



Dear Doctor,

Your patient would like to be involved with one of Valere Health's Exercise Oncology programs. We will determine which program will work best for your patient following the initial assessment. Cancer is a chronic condition with a lifelong impact on patient's lives, a referral from 3- 5 sessions on a CDM/EPC GPMP/TCA Medicare plans for an exercise physiologist would help keep their exercise physiology sessions cost effective.

Exercise for cancer patients can provide many benefits. Your patient can expect improvements in physical conditioning, cancer-related fatigue, psychological distress, depression, anxiety, and quality of life. Exercise also offers significant long-term benefits including a ~25-40% reduction in the relative risk of recurrence and mortality of some cancers (breast, colorectal and prostate) as well as reduced risk of co-morbidities, such as cardiovascular disease, diabetes, and osteoporosis. Exercising throughout treatment also increases completion rates and reduces hospitalisation.

Valere Health is a specialist exercise clinic for people with cancer. Our aim is to help our clients regain their quality of life and complete treatment cycles. We have options that include:

- 1 on 1 exercise sessions
- Small individualised group training sessions
- 10 week group programs
- Home programs

Prior to attending sessions an initial assessment must be performed to allow for the development of individualised exercise programs.

If you support your patients' involvement in exercise and they can obtain a CDM/EPC GPMP/TCA, please include the following in your referral:

- **3-5 services with an Exercise Physiologist (Item number: 10953)**
 - **1 initial consult, 1 individual exercise session, 1 final exercise session, up to 2 maintenance exercise session**
 - **Referral to Valere Health (400 Gregory Terrace, Spring Hill)**
 - **Fax: 07 3036 5341**

It would help our standard of care if you could include any relevant information regarding the patients' health, medications, and potential contraindications to exercise. If you would like to know more about exercise oncology please call the practice on 0439 542 036.



Kind Regards

Morgan Farley AEP, AES

Accredited Exercise Physiologist/Owner