

Welcome to the Winter edition of the new LOC Journal, a newsletter exclusively for those who follow LOC's work and progress in cancer care. For this issue we are delighted to introduce a new look, designed to keep you up to date on the news and events from LOC and how we're delivering innovative cancer treatments, exceptional patient care, and a unique, individual patient experience. Now available in digital format, you can also sign up to receive our newsletter via email by visiting our website www.theloc.com



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The press is not known for holding back when a new cancer treatment emerges and the latest to hit the headlines is immunotherapy. This treatment uses the power of your own immune system to fight cancer and has been hailed as the biggest breakthrough in cancer treatment since chemotherapy. But does it live up to the hype? In this issue, two of our Consultant Medical Oncologists talk you through this new therapy, if it really works and what this means for cancer treatment going forward.

With an established international reputation for pioneering treatments and an outstanding team of consultants, we combine this expertise and experience to deliver the

best possible treatment to our patients. Technology can be of paramount importance in this process. So we're really pleased to be one of the first healthcare providers in the UK to introduce technology that we expect to greatly improve the way we prepare chemotherapy for our patients. Supporting the whole patient is another distinguishing feature of LOC and we strive to ensure continual patient support before, during and beyond cancer treatment. This issue, we speak to two eminent professionals who are key collaborators in providing valued support on our Living Well programme.

We discuss how they apply their expertise to both the psychological as well as the physical aspects of cancer care.

We hear our patients often feel unsettled by changes to their appearance while having treatment for cancer. In this issue we discuss the contested association of putting on weight after having chemotherapy for breast cancer, and how we can better plan and manage this. We also describe how we are expanding our hair and image services so you can feel more like your usual self.

Finally, we get a lot of questions from patients about herbal supplements and if they have a role to play in cancer treatment. Our expert dietitians and pharmacist will talk you through the evidence for supplements and the support available at LOC to enable you to make informed decisions about your care.

If you would like to receive the LOC journal via email, please sign up for this on our website www.theloc.com

Chemotherapy for breast cancer – does it make you put on weight?

Harpreet K Sohal MSc
Nutrition student, King's College London

If you're having chemotherapy for breast cancer, you might have noticed some changes to your weight. Don't worry, you're not alone. Patients often worry about their weight when they're having chemotherapy, in particular putting it on, and express these concerns to the oncologists, nursing staff and dietitians at LOC. We decided to explore this association to see how big a problem it is, and its implications for weight-control strategies.

What did we research?

Previous research has suggested that chemotherapy treatment is associated with putting on weight in breast cancer patients but there have been conflicting findings. We wanted to see for ourselves if this was happening. We explored if there were any potential demographic, clinical and treatment factors that could lead to weight gain in 268 patients with newly-diagnosed breast cancer.

We studied patients' records to examine their age, gender, menopausal status, weight, height and body mass index (a measure to check if you're a

healthy weight for your height). We also looked at their cancer type, chemotherapy type and treatment (dexamethasone) dose. Based on past research, we expected the majority of breast cancer patients to put on weight during their treatment.

Our findings

Although some breast cancer patients put on weight during chemotherapy, it wasn't as common as previously thought. Our results showed that for 67% of breast cancer patients, their weight actually remained stable over an average of four months. Only 25% of patients put on weight and 8% even lost weight over this time. Those who did put on weight were generally younger (20 to 45 years), and women who hadn't gone through the menopause.

Other research has also shown that the patients who gain weight during chemotherapy are usually a normal weight, rather than overweight, when diagnosed with breast cancer. Our study supported this as we found that 71% of women who put on the most weight had a normal body mass index (BMI) at diagnosis. Those who lost weight were often older (60 years and over), obese, post-menopausal women.

The cancer type, chemotherapy regimen and treatment dose weren't associated with any weight change. However, it's possible that our sample size was too small to detect any differences.

What does this mean for cancer treatment?

Our findings have important implications for weight-control strategies for breast cancer patients. We believe our results demonstrate the need for individualised plans for breast cancer patients to improve their quality of life and survival. In particular, this would benefit young, pre-menopausal women and even those who are a normal weight when diagnosed.

This is something that LOC already encompass in its treatment plans. LOC offer one-to-one consultations for patients with breast cancer at both the start and end of treatment with the aim of minimising the impact of treatment on their body. They also ensure nutritional requirements are met.

This type of nutritional advice is essential after a diagnosis of cancer as eating well during treatment can help you to tolerate treatment better. It can also help you to maintain your energy levels and strength, lower your risk of infection and accelerate your recovery. LOC dietitians have specialised in oncology for many years and work closely with the medical team to provide evidence-based nutritional advice to help support you during and after your cancer treatment.

If you would like information about this service, contact: dietitian@theloc.com or call 0207 317 2663

Living Well Expert Lecture Series



Whatever your type of cancer, you have no doubt come across a lot of confusing and often conflicting information from various sources. We invite our leading oncology experts and guest speakers to present at regular lectures on a range of topics, from genetics and future therapeutics to mindfulness as a method of managing stress. These specialist lectures aim to give you the latest thinking in these areas, offering you and your family the chance to ask questions and find out more about the subjects that matter to you.

Dr Newsom-Davis shared his expertise at our most recent lecture on 'Immunotherapy: now and in the future', with the discussion facilitated by Living Well's Programme Director, Dr Michelle Kohn. The event brought together patients, their families and LOC professionals who appreciated the opportunity to hear from an expert in this relaxed setting, and to have the opportunity to ask questions.

There was much discussion after the talk with patients describing the event as "very informative and detailed, absolutely fascinating" and "exceptionally informative and reassuring".

For details about upcoming Living Well lectures and other events, please contact Karrol Aldous, the Living Well Co-ordinator and Patient Admin

Email: livingwell@theloc.com
Tel: 020 7317 2590

LOC expert view: *immunotherapy*



Skin cancer specialist: Dr Paul Nathan, Consultant Medical Oncologist at LOC

There has been a great deal of coverage in the press recently about immunotherapy for treating advanced cancer. Some articles have even hailed this therapy as a “new era” in the war against cancer. But what exactly is immunotherapy? And does it live up to the hype? Allow our two experts to help you decipher the fact from fiction.

What is immunotherapy?

Immunotherapy is a type of treatment that harnesses the power of our own immune system to help fight cancer.

Our immune system not only protects us from infections but can also fight cancer. But cancer cells are very good at escaping this immune response. Different treatments work in different ways but generally immunotherapy either stimulates your own immune system to work harder or better to attack cancer cells, or it gives you some man-made components to boost your immune system to help you fight cancer.

Media coverage of immunotherapy

Recent articles have extolled immunotherapy as a treatment that will save the lives of tens of thousands of patients. Interest gathered when the first of these new treatments, called nivolumab, was licensed for certain types of lung cancer in August. This followed the presentation of encouraging clinical trial results at ASCO (American Society of Clinical Oncology) conference in June this year.

Headlines such as ‘Game changing new lung cancer drug is available from TODAY’, and ‘New therapy... will double survival rates’ were splashed across the newspapers. An eminent professor at Yale Cancer Centre in the US was even quoted as saying immunotherapy could replace chemotherapy as the standard treatment for cancer within the next five years.

Although there has been plenty of hype, articles such as this can often be misleading and do not tell the whole story. Here our experts explain the true facts behind immunotherapy, and why it has got oncologists as well as the nation’s press so interested.

Skin cancer specialist: Dr Paul Nathan, Consultant Medical Oncologist at LOC

“While some doctors have mentioned the word ‘cure’ this has to be very premature as we will only know how long the disease can be controlled for in the fullness of time”

Popular newspapers often hype stories about new ‘wonder’ drugs but in this case much of the hype may be true – at least for some patients. Advanced-stage cancer is increasingly treatable these days, with more patients having their disease controlled for longer. Yet for most people, the cancer ultimately learns how to become resistant to conventional therapies and control of the disease is lost. Yet your immune system is also capable of adapting to a changing threat. If it’s turned on in the right way, your immune system can control the cancer and also react to future attempts by the cancer to escape control.

The evidence

New immunotherapies have recently been proven to work in a proportion of patients with advanced melanoma (skin cancer), kidney cancer, lung cancer and bladder cancer. Further research in other types of cancer is ongoing. We have proved that some immunotherapy drugs can control cancer long-term. While some doctors have mentioned the word ‘cure’ this has to be very premature as we will only know how long the disease can be controlled for in the fullness of time.

There is no doubt that some patients have benefited greatly from treatment with these new drugs but as ever, not all patients will respond in the same way. The papers also fail to describe the side-effects you can get from taking these treatments, which is why they must only be used by experts in the field.

The bottom line

Immunotherapies do represent a major step forward in the treatment options available for an increasingly large number of patients. The hype, for some, is real.

Lung cancer specialist: Dr Tom Newsom-Davis, Consultant Medical Oncologist at LOC

“Identifying who will, and will not, benefit from immunotherapy is essential”

The most exciting advance in the quest to develop more effective, better tolerated, treatments for lung cancer has been the development of immunotherapy. Specifically, the recent discovery of a new class of drugs that target a molecule called PD-I.



Lung cancer specialist Dr Tom Newsom-Davis presenting a lecture on immunotherapies for Living Well

PD stands for ‘programmed death’ and it’s present on immune cells. Cancer cells can link to PD-I which ‘switches off’ the immune cells your body sends to attack it. The new immunotherapy treatments can block this interaction, so your immune system can go on fighting the cancer.

The evidence

This comes from a series of clinical trials, which have involved patients with a type of advanced-stage lung cancer called squamous cell carcinoma. Patients who received an immunotherapy called nivolumab fared much better than those who received standard chemotherapy. Almost twice as many patients treated with nivolumab were alive after one year. But of even greater significance, is a sub-group of patients whose disease appears to be controlled up to and beyond two years. From an oncologist’s perspective this long duration of response to treatment is exciting and rarely seen with chemotherapy in lung cancer. However, we must be clear that nivolumab is still not a cure.

Another point to consider is quality of life. After all, an effective treatment is of little value if it makes you feel very unwell. Yet the research showed that nivolumab caused far less severe side-effects compared to chemotherapy. On the basis of trial results, nivolumab was licensed for use in the UK, Europe and USA for patients with previously treated, advanced-stage squamous cell lung cancer.

Next steps for immunotherapy for treating lung cancer

Immunotherapy has generated so much excitement among oncologists and researchers, that several other PD-I targeting drugs are being developed by pharmaceutical companies. Yet it’s important to remember that some patients don’t benefit from immunotherapy and for them chemotherapy is better. In contrast others have a dramatic and prolonged response to anti-PD-I drugs. Identifying who will, and will not, benefit from immunotherapy is essential. Research is currently ongoing in other types of lung cancer but it’s likely immunotherapy will be effective in a range of lung cancer types.

The bottom line

The anti-PD-I immunotherapy drugs have transformed the treatment of advanced lung cancer because they are more effective and have less side-effects than chemotherapy. I believe immunotherapy will become an integral part of the treatment of lung cancer hereon.

LOC Pharmacy first to launch new chemotherapy manufacturing software

The Pharmacy Department has invested in state-of-the-art software for the preparation of chemotherapy. The launch of the software, called BD-Cato, is a pioneering step for chemotherapy preparation not only for LOC, but for the UK.

LOC is one of the first healthcare institutions in the UK to implement the BD-Cato software, which offers advantages for both staff and most importantly, our patients. In short, it helps to ensure the right patient receives the right medicine in the right dose.

"BD Cato supports our high standards of safety around chemotherapy drug preparation while bringing greater efficiencies to our department. It will ensure we are working synergistically with other departments so our patients receive the highest standard of treatment in a timely manner," commented Salim Ouhadj, Head of Pharmacy at LOC. He added: "My team members who have been involved in implementing this important software solution have been working extremely hard to ensure the project runs smoothly, and I am incredibly proud that we will be one of the first clinics in the UK to deliver cancer treatments in this revolutionary way."

What is BD-Cato?

BD-Cato is an integrated software system that draws on barcoding and unique weighing technology to enhance patient safety and optimise workflow efficiency in the preparation of cancer treatments. The software features an interactive display, barcode scanner, and integrated gravimetric scales, designed to eliminate potential human error; in real-time, during the process of manufacture.

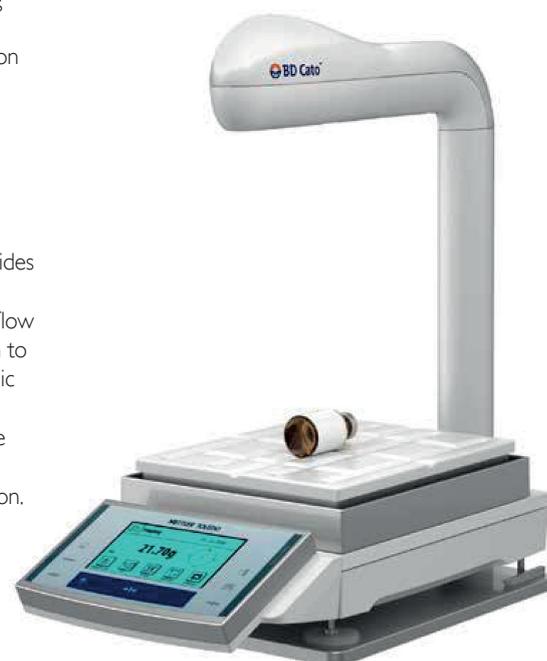
The software allows better auditing as it provides an automated system that creates and shares data to standardise practice, streamline workflow and increase efficiency from drug preparation to delivery. It also interfaces with LOC's electronic prescribing, ensuring the right dose is automatically generated for the right patient at the right time offering a closed-loop system from prescribing right through to drug administration.

The time is now

The technology cannot have come at a better time as today's hospital pharmacy operators are faced with a number of challenges. These range from improving safety and quality of care to streamlining operations and advancing pharmacy practices to meet changing times. LOC always strives to be at the forefront of cancer care and with this in mind, we are investing time and effort to ensure that this software is validated and endorsed by the highest international pharmaceutical industry standards.

The solution for improving safety

BD Cato offers a significant step forward in improving safety. The software is market-tested in more than 200 global customers and LOC is one of the first to implement it in the UK. By introducing this software, we ensure LOC remains at the cutting edge of technology to support our robust processes and ensure the highest possible standard of care for our patients.



Living Well

Support for the mind and body

Living Well runs a series of workshops that offer patients an opportunity to come together to get tips and advice from experts who are leaders in their fields. In this edition of the LOC Journal we talk to psychologist Professor Robert Bor and physical activity expert, Professor Greg Whyte, who both deliver exceptional care.



Professor Robert Bor



Professor Greg Whyte

Expert Sessions

The Living Well programme provides supportive care every step of the way, from how to cope with a diagnosis of cancer to managing the side-effects of treatment and lifestyle advice. This support encompasses the psychological aspects of cancer and its effects on everyday life. The two key collaborators we focus on in this issue have both recently published books that discuss how life events such as cancer, can affect the mind as well as the body.

“At LOC we go beyond standard care and really think about what we can do to enrich care, to not only enable recovery but to transform peoples’ lives,” comments Dr Michelle Kohn, Director of Living Well. “And it is testimony to our collaborators’ approach that we achieve this. Rob and Greg have had a tremendous impact on our participants since our inception, in offering practical skills and tips to address the many challenges of life during and ‘beyond cancer’. They bring an extra dimension and richness to our programme to really take patients beyond recovery.”

Professor Robert Bor

One of only three aviation clinical psychologists in the world, Consulting Psychologist to The Royal Ballet School, Lead Clinical Psychologist at the Royal Free Hospital and Director of Dynamic Challenge Consultants, Robert has vast expertise that he applies to managing challenges in a whole host of fields. And he’s not only a renowned clinical psychologist but a qualified pilot too. Robert is widely published; his latest British Medical Association award-winning book, ‘Coping with the psychological effects of illness’, explores the common psychological issues that arise when your health and routine is disrupted, and gives practical strategies to help deal with these. Consulting Psychologist to LOC, Robert leads our ‘Coping skills’ workshop for patients during and after their cancer treatment, and an ‘Emotional health and wellbeing’ session, which is part of Living Well’s flagship ‘Moving on’ course, for patients who have completed treatment.

What inspired you to write your latest book?

The idea behind it was to make the ideas about coping with a life event such as cancer, and what we learn and research academically, more accessible. It was also to provide something that people can refer to at all sorts of odd hours and times. After all, when we feel anxious or depressed, it may well be in the early hours when there’s less support available.

Finally, it’s a very practical book. Everyone reading it will come away with some actual practical ideas on how to get back on track after treatment. For example, how to deal with your mood, how you feel about your body and how you manage some of your relationships. It also covers how to deal with members of the healthcare team, which can often be a very sensitive and complex issue as well.

What are the key messages?

While patients may have limited control over the treatment of their physical condition, they have greater control on how they cope. Evidence is now beginning to emerge that suggests people who cope better actually can fare better medically as well. This is new research but as well as coping with the impact of cancer, we might also alter the course of illness or how we cope with some of the side-effects of treatment, which can often be as pressing as the condition itself.

How does the content of your book relate to the Living Well Programme?

It sits very well because Living Well ultimately is about empowerment. It focuses on what an individual or family member can do to help. It’s a set of skills and also conveys a message of hope. There’s always something we can do, even in very difficult and even in some quite desperate situations, to make that situation better for ourselves.

Living Well works best when there’s group support. There is power and a wide exchange of ideas that happens in these groups. And this book reflects the experiences of many people who we’ve spoken to in Living Well and what helps them.

What do you enjoy most about working with the LOC on the Living Well programme?

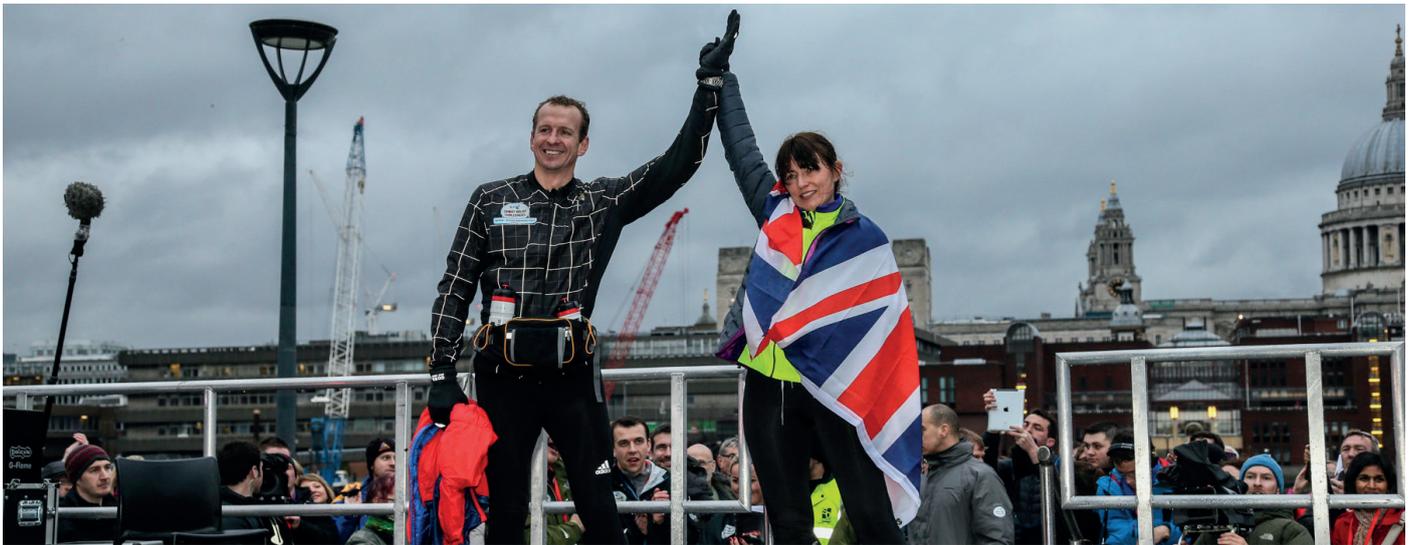
The fact that we’re all constantly learning. If you listen carefully to people – what they say, how they say it, to whom they are saying these things – and if you then engage with them and ask questions about how they cope, there will be some amazing things that you come to learn about people. About resilience, about coping, and how people manage their feelings.

What I also enjoy is that Living Well is team work. Nobody at LOC operates on their own. There’s a multidisciplinary team and so the expertise is drawn from a wide range of different professional groups but everyone shares one particular vision and that is to always do the very best for the patient and to treat each person as an individual. One size doesn’t fit all; care and treatment is tailored very specifically to their individual need.

Do you receive positive feedback from your sessions?

Very much so. At the end of the day, people come away feeling they’re listened to. They feel they have had the opportunity to engage. “It was great to talk to each other, and share not only experiences, but solutions. Professor Bor was inspirational!” Living Well participant

“It was great to talk to each other, and share not only experiences, but solutions. Professor Bor was inspirational!”
Living Well participant



Professor Greg Whyte

An Olympian, physical activity expert and world-renowned sports scientist, Greg is a Professor in Applied Sport and Exercise Science and has a clinic on Harley Street, the Centre for Health and Human Performance. He was the driving force behind Davina McCall's 'beyond breaking point' challenge to run, swim and cycle over 500 miles, Eddie Izzard's 43 marathons in 50 days and Gary Barlow and Cheryl Cole's climb of Mount Kilimanjaro.

His most recent publication is a book titled 'Achieving the impossible', in which he demonstrates how with the proper planning, preparation and vision you can achieve goals in life, whether it be in health, business or elite sport. Greg presents at our 'Fitness and physical activity' workshop for patients during and after their treatment, and at the 'Moving on' session on 'Fitness and physical activity'.

What inspired you to write 'Achieving the impossible'?

As well as working with elite athletes and celebrities, I have looked after a whole host of really interesting people including cancer patients who have achieved what seems the impossible; some massive physical challenges. Everybody has the potential to achieve great things but not everybody does and I think it's actually the knowledge on how to take on a big challenge that's sometimes lacking. So I thought I would write down my fundamental formula for delivering success. Whether you're a cancer patient going through chemotherapy and you're looking to take on a physical challenge, or whether you're an Olympic gold medallist, critically the formula is the same. It's just how we adapt it for each individual.

If you had to pick three key messages in your book, what would they be?

Vision. I think you should set an audacious goal whatever position you're in – don't be constrained by what you think you can achieve, but critically by what other people think you can achieve.

Belief. As well as a challenge being physical, a lot is psychological so belief is the fundamental backbone of what I call the 'brain of success'. Short-term goals. Set these as well as the long-term goal as by achieving them, your motivation will rise, your belief will rise, and so you will commit even more time to it.

How do you collaborate with LOC on the Living Well Programme?

I demonstrate what can be achieved at LOC and the role of physical activity and exercise inside this cancer bubble, which I think it can sometimes feel like for patients. It's about showing what can be done but also how it can be done and why. We also run physical activity specialist sessions for cancer patients at my clinic to align theory and practice.

Would you say you help to transform patients' lives?

The strap line we use is 'Beyond Better' and it's not a trite saying, it actually is the truth. We try and take people beyond just getting better. We take them to a place they've potentially never been before so they're beyond that 'better' place. An example of that is a client who had a double mastectomy and a subsequent 12-hour reconstruction operation. We got her really fit coming into surgery and she spent a very short period of time in hospital. After that I looked after her into the Race for Life 5k event. And she had never run before. Gargantuan challenges like climbing Everest and the like are great but to take somebody who had never run before and achieve a 5k race for a purpose worth running for was truly amazing.

What do you enjoy most about your work with Living Well?

What I really love to do is give people back their identity. One great example of that is a young girl who swam the Channel as part of a relay team. Up to that point, she was the cancer sufferer, and having reached France she instantly became the Channel swimmer. She re-defined herself and I think that's just a wonderful thing to be able to do. You're not removing cancer but you're giving patients an alter-ego; an identity which is much more positive.

Do you draw on your work in other areas for the Living Well sessions?

Right across the board. From where I came from in elite sport, we've adapted that into clinical populations. I look after Olympic gold medallists at one end, all the way through to celebrities who are utterly naive to these types of challenges. It comes back to the point of my book that the formula is the same; it's just how it's framed for the individual.

What are you most proud of?

I was awarded an OBE in last year's honours list for services to sport, sports science, and charity. I was really proud to get an OBE but equally I was proud to get it for three areas of work that I really do love.

"I completed the 5k Great City Race last night and beat my time before I had cancer treatment. I'm thrilled and have proof that Professor Greg Whyte was right... there is no excuse not to be stronger and better after chemo... so jog on cancer!"

Living Well participant

Living Well Programme Highlights for Autumn 2015

We have a range of events running throughout Autumn, including fitness and physical activity small group sessions and clinics, and specialist workshops and clinics on topics ranging from sexual health and nutrition, to coping skills and guidance on sexual health and intimacy issues. Our six-week 'Moving On' course started in October and runs through to the end of the year.

Here are some other highlights coming up:

An Introduction to Mindfulness:

Tools for Coping – 15 December

Returning to Work – 17 December

Family Members' Support – 8 December

Our six-week 'Moving On' course started in October and runs through to the end of the year.

If you would like to attend, or have any questions about the Living Well programme, please contact Karrol Aldous, the Living Well Co-ordinator and Patient Admin Lead:

Email: livingwell@theloc.com

Tel: 020 7317 2590

Vitamins, herbs and nutritional supplements during cancer treatment – do they help?

Harjit Bahia, Clinical Pharmacist, Kelly McCabe and Mередy Birdi, Specialist Oncology Dietitians



Nearly half of cancer patients in the western world use at least one complementary medicine after they're diagnosed; and as many as nine in 10 patients do so during chemotherapy and radiation treatment. And the supplements market is growing. In 2010, sales of vitamins and dietary supplements in the UK totalled £675 million, with multivitamins and fish oils the two biggest-selling products.

An abundance of products and health claims

There is a large and bewildering range of products available, many of which are specifically targeted at cancer patients. It can be difficult if you're going through cancer treatment to determine whether herbs, vitamins, and other over-the-counter dietary supplements will be helpful or harmful. Will the product have the desired effect? Will it interact with your other medicines? Is it worth the expense?

Patients take supplements for numerous reasons. While some people put their belief in supplements enhancing their immune system, others hope they will reduce the risk of their cancer coming back. Having treatment for cancer is a vulnerable time. It's understandable that you may seek to do everything in your power to reduce side-effects from your treatment and enhance your recovery. However, the scientific evidence to prove that complementary medicines work is often lacking. Claims for herbal and nutritional supplements aren't regulated in the way that food and prescribed medicines are either.

Do I need supplements?

Many nutritional supplements contain mega-doses of nutrients, such as a massive 700 per cent of the recommended daily amount of vitamin C. When it comes to vitamins and minerals, studies suggest that more is not always better. Most of us don't need any supplements at all if we eat a varied diet. If your diet is compromised temporarily while you're having treatment, a daily multivitamin that doesn't exceed 100 percent of the recommended daily allowance (RDA) of each vitamin is usually all that's required.

At LOC, we get a lot of questions about herbal and nutritional supplements. These range from the use of ginger to treat nausea and the antioxidant properties of green tea, right through to more unfamiliar ingredients such as Reishi mushrooms, apricot kernels and shark fin. When we answer such queries, we will take into account your diagnosis, current treatment plan, full drug history and nutritional status. Critically, we discuss these factors as a multidisciplinary team, which includes pharmacists, dietitians and your oncologist.

After these multidisciplinary team discussions and a comprehensive literature review, we're often still unable to definitively confirm whether a product is safe for use during chemotherapy. This is because usually there is a lack of high-quality trial data to inform these decisions. When this happens, providing we can find no evidence that a product will cause harm, for example reduce the effectiveness of your treatment, we will support you in your decision. However, we will encourage you to keep asking questions along the way.

It's important to remember that while nutrients or chemicals obtained from natural foods are considered to be safe, very little is known about the effects of using supplements during, or after cancer treatment. We advocate a natural, wholefoods approach that includes a wide variety of anti-inflammatory nutrients rather than excessive vitamin and mineral supplements use.

Where can I go for answers?

LOC dietitians are on-hand to help you improve your diet in a natural way and can answer any questions you have about supplements. The pharmacy team can advise you on herbal remedies and if there are any potential interactions with specific chemotherapy agents.

We are continuously looking at ways to provide integrative supportive care, where symptoms are managed using natural remedies to complement the conventional medical management. For example, we're developing a herbs and botanicals database, which our pharmacists and healthcare team will use to answer queries using the most up-to-date evidence.

We also have an experienced team of complementary therapists on the treatment suite who are experts in reflexology, massage and essential oils. We use these treatments to help manage certain side-effects of treatment. We also have two integrative physicians at LOC who can advise you on a range of complementary practices including homeopathy and acupuncture.

If you would like information about any of LOC's services, ask your oncologist or nurse.

Carols from Chelsea

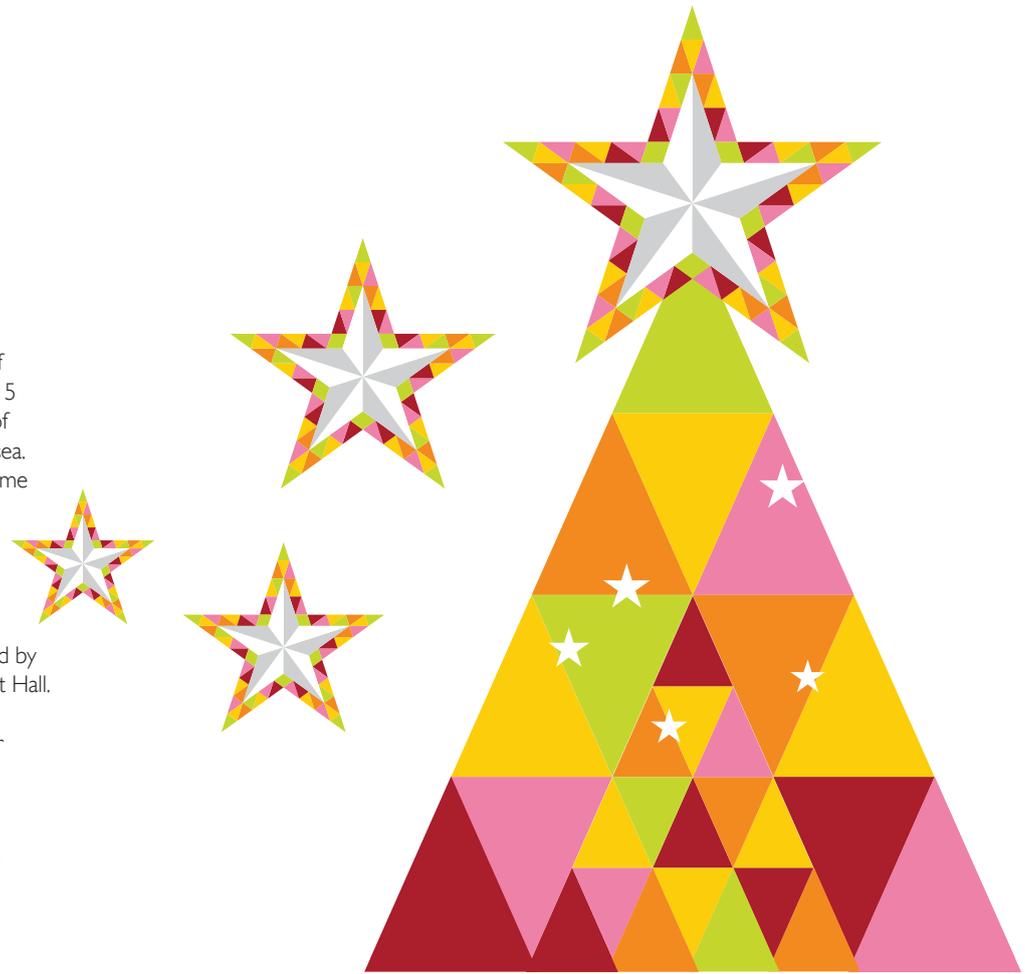
A celebration of Christmas

LOC are proud to support the Institute of Cancer Research Carols from Chelsea 2015 taking place in the stunning surroundings of Wren's chapel at the Royal Hospital, Chelsea. The service features a wonderful programme of readings, traditional carols and music.

This year's service will take place on the evening of Tuesday 1st December 2015. Doors open from 6 pm and the service begins promptly at 6.45 pm and is followed by a drinks and canapé reception in the Great Hall.

If you would like to show your support for this wonderful charity you can purchase tickets for the event by visiting: www.icrac.uk/carols2015 or call the events team on 0207 153 5369

ICR The Institute of Cancer Research



Hair care services at LOC are expanding

The Hair and Image service at LOC has added wig consultation to the suite of assistance we offer. And we are to conduct new research into haircare, both during and after treatment.



During a wig consultation, we will discuss your needs and ensure we fulfil them. We now stock a whole range of wigs here at the treatment centre for you to try. If you have any requirements outside this range, we will order wigs in – you will not need to go elsewhere. You can rest reassured that whatever your needs, we will look after them here at LOC.

We often hear that patients feel disheartened with the current guidelines that recommend waiting six months after your treatment before colouring your hair. A lot of people also struggle with the idea of not colouring their hair during treatment. There has been little research into the effects of hair colouring and we have decided to conduct a study in collaboration with a number of hair care professionals to find out more. We will be sending out a questionnaire to patients and we would hugely appreciate your feedback so we can gather as much data as possible. As we learn more it may lead to new recommendations.

Also in the area of haircare, we are currently producing an information leaflet for patients with the help of the world's leading expert on hair and scalp care, Philip Kingsley. Throughout his career, Philip has provided solutions to the most extreme hair and scalp problems, and was the first to link hair health with nutrition and wellbeing. His work has been published in numerous scientific journals and he has developed products to specifically meet the needs of people having chemotherapy and radiotherapy. The leaflet will give plenty of helpful advice and tips on hair care both during and after cancer treatment.

Our other established services are doing well. Our brow treatment, Sleek Brows, is proving to be a great success. This is a waterproof based make-up that sits on the skin for up to two weeks and creates a realistic hair-like effect.

Clients have reported that they feel much more confident having someone else paint their brows on for them and feel more like themselves while going through treatment. Facials and make-overs are also continuing to prove popular at LOC and there will be another workshop taking place soon.

To book into one of our workshops or to book a one to one appointment, please contact our Harley Street treatment centre.
Tel: 020 7317 2500

"Thank you so much for making me feel so beautiful and confident with your wigs and image management tips. I don't think I have felt so carefree and happy as when I was trying on the wigs and feeling like my old self."

"I want to thank you for your amazing skill and care in transforming my appearance. Your time, ideas and recommendations were really much appreciated and I left LOC with a glow and confidence I haven't felt in a while."

Wear It Pink!

We are very proud to say that on 23rd October, LOC staff joined hundreds of thousands of people across the country standing together against breast cancer on 'Wear It Pink' day. Leading the charge was Karen Hynes, Secretary to Dr Maurice Slevin who was instrumental in rallying the team together to raise money to fund world-class research, by the brightest scientific minds, across the UK and Ireland.

We'd like to say a huge thank you to Karen and everyone at LOC for Wearing It Pink to support breast cancer research.



Monica Morim and Kirsty Hannon, senior staff nurses.



Karen Hynes with the IT team Christopher Grant, Johann Fourie and Anish Patel



Karen Hynes, Dr Peter Harper and Priya Malhotra

Living Well Programme: October-December 2015 Highlights

Moving On Course

*Thursday 15th October
for six consecutive weeks*
This course is for patients who
have completed their treatment.

SPECIAL WORKSHOPS

An Introduction to Mindfulness

Tools for Coping
Tuesday 15th December

'Returning to Work'

Thursday 17th December

INDIVIDUAL WORKSHOPS

**Nutrition, Coping Skills, and
Fitness and Physical Activity**
*For dates and times please
enquire for details.*

Family Members' Support
Tuesday 8th December 2015

SPECIALIST CLINICS

*Monthly – Please enquire for
details*

Fitness and Physical Activity
Clinics: one-to-one, and small
group sessions

Relax and Focus Clinics:
one-to-one, and small group
sessions

Sexual Health / Wellbeing Clinics

Nutrition Clinics

Living Well Plus Acupuncture
Clinic*(at a charge)

All services offered free of
charge to LOC patients except
Living Well Plus* offerings which
are at a cost. To attend or to ask
about our Moving On Course,
workshops, or specialist clinics
please contact

Karrol Aldous, the Living Well
Co-ordinator and Patient
Admin Lead:

kaldous@theloc.com
T: 020 7317 2590

Please book early to avoid
disappointment as places
are limited

