

Dear

Thank you for your enquiry, it has been passed on to the Cancer Information and Support Service here at Cancer Council Victoria. I am sorry to hear that your sister with diagnosed with lung cancer, I can only imagine what a shock this must have been for you and your family. I hope that you have all been receiving some support during this difficult time. I am glad that you thought to contact us for some further information regarding your sister.

Firstly, it is important to note that if you haven't already, that we would strongly encourage your sister to have a further conversation with her General Practitioner (GP) or specialist about the pain that she is experiencing. It may be that her pain relief needs to be reviewed, or indeed she may need to commence some pain relief for a short period of time to assist her. There are many different pain-relieving medications on the market, and it is important to note that it may take some time to find the right pain relief for your sister. It is important however for your sister to have that conversation with her GP or specialist so they can hopefully decrease your sister's pain which she also may feel weak from, as she is suffering from pain.

A booklet that you may find of some assistance is called 'Overcoming Cancer Pain'. The booklet may give you and your sister some useful information to help both of you understand pain and manage it with different treatments. This booklet does not replace good communication between your sister and the health professionals caring for her. The booklet does not need to be read from cover to cover, just read the parts that are relevant to you and your sister. The link to the booklet is here:

<http://www.cancervic.org.au/downloads/resources/booklets/Overcoming-Cancer-Pain.pdf>

The other booklet that you both may find of assistance is called 'Nutrition and Cancer'. This booklet has been prepared to help you and your sister understand more about nutrition, and to provide information about eating well during and after cancer treatment. We cannot give advice about the best diet for your sister; however, we hope this information may answer some of your questions and give you some additional information to assist your sister. The link to the booklet is here:

<http://www.cancervic.org.au/downloads/resources/booklets/nutrition-cancer.pdf>

I also wanted to let you know about the other sorts of programs and services that we offer to people and their families and loved ones who are affected by cancer. Our programs aim to support people practically and emotionally, but we also aim to ensure people have access to evidence-based information relating to their diagnosis and treatment. You can read more about the types of programs we offer here:

<http://www.cancervic.org.au/how-we-can-help>

I hope this information has been of some assistance to you. If you have any questions or would like to clarify any of the information in the above email, I would encourage you to contact the Cancer Information and Support Service on 13 11 20 (for the cost of a local call from landlines). Our lines are open from Monday to Friday from 9.00am to 5.00pm and we are all experienced cancer nurses on the line. We would warmly welcome your call.