waterpolowa.asn.au/, call 9387 7555 or email info@waterpolowa.asn.au

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Black Swan Health helps you to achieve these benefits through tailored and supported physical activity.

Evidence shows that regular physical activity reduces your risk of chronic diseases, preserves your physical and cognitive function and boosts your energy levels, along with many other benefits.

Our Exercise Physiologists are specialists in developing **individualised exercise plans** that suit your physical needs, goals and lifestyle.

We also hold **small group exercise classes** every Tuesday* and Thursday* in Osborne Park, led by an experienced Physiotherapist to optimise your workout in consideration of physical conditions.

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Call Black Swan Health on 9201 0044 to improve your health & wellbeing today



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Joondalup | Osborne Park | Midland | Fremantle



Have a Go News Active Ageing Liftout
See page 8 of this guide to locate a
Living Longer Living Stronger™
provider near you...

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STAY ACTIVE!
Classes range from beginners to intermediate.
No partners required.
Private lessons available

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UPDATED DAILY

Have a Go News ACTIVE AGEING LIFTOUT

Living Longer Living Stronger program providers

Tier 1 – Providers include accredited exercise physiologists or physiotherapists who work directly with people who have a chronic illness or rehabilitation requirements.

- Attadale - Attadale Physiotherapy Centre 9317 4777
- Augusta - Augusta Recreation Centre 9780 5621
- Balcatta - Bounce Physiotherapy 9344 7476
- Bedford - Exercise for Life 9371 8563
- Bentley - Curtin University Physiotherapy Clinic 9266 1717
- Bullcreek - Revolv Heath (at Definition Health Club) 9313 5125
- Bunbury - Maximum Results Exercise Physiology 9792 4179
- Canning Vale - REPS Movement 6258 5822
- Claremont - Essence Lifestyle Changes 9386 8588
- Coogee - Coogee Beach Fitness Club 9418 4227
- East Fremantle - REPS Movement 9319 8355
- Joondalup - ECU Vario Wellness Clinic 6304 3444
- Mandurah - Accelerate Health and Wellness 9583 4655
- Margaret River - Margaret River Recreation Centre 9780 5621
- Merriwa - Seaside Exercise Physiology 0497 065 883
- Wangara - The Health and Fitness Centre 9409 3033

Tier 2 and Working Seniors Tier Providers are accredited fitness professionals who have also completed the compulsory Living Longer Living Stronger™ Instructor Training Course.

Working Seniors' Tier is now available at most Tier 2 Providers – providing an expert level assessment and safe gym program for those unable to attend regular session times.

- Augusta - Augusta Recreation Centre 9780 5621
- Armadale - Armadale Arena 9394 5840
- Bassendean - Jetts Bassendean 6278 2799
- Beechboro - Altona Park Leisure Centre 9377 6181
- Bedford - Exercise for Life 9371 8563
- Belmont - Belmont Oasis 9277 1622
- Bridgetown - Bridgetown-Greenbushes Recreation Centre 9761 2966
- Cannington - Cannington Leisureplex 6350 7300
- City Beach - Bold Park Aquatic Centre 9385 8767
- Cockburn - ROAR Fitness 9468 7778
- Collie - Roche Park Recreation Centre 9734 4388
- Denmark - Denmark Recreation Centre 9848 2044
- Donnybrook - Donnybrook Recreation Centre 9731 1822
- East Perth - Stadium Fitness 0434 233 382
- East Victoria Park - Leisurelife Centre 9373 5450
- Ellenbrook - Jetts Ellenbrook 9296 7042
- Falcon - Anytime Fitness Mandurah South 9534 4495
- Forrestfield - Hartfield Park Recreation Centre 9359 1700
- Halls Head - Halls Head Community and

Cultural Centre 9729 3311

- Kalgoorlie - Eastern Goldfields YMCA 9021 1035
- Kelmscott - Genesis Health Club 9390 4900
- Kwinana - Kwinana Recquatic 9236 4700
- Mandurah - Mandurah Aquatic and Recreation Centre 9550 3600
- Margaret River - Margaret River Recreation Centre 9780 5620
- Melville - Leisure Fit Melville 9364 0800
- Merredin - Merredin Squash and Fitness 9041 2381
- Merriwa - Seaside Exercise Physiology 0497 065 883
- Midvale - Swan Park Leisure Centre 9250 2120
- Morley - YMCA Morley Sport and Recreation Centre 9375 3529
- Mt Barker - Mt Barker Recreation Centre 9851 2122
- Mundaring - Club Sierra 9295 1426
- Narrogin - YMCA Narrogin Regional Leisure Centre 9881 2651
- North Lake - Lakeside Recreation Centre 9310 7700
- Northam - In-Balance Fitness 9622 5335
- Pinjarra - Shire of Murray Recreation Centre 9531 2000
- Rockingham - Jetts Rockingham 0414 287 060
- Riverton - Riverton Leisureplex 9231 0930
- Thornlie - City of Gosnells Leisure World 9251 8700
- Wangara - The Health and Fitness Centre 9409 3033
- Warnbro - Aqua Jetty Rockingham 9593 9999

COTA WA celebrates Active Ageing

The winners of the WA Senior Awards 2017 are great examples of positive and active ageing



WA Seniors Awards
Metropolitan Juniper Lifetime Achievement Award Winner
Philip Paddon

Phil Paddon has volunteered for more than 15 years, encouraging older people to remain active as they age. He is vice president of the Seniors Recreation Council of WA, runs annual events for the Square Dancing Association of WA and stages country music concerts.



WA Seniors Awards
Regional Juniper Lifetime Achievement Award Winner
Lesley Balinski

Lesley Balinski is actively involved in working with the diverse community in Katanning. She tutors English, helps new arrivals settle in the town, and advocates for them as part of the Katanning Multicultural District Health Advisory Council. She also works closely with the town's young people, organising events, drama workshops and teaching ballroom dancing.

Keep active for good health and happiness – Join the Living Longer Living Stronger™ program which promotes active ageing for people aged 50 and over.



For information contact COTA WA | The Perron Centre, 61 Kitchener Avenue, Victoria Park | Ph: 9472 0104 | w: www.cotawa.org.au

Active ageing at 85



Marguerite Petit

by Jennifer Merigan

MARGUERITE Petit says that you have to keep moving and on the go as you get older to stay strong and healthy.

With four children, 13 grandchildren and nine great grandchildren she is a wonderful example of active ageing.

At 85 years old Marguerite has been participating in the Living Longer Living Stronger program at

Swan Park Leisure Centre for 10 years. This is a specially designed exercise program for the over 50s.

It concentrates on progressive strength training which has proved to have a huge impact on wellbeing and improved quality of life for older adults.

The Living Longer Living Stronger program provides safe, fun and personalised sessions in

approved facilities by expert trainers.

Marguerite said that she decided to start the program as she was suffering from the effects of arthritis and was taking a lot of medication.

"I don't like taking medication and this program has really helped my arthritis and reduced with my aches and pains," she said.

Marguerite says that she wished she had started the program earlier.

"As you get older I find that the stretching is one of the most important activities to keep doing, it makes a big difference to how you feel every day."

She attends the classes twice a week and says she now rarely takes any medications.

"About four years ago I had a fall and broke my femur, it took me about a year to really recover but I came back to the program and it really made a difference.

"I like coming to Swan Park as the instructors are really good and we have a lovely group of about 25 people who attend my sessions and we all get along so well.

"Sometimes I think I

won't go to a session, but I push myself because it makes such a difference to how I feel so I try not to miss any.

"I have made some great friends through the program and after the sessions we enjoy a coffee and a chat," she said.

Marguerite's advice to other people is to 'come and exercise' it will change your life.

A full list of Living Longer Living Stronger providers can be found on page 8 in this liftout.

Stay active and sharp

REDUCE your risk of developing dementia related diseases.

The introductory Stay Sharp Program is an eight week course for the over 55s introducing people to the basics of eccentric exercise coupled with cognitive exercises and memory sessions.

Professor Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises and will again teach the sessions this year.

Dr Jenny Brockis (*The Brain Fitness* doctor and renowned author) has committed her valuable time to develop the cognitive and memo-

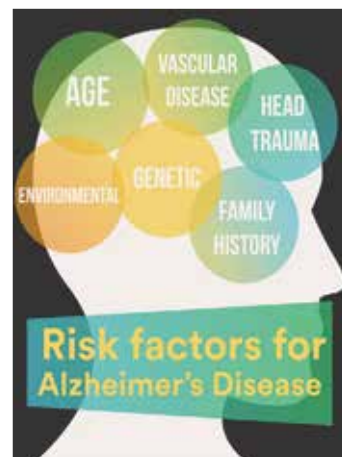
ry component of the program in a mission to keep brains active.

The physical and cognitive aspects complement each other perfectly and have proven enormously beneficial to all participants.

Are you ready to start making a simple change and enjoy the benefits of the Stay Sharp Program? Prevention is better than cure.

The next course of the popular and beneficial Stay Sharp Program begins on Thursday 19 April at 9.30 am.

For more details and how to register ring 6558 1833 or refer to the advert on page 2 in this liftout.



ALZHEIMER'S PREVENTION CLINIC

It is believed that up to 30% of Alzheimer's disease may be preventable by modifying lifestyle factors such as exercise, social activities and healthy diet.

If you believe you may be at risk of Alzheimer's disease and would like further information, please email alzheimersprevention@ndr.org.au

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Disorders
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Neurodegenerative Disorders Research Pty Ltd
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Phone: 9481 6293

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Call Jan Pagonis on 0422 101 636 for your personalised tour and live the active life in retirement **The Green** - a Fairway Village - Lakelands Country Club and Golf Course - Clubhouse Lane, Gnangara

www.fairwaythegreen.com.au



Care Partnerships
Australia



A service for people living with a diagnosis of dementia or cognitive impairment and their carers.

Consulting hours: Monday, Tuesday, Wednesday 9am-5pm, Thursday, Friday 9am-7pm and Saturday 9am-8pm. Closed Sunday

Phone 0451 763 930 www.careptyltd.com
PO Box 2294 Marmion WA 6020



WHEN LAST DID YOU HAVE A SKIN CHECK?

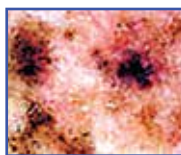
Can you spot the difference?

- Your skin is the largest organ of the body.
- Melanoma kills more people than many other Cancers in Australia and early detection is the only way to offer the best prognosis.
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DR SHENG CHAO MBBS (UWA) FRACGP
Certificate in Skin Cancer Medicine (SCCANZ)
Member of Skin Cancer College of Australia & NZ
Diploma in Aesthetic Medicine (AAAM USA)



To book an appointment at the **WA Skin and Vein Clinic** call us today on 9203 6111
Unit 7, 26 Dugdale Street, Warwick
www.skinveinclinic.com.au

Exercise is good for you - medical problems are no excuse



Participants working out to improve fitness and mobility

by Frank Smith

THERE are no medical conditions where at least some exercise is

not helpful.

Dr Elissa Burton research fellow at the School of Physiotherapy and Exercise Science at

Curtin University advises speak to your doctor before starting an exercise program, especially if you haven't exercised recently.

"I'd be surprised if he or she did not recommend some exercise appropriate to the condition.

"If, like more than 50 per cent of seniors, you have osteoarthritis building up your strength is important. You need to develop muscles to support your damaged joints. Exercise in water, for example aquarobics and swimming, will

help reduce pain and improve your stability."

Stability is important to reduce the risk of falls.

"Increased fitness improves the well being of people with rheumatoid arthritis (RA). As with osteoarthritis it is important to reduce the stress on your joints. Exercise in water takes pressure off joints and so do strengthening exercises.

"If you are diagnosed with RA you will need to make lifestyle changes. You can't expect to feel better from a short course,

it takes many months," she said.

Check with a health professional at first. Start at low level and then build up.

Asthma is no excuse not to exercise. Research shows asthmatics can tolerate activity well.

"Many people over 75 have undiagnosed asthma and think their wheezing is due to being overweight or other causes. So get it checked out. Modern drugs usually give good control of asthma.

"Various forms of heart disease are the biggest killer in Australia. Exercise by walking, cycling or swimming to increase your heart's function and capacity to help ward off attacks.

"The benefits far out weigh any risk," she said.

"Increased age is no limitation to exercising. Start at a low level and work up. Include strength building and balance exercises at least twice a week, and practise squats, getting up from a chair without using your hands routinely," said Dr Burton.

Jess Ellison chief operations officer of the Life Ready Group said the Group has entered into a partnership with the COTA Living Longer Living Stronger (LLLS) program.

"We started up as a physiotherapist in Yokine nearly seven years ago with the aim of being different from traditional physiotherapy practices. We planned inviting premises, transparent treatment plans, and to be upfront about costs.

"Our group provides LLLS classes at ten different locations to provide for older people with a medical condition.

"We start off with a one-to-one assessment with a physiotherapist to draw up an exercise program appropriate to the client's medical condition.

"Every class is conducted under the supervision of a medical professional.

"Exercise is for everyone. All clients can exercise after they have been assessed. Classes include community group style exercises that are goal oriented, with emphasis on balance and strength to prevent falls. It includes squats to ensure clients can lift themselves off the toilet seat without having to ask for help."

Ms Ellison said they also planned to partner with client's GPs with the aim of giving a whole round service to participants.

Exercise ensure clients remain independent as long as possible.

"It's a case of use it or lose it," she said.

Seniors Recreation Council of WA Inc

ROCKINGHAM BRANCH

Have a Go Day 2018
a LiveLighter Event

FREE activities and information day for over 50s
Complimentary tea, coffee and water available

A fun day of activities, music, dancing, food and information sites specifically for seniors.

Wednesday 18 April

Aqua Jetty

Warnbro Sound Avenue, Warnbro

10am-2pm

For information please contact:

Valma 9527 6660 or Carol 0412 715 172



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Living Stronger
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\$70 Value!

Throughout March we are offering free trial classes and will also waive the \$60 initial fitness assessment fee.

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P: 9385 8767 | E: bpac@cambridge.wa.gov.au
W: cambridge.wa.gov.au/bpa

Town of Cambridge

New therapy for soft tissue injuries

PLATELET Rich Plasma therapy (PRP therapy) is a growing treatment approach for soft tissue injuries including tendon, muscle and ligaments.

Good results have also been seen in cases of mild to moderate osteoarthritis.

PRP is now performed on-site at the Kingsley Family Practice under ultrasound image guidance by experienced physicians.

PRP injections, using the patients' own blood platelets, aims to stimulate the healing process by delivering platelets directly to the site of injury.

This relatively new treatment promotes the regeneration of soft tissue and stimulates healing within the body without the risks and extended recovery time often associated with surgery.

For further information contact Kingsley Family Practice on 9342 0471.

Refer to advert on page 4 of this liftout.



By your side on your dementia journey

We understand that a diagnosis of dementia can be very difficult, that is why for over 35 years Alzheimer's WA has been there for Western Australians living with dementia.

We are here to make your life easier, to help you adjust to the changes you face and support you to live well with dementia.

Our services include:

- » Dementia specialist advice, planning and support
- » Services in your home, in the community or from one of our dementia specialist households providing day and short stay respite

Further information

If you would like to learn more about our services or speak with someone about your situation, please call **1300 66 77 88** or visit alzheimerswa.org.au

alzheimer's wa
the dementia experts



Saving money on your fruit and vegetables is easy

WE all know that fruit and vegetables are great for us, but did you know they can also be better on the hip pocket?

Here are Livelighter®'s five ways to save money by being a smart fruit and veg shopper.

Canned and frozen are often cheaper. Produce for freezing and canning is processed immediately after harvesting, sealing in nutrients. Look for no-added salt canned vegies and fruits canned in juice.

Compare cost per kilo. Check the price difference between loose fruit and vegies,

compared to packaged product. For example, loose spinach leaves (\$17/kg) vs pre-packed (\$2 for 60g = \$33/kg). Pre-bagged apples are often smaller and cheaper though. Be sure to check cost per kilo to find the best value.

Plan your shop around seasonality. The price of fresh fruit and vegies can fluctuate based on supply and demand. Fruit and vegies are at the lowest price in season. They are in greatest supply, freshest on the market, packed with nutrients and when flavour is at its best.

Make veggies the hero of a meal. Vegetables usually come in at around \$2 - \$10/kg. This is a lot cheaper than meat, which often takes the centre-stage at dinner time. Even giving a few meals a week a vego twist can make a big difference.

Check the specials. Use the catalogues and online shopping for specials that can help cut down your fruit and vegie grocery bills. Use this to help plan your weekly menus and shopping.

For more great shopping tips and recipes visit www.eatbrighter.com.au.

Take this simple step to stay healthier for longer

YOU don't need a magic pill to lose weight, improve your sleep, feel better, boost your confidence and slow the cognitive effects of ageing. All you need is this simple and natural solution that is often underestimated – regular exercise.

As little as 15 minutes of aerobic exercise a day can significantly improve your mental and physical health and even more benefits can be gained from the recommended 30 minutes per day. You should include exercises to improve strength, flexibility and balance into your regular physical activity, to maintain your physical abilities.

Exercise physiologist at Black Swan Health, Rachel Jeffrey, believes that staying physically active at any age is easier than you think.

"Choose a physical activity you enjoy and can do regularly," she says. "Getting a friend or partner to join you will help keep you accountable."

Daily walks with a partner or joining a social exercise group could be just what the doctor ordered. Regular exercise has been proven to reduce your risk of diabetes by 19 per cent, dementia by 14 per cent and significantly reduce your risk of other chronic diseases.

If you have mobility issues or have been inactive for a while, you can find adapted ways to exercise regularly with the help of an exercise physiologist. You can also join tailored exercise classes, like Black Swan Health's physiotherapist-led group exercise program, where you can access support from an experienced professional in a social environment.

Call 9201 0044 or visit www.blackswanhealth.com.au to find out more about how these services can help you to improve your health and wellbeing with regular exercise.

Well deserved honour for Prime Mover's Wenda Packard



WENDA Packard (pictured above) with Annette Barrow and Alice Cummings began the movement to music group for older adults Prime Movers in 1986.

Prime Movers is a structured exercise class to music which includes stretching, low impact aerobics and muscle work all carried out in a friendly environment.

Every *Have a Go Day* the group perform demonstration classes. The organisation now has more than 5000 members with many classes held across the metropolitan area.

It is a popular form of activity for both men and women aged over 50.

This year founding

vice president, chief instructor and principal examiner of Prime Movers Wenda Packard was honoured with a Medal (OAM) Order of Australia in the general category for her long term commitment and services to the organisation.

Have a Go News extends its congratulations to Wenda for her dedication and commitment to the organisation over the many years.

She certainly is a fine example of Active Ageing!

New prostate care centre opens in Joondalup

PROSTATE Care Centre (PCC) in Joondalup is a specialist medical service that brings together a network of dedicated specialists and allied health professionals in a world-class model of excellence.

Integral to the new centre is prostate cancer specialist nurse Julie Sykes whose position, a first for Perth's northern suburbs, is funded through the generous support of the Prostate Cancer Foundation of Australia (PCFA). PCFA launched the Prostate Cancer Specialist Nursing Service in 2012 and Julie joins the 45 existing specialist nurses who are currently working in hospitals across Australia.

"Being diagnosed with prostate cancer can be a devastating blow to men and their families. Understanding the diagnosis, treatment options and processes can also be difficult to navigate for many."

"My role is to work with the patient, his family, and the medical team in a supportive capacity right from the moment of diagnosis to ensure that the diagnosis, treatment options and treatment plan are understood."

"I assist with all aspects of care coordination including access to other relevant services," said Ms Sykes.

Prostate cancer is the most commonly diagnosed cancer in men and responsible for close to 3,300 deaths each year in Australia. The Prostate Care Centre, a collaborative initiative between GenesisCare and Perth Radiological Clinic, focuses on providing men with the latest diagnostic and treatment advances to ensure the best possible outcomes.

The Prostate Care Centre is located on level 2 at Shenton House, 57 Shenton Avenue (opposite Joondalup Health Campus).

Consultation with the prostate cancer specialist nurse is available free of charge to all men diagnosed with prostate cancer living in the Joondalup or Wanneroo shires or undergoing treatment at Shenton House.

More information can be obtained by contacting Julie Sykes on 08 9400 6271 or julie.sykes@genesis-care.com.au



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When it's your

LIFE

expertise matters



Genesis CancerCare specialists are sub-specialised and use their extensive expertise to deliver the best possible results. Because your future is our focus.

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