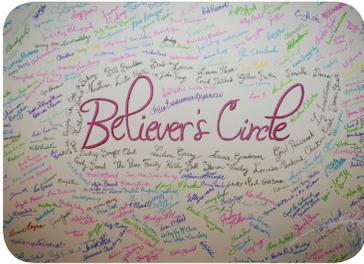




Thunder Bay Breast Cancer Support Group



Newsletter October 2015 Issue 203



Reminder of Special Guest Speaker at November Meeting

Karen Melenchuk RN, BScN, CON(C) from the Thunder Bay Regional Health Sciences will be at the October 14th to share information about the Transitioning and Survivor Clinic. She is the Primary Nurse of the Radiation Therapy and Transition Clinic.



Butterfly Story Gala

If you missed the gala, the photos will be on exhibit for the month of October at Mariner's Hall at Marina Park, Thunder Bay.

The organizing group is in the process of finalizing the location for book sales. This project will be the special feature in the November newsletter.

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Inside This Issue

- Staying Well-Nourished with Cancer-Related Fatigue
- Yoga & Mindfulness for Cancer Thrivers
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Thunder Bay Breast Cancer Survivors Forum



Regional Cancer Care Northwest has created a special Transition Clinic to help patients, our staff, and primary care providers shift your care back to your primary care provider (family doctor or nurse practitioner). When you enter the survivorship stage of your cancer journey, your oncologist may connect you with.



Winter is an etching, spring
a watercolor, summer an
oil painting and autumn a
mosaic of them all.
Stanley Horowitz

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WE-Can - Referral Process

The referral process for the WE-Can Program is quite simple. Interested individuals can contact Kelly-Jo Gillis, MSc., Manager, Preventive Health Services Thunder Bay Regional Health Sciences Centre at (807) 684-7221 or email gillisk@tbh.net or wecan@tbh.net.

Either the patient can take the referral form to their oncologist or primary care provider for completion, or Kelly can complete it on their behalf. Individuals will be contacted to provide them with details for the upcoming classes (currently only offer 2 sessions/year) and arrange their pre-assessment.

Nourish: Staying well-nourished with cancer-related fatigue.

Advice from registered dietitians and recipes from our wellness chef. www.nourishonline.ca

Meal planning, grocery shopping, food preparation and even eating all require energy – something many of our readers may be lacking. In this issue, we will provide you with strategies to keep yourself well-nourished when you are tired – it is very possible to do!

Cancer-related fatigue is the most common and often the most distressing side effect experienced by people with cancer. It is different from the fatigue everyone has from time to time; it is usually more severe, lasts longer, and can take a heavy toll on your quality of life. Resting more or doing less does not make it go away.

Fuel up at regular intervals: Food provides our body with energy, like fuel does for a car. Eating every few hours throughout the day gives your body a constant source of energy and helps to maintain blood sugar levels. Including a source of protein (fish, poultry, dairy foods, nuts, legumes, eggs, meat) with all meals and snacks is also important in keeping energy at an even level, and in reducing muscle loss. The Guide to Healthy eating has some helpful ideas on how to include protein in a meal.

Consider Fresh, Frozen, Or Canned Foods As Nutritious And Convenient Options.

Stay hydrated: Not drinking enough fluids increases fatigue. Most people need eight cups (2 litres) of fluid each day. Fluid is anything that is liquid at room temperature and can include water, juice, milk, smoothies, soup, broth, sports drinks, popsicles, flavoured gelatin, ice cream or herbal tea. You may want to speak with a dietitian specializing in cancer regarding your specific fluid requirements and what liquids are best for you.

Keep it simple: Getting balanced nutrition doesn't have to be complicated or time-consuming. Aim to include foods from at least three food groups at each meal. Plan every snack to include a minimum of two food groups (see table below).

Breaking old habits: Why not try some store-bought, already prepared foods if you just don't feel like making anything yourself? And here are some more ideas. You may want to eat breakfast food at night. Or use your microwave more often to prepare meals or snacks. Have leftovers from the meal before. Prepare a larger batch of food than you need and eat it in portions. Allow yourself to do the unusual if this helps you eat.

Plan for convenience: We realize preparing meals from scratch every day isn't very realistic. Give yourself permission to take some shortcuts.

Nutritious meals that don't require cooking	Meals – ready in a few minutes	Snack ideas
Cottage cheese, fruit and a muffin	Boiled egg, slice of bread, vegetable juice and yogurt	Cereal with milk
Canned fish, crackers and raw vegetables	Soup with added milk, cheese, pita bread and dried fruit	Hummus and pita
Store-bought BBQ chicken with a vegetable and bread	Frozen meal, fruit and a glass of milk	Toast and nut butter
Sandwich with leftover or canned chicken and a smoothie	Pasta with store-bought sauce and grated cheese	Crackers and cheese
Nut butter sandwich and a smoothie		Fruit and nuts
		Milk and muffin
		Yogurt and granola
		Smoothie (fruit and yogurt)

Stocking your pantry, refrigerator and freezer with convenience items is a great way to help you meet your nutritional needs and conserve energy. Frozen meals, canned fish or poultry, instant oatmeal, packaged nuts or seeds and nutritional supplements (drinks) can provide good nutrition when you need something quick and effortless. Check out our suggestions for meals and snacks on the chart above.

Getting all of the nutrients your body needs can help you maintain your weight and strength, stay active and support your recovery – all important factors in managing cancer-related fatigue. You may also ask a dietitian about catering services in your community for people undergoing treatment. And don't hesitate to discuss other specific strategies for handling fatigue with your healthcare team.

Blended drinks: Combine a few simple ingredients like milk or soy beverage, nuts and fruits in a blender and make a quick meal or snack.

Ready-made meals: When shopping for convenience foods such as frozen meals, check the labels and try to choose the products with lower sodium and saturated fat and higher protein content. Complete your meal with a glass of milk, a slice of cheese, a Greek yogurt, or a handful of nuts to increase protein content.

Nutritional supplements: These "meals in a bottle" (such as Boost® and Resource® 2.0) provide all the essential nutrients and can be very handy. They can be used as a meal or snack alternative or taken in small amounts with medications to improve nutrition throughout the day. They are available in many flavours.

DISCLAIMER: Nourish offers information relating to nutrition and cancer. Each patient is unique, each cancer is different and so is each treatment plan. The information on their website is based on scientific research. However, it is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team. It is important to address all medical questions and concerns about your care with your healthcare team.

Yoga & Mindfulness for Cancer Thrivers



From the initial diagnosis through treatment and recovery, cancer patients experience altered states of consciousness and new ways of navigating all aspects of life.

Throughout this journey one constant that can help people cope with the continuum of physical and emotional changes is a modified therapeutic yoga practice that supports wellbeing. These sessions will introduce you to the benefits of gentle and restorative yoga as well as mindfulness and meditation on your healing journey. These practices can help participants manage anxiety, fear and depression and gain a greater sense of control over their physical and emotional well-being.

Tuesdays 6:30-7:45

This program is for those who are either in active treatment or have completed treatment and feeling reasonably well and wish to access yoga for the purpose of symptom management and health and wellness restoration using a gentle and adaptive approach.

Classes

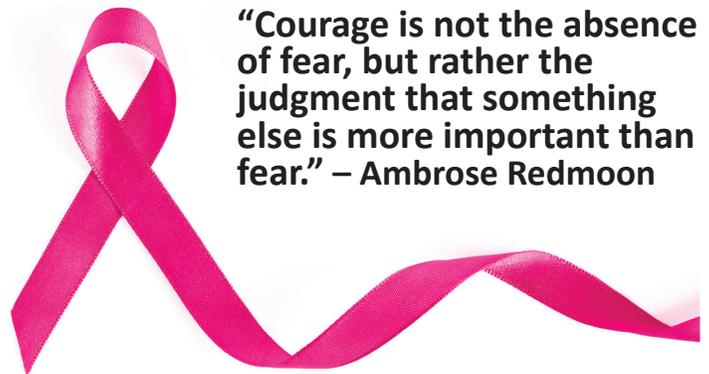
October 13, 20, 27
November 3, 17, 24
December 1, 8

Join at any time during the block of classes and chose either:

- 8 sessions: \$115
- 6 sessions: \$85
- 4 sessions: \$60
- Single class \$15

Private sessions in the comfort and privacy of your own home can also be arranged if your needs are better suited to an individual over a group setting. Classes are held at Yoga 4 All located in the Travelodge Hotel at 450 Memorial Ave.

Sessions are guided by Catharine Tombs, Physiotherapist, Yoga Instructor. To register or for more information call 807.627.8293 or email cathtombs@yahoo.com



“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.” – Ambrose Redmoon



Pumpkin Quesadillas

Mix up the classic quesadilla and stuff it with fall’s favorite gourd, pumpkin!

- 2 cups canned pure pumpkin puree
- 1 teaspoon ground cumin
- 8 8 inches flour tortillas
- 4 ounces goat cheese, crumbled
- 1/2 cup chopped walnuts, toasted
- 1/4 cup vegetable oil

Directions

In bowl, stir pumpkin and cumin; season. Spread over 4 tortillas. Sprinkle with cheese and nuts. Top with remaining tortillas. In large skillet, heat 1 tbsp. oil over medium-low. Cook quesadillas 1 at a time, turning once and adding more oil between batches, until browned, 3 minutes. Cut into wedges.

A Look Ahead

Tbaytel Luncheon of Hope

A Thunder Bay Regional Health Sciences Foundation Event on October 9
10:30 am - 2:30 pm

CIBC Run for the Cure

October 4th
Royal Canadian Legion Track
(Delany Arena)
Volunteer, Donate or Register as a Participant or Team.

Call (807) 333-4428 or email btittaferante@cbcfrun.org

Guest Speaker
BCSG Meeting October 14
Karen Melenchuk from the TBRHSC Transitioning & Survivor Clinic



Sharing the Journey

Along your journey you have found support and encouragement from our support group. If you have two hours to spare a month, we encourage you to consider becoming a Steering Committee Member. The wisdom gained from your experience can help us strengthen the group and will help to ensure the continued success of the Breast Cancer Support Group. Call a Steering Committee Member at 475-0025 to learn how you can take part or email bcsg@tbaytel.net.



Thunder Bay Regional
Health Sciences
Foundation

The Thunder Bay Breast Cancer Support Group gratefully acknowledges the funding support of the Northern Cancer Fund of the Thunder Bay Regional Health Sciences Foundation. All gifts made to the Foundation stay in Northwestern Ontario to benefit its residents.

healthsciencesfoundation.ca

Life after Breast Cancer

Conference October 22
8 am to 4 pm in Hamilton.

Keynote speaker is Dr. Rob Rutledge who is a radiation oncologist and associate professor in the Faculty of Medicine at Dalhousie University in Halifax. In addition to his commitment specializing in breast, prostate, and pediatric cancers, he generously invests his personal time as a dynamic and passionate speaker, presenting scientific knowledge and providing insight gained from serving people dealing with life-threatening diseases.

The concurrent sessions feature topics previous attendees have indicated are important to them as they recover from treatment and learn to live life after breast cancer.

For info or to register:
www.jcc.hhsc.ca/LABC
(905) 575-6398

For Support and Encouragement



Thunder Bay
Breast Cancer
Support Group

As fellow support group members, we would be happy to hear from you.

394 Cougar Crescent
Thunder Bay, ON P7C 0B3

(807) 475-0025 (Voice Mail)
bcsg@tbaytel.net
breastcancersupporttb.com



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

www.cbcn.ca



**Breast & Hereditary
Cancer Support**

www.willow.org
1-888-778-3100



Supportive Care
(807) 684-7310

Toll Free
(877) 696-7223

No Referral Needed