

EMPOWER

MENOPAUSE AND CANCER EIGHT WEEK SURVIVORSHIP PATHWAY

Integration Session

Facilitated by, Maureen Lynch
Counsellor & Psychotherapist

Aim of Programme...

- To help women manage impact of **disruptive Menopause** following or alongside cancer treatment
 - Provide peer support
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Aim of Today

- Briefly recap the programme topics
- Consider the learning and take aways
- ...and say goodbye

Programme Outline...

SESSION ZERO <u>TUE 19TH MARCH</u> Programme Outline and Commitment Explained	SESSION ONE <u>TUE 26TH MARCH</u> Menopause and Cancer: What to Expect & Symptom Management Expert Contributor Dr Deirdre Lundy	SESSION TWO <u>TUE 2ND APRIL</u> Managing Fatigue & Sleep Disturbance Expert Contributors Prof Deirdre Connolly & Dr Teresa Treacy	SESSION THREE <u>TUE 9TH APRIL</u> Mood, Brain-Fog, Stress & Anxiety Management Expert Contributor Dr Sinead Lynch
SESSION FOUR <u>TUE 16TH APRIL</u> Lifestyle Supports Nutrition & Exercise Expert Contributors Veronica McSharry & Lisa Loughney	SESSION FIVE <u>TUE 23RD APRIL</u> Losses Arising from Menopause Expert Contributor Jessica Dailey	SESSION SIX <u>TUE 30TH APRIL</u> Intimacy & Sexuality Expert Contributor Yvonne O'Meara	SESSION SEVEN <u>TUE 7TH MAY</u> Integration Session Summary & Shared Learnings

Session 1...



What to Expect & Symptom Management

by Dr Deirdre Lundy, Complex Menopause Service, Holles St

- Explained how cancer treatment can cause menopause-like symptoms
- Described the physical and psychological symptoms of menopause
- Gave an overview of what the medical profession know so far with regards to treatment
- Looked at what can be done without using HRT: Diet, movement, smoking cessation and reducing alcohol

Session 2...



Managing Fatigue

Prof Deirdre Connolly, Occupational Therapist, TCD School of Medicine

- Cancer related fatigue – what it is, the causes, how it impacts daily life, and strategies to manage it. Four Ps: Planning, pacing, prioritising, positioning
- Recommends regular resting routine and using fatigue diary.

Sleep Disturbance

Dr Teresa Treacy, Clinical Research Fellow, UCD

Presented by : Maureen Lynch

- What is insomnia? How menopause & cancer contribute to it and what can be done to improve your sleep: CBT-I (Sleepio), Sleep hygiene, meds.



Session 3...

Mood, Brain-Fog, Anxiety & Stress Management by Dr Sinead Lynch, Senior Psychologist, Mater Hospital



- Explained: self-criticism stimulates our threat response. Emphasised importance of self-compassion and self-kindness in reducing stress & anxiety.
- How the old brain and new brain functions in relation to thinking loops. Take a breath to break the cycle.
- The benefits of surfing our emotions.
- Ways to manage brain fog: routine, rest, reminders, rely on others, rejuvenate, regular sleep

Session 4... Lifestyle Supports



Nutrition

by Veronica McSharry, Oncology Dietician

- Nutrition support during the peri and post-menopausal phases.

Exercise

by Dr Lisa Loughney, Clinical Exercise Physiologist

- The role of exercise in the cancer treatment pathway
- Exwell.ie programme



Session 5...

Losses Arising from Menopause & Cancer by Dr Jessica Daily, Counselling Psychologist, St Vincent's Hospital



- Difficulties of cancer-related menopause: Increased distress, fertility concerns, sexual changes.
- Types of losses i.e. physical changes, loss of fertility, loss of a sense of self, loss of youthfulness, etc.
- How we can understand ourselves and what can help – finding meaning, sharing stories, reconnecting with self (journalling, ritual)

Session 6...

Sexuality & Intimacy

by Dr Yvonne O'Meara, Systemic
Psychotherapist & Psychosocial Oncologist,
UCD School of Medicine



- You and your relationship with your body, pre- and post-surgery
- The prevalence of sexual problems in society & *The Female Sexual Distress Scale*
- Video: 'The Sexual Response Cycle' and explained how desire & arousal function
- Asked: What motivates us to have sexual intimacy? How do we respond to our partner?
- Talked about ways to integrate sexuality into our daily lives : connect with body, shimmering, communicate with partner & talk about sex.

Supports...



- Supports available
 - Counselling (remote or f2f)
 - Acupuncture
 - Support Groups (Breast Cancer, Gynae, Women's Cancer (over and under 50's Groups), Secondary Cancer)
 - Stress management, Mindfulness, Relaxation and Yoga/Pilates classes
- Contact: Linda@arccancersupport.ie or patriciamckeever@arccancersupport.ie

Thank You!