

Thunder Bay Breast Cancer Support Group



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My first attempt

Happy March to everyone and lets hope that we are headed to a wonderful summer considering we had real winter this year. The winter scene above is some of the artwork I do as part of my survivorship. I don't paint a lot of originals but follow painting tutorials on YouTube. This painting is from www.paintingwithjane.com Anyway, this is my first attempt at a newsletter in a long time. I'm learning new tools and taking a bit longer to prepare that usual. I am working on some regular content and a few more ideas are in the works. If you have anything you would like included or have tips on making the production of the newsletter faster please let me know. I can be reached on Facebook or email me at bcs@tbaytel.net

Dana

HOW I KICKED THE SUGAR HABIT

BY: TRICIA PRINCE - WWW.PINKRIBBONRUNNER.COM



In the past decade, research has focused on health issues related to added sugars in our diets. Whole foods that contain natural sugars and carbohydrates, such as fruits, vegetables and grains, are okay to eat. But adding sugar, such as refined sugar, brown and raw sugar, syrups, honey and fruit juices, has been linked to many health issues, including obesity, diabetes, heart disease and cancers. In 2015, the World Health Organization (WHO) lowered its recommendation for sugar consumption to 5 to 10% of daily caloric intake. That translates to about 25 grams, or 6 teaspoons, for the average adult person. To put this in perspective, one can of regular soda contains 10 teaspoons of sugar and 1 tablespoon of ketchup contains 1 teaspoon of sugar. Daily sugar intake can quickly add up to much more than 10% of caloric intake, and increase our risk for health problems. It was very important for me to limit added sugars as it has been linked to a higher risk of breast cancer

"Studies of glycemic index and cancer risk are mixed, but do suggest a high glycemic index diet may increase cancer risk, particularly in individuals who are overweight and/or sedentary (inactive)."
from Sugar and Cancer, Oncology Nutrition

My decision to limit my sugar intake was relatively easy to make, as I wanted to fight my cancer with everything I could. However, actually kicking my sugar habit was anything but easy. Sugar addiction has been compared to drug addiction. Sugar stimulates the same area of our brains that drugs, like cocaine, trigger. However, it is possible to end a sugar habit. I would like to share with you how I did it.

THE BUTTERFLY STORY



Did you know:

The Butterfly Story Fund is available to support individuals enhance their survivor ship. For activities such as:

- Attend educational conferences and/or events
- Purchase prosthetics
- Participate in exercise classes (We-Did)
- Participate in local events
- Engage in survivor ship activities
- Receive support for quality of life activities

To apply or for further information contact Dana and she will provide information in confidence.

Is the Butterfly Story Fund a program topic you would be interested in? Let Dana or the steering committee members know and we will see what we can put together

In and around Thunder Bay

Bearskin Airlines Hope Classic
February 8 -10

The Co-Operators Bachelors for
Hope Charity Auction
April 12
1 Valhalla Inn Road

"Comparison is the thief of joy"

How I Kicked the Sugar Habit

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Focus on the "why"

I had a very good reason for not eating added sugars. I held onto this when things got rough. When the cravings hit, I asked myself what was more important; my health and, ultimately, my life or the short-term pleasure of eating that piece of fudge. I repeated this to myself over and over again.

Use negative imagery

When I was faced with cakes, cookies or donuts, I imagined these foods going directly to a tumor. In my mind I animated a cancerous tumor and I imagined it devouring these sweet treats. It kind of resembled a greasy, slobbery version of Cookie Monster eating a plate of cookies with little bits flying everywhere. Others have told me that they imagine the sweet treat smeared with various gross things...that milk chocolate frosting can start looking like something else entirely.

Make refusal a habit

After a while, turning down desserts and goodies became a habit. Saying "no" became my first reaction. It took multiple weeks to get to this point, but I eventually got there.

Avoid temptation

Refusal of sweets became a habit, yes, but the cravings were still there. When I was stressed or tired, I would find myself in the kitchen wanting to dive into the junk food. It was there within reach. It was easy to open up a box of chocolate covered granola bars or fruit gummies that I had bought for my kids lunches. I stopped buying these things. I replaced them with easy to reach vegetables and fruits, washed and cut into ready-to-go snack portions. If it was good for me, it was good for my family.

Avoid being hungry

I made sure I was eating enough protein and kept my daily calories in the higher range of healthy. I didn't want to be hungry. I wanted to make sure I was eating healthy and eating enough. I calculated out my daily calories. There are many websites and apps that can do this. I used Spark People and My Fitness Pal. This gave me a range, where I wasn't worried if I stayed in the higher end of this healthy range. I made sure I ate enough healthy protein. I ate 3 main meals, leaving a calorie allowance for 2 snack breaks per day. I was essentially eating 5 times per day, which didn't leave long stretches between eating.

Distraction

When the cravings hit, I would try to distract myself. I would go for a walk. I did puzzles. I did crafts. I wrote in a journal. I cleaned or tidied. I did something on my long to-do list. The cravings would not usually last long.



Dark chocolate

When distraction didn't help, I turned to dark chocolate. Dark chocolate can be an appetite suppressant, and help with sugar cravings. One small square of dark chocolate that was 70% or higher in cocoa content helped to suppress my cravings. It didn't work immediately. I still had to distract myself for about 10 to 15 minutes until it started working. But, it did work.

It took several months, but the cravings did eventually subside. A surprising thing happened. My body started craving healthy foods. It no longer wanted the junk. Natural whole foods started to taste sweeter. After a while, I tried a square of milk chocolate that someone offered me. It was so exceptionally sweet tasting to me that I didn't like it. As time passed, it has become easier to follow a healthy diet.

Ladies - Save the date for upcoming programming at our monthly meetings

March 13 2019

April 10 2019

May 8th 2019

Guest Speaker: Michelle McKitrick MSW RSW RMFT

Topic: PTSD and Breast Cancer

Michelle has worked with Thunder Bay Cancer Centre and lead the Thunder Bay District Trauma Team for decades

Where to find us

Meetings: St Michael's and All Angels Church
675 Red River Road
2nd Wednesday of the month from 7 to 9 pm

Voice mail: 807-475-0025 (checked monthly)
email: bcsg@tbaytel.net
Facebook: Thunder Bay Breast Cancer
Survivor's Forum

www.breastcanersupporttb.com

Cancer Care Experience Study

Have you had cancer?

Lakehead University researchers Drs. Kone, Scharf, and Wiersma invite you to **share your experiences accessing cancer- and other health-care in a small group setting.**

Your experiences could help us improve care coordination for patients with cancer and other medical conditions.

Discussions will take place at Lakehead University.

Participants will receive \$50 in gift cards to select locations, and a one day parking or bus pass for travel.

To enroll or for more information, please contact:

Phone: (807) 343-8563

Email: cancerexp.study@lakeheadu.ca



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Supportive Care
807-684-7310
No Referral
Needed



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

<https://cbcn.ca/en/>



Canadian
Cancer
Society



<http://www.cancer.ca/en/about-us/a-future-without-breast-cancer/breast-cancer-support-services/>