

Supportive Services Update

June 2024

Welcome to the June Issue of the Supportive Services Update.

June is Cancer Survivor Month. According to the National Cancer Institute, "an individual is considered a cancer survivor from the time of diagnosis through the rest of life".

This month, we honour the more than 1.5 million Canadians living with and surviving cancer.

Please note that as we move into the summer months, several of our groups will be on pause in July and August, with the exception of the ADT groups, Stepping Stones and Yoga. However, we are already gearing up for the fall and looking forward to offering a variety of programs starting in September.

If you have suggestions for future Issues, contact:

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What's Inside

Who is a Cancer Survivor?

Coping Tips

Group Updates: Yoga

Androgen Deprivation Therapy

Nutrition Topic: Hydration

Recipe: Tropical Pineapple Coconut Smoothie

Benefits of Watching a Sunset

In the Library: After You Ring the Bell

Community Spotlight: Melanoma Canada

Who is a Cancer Survivor?

Survivorship is the experience of living through or beyond an illness. But the term cancer survivor means different things to different people. For many, being a cancer survivor starts at the moment of diagnosis and continues for as long as a person lives. For others, survivorship begins once active treatment is over and there are no more signs of cancer in the body. For some, the definition of cancer survivor is very broad and includes family members, friends or caregivers touched by cancer, to reflect that they too have lived through the experience.

Survivor isn't a perfect word. For some people, it's a strong, positive way of describing their situation. Using it helps them as they work through the challenges they face while going through a cancer experience. But others don't like it at all.

Whether you like the word or not, it expresses that you've gone through a certain experience. In the end, the word used may not matter. What matters is that many people agree that cancer and its treatment is an experience that stays with you and can change your outlook on life.

Source: <https://cancer.ca/en/living-with-cancer/life-after-treatment/after-treatment-ends>

June 2, 2024 is
National Cancer
Survivor Day.

NATIONAL
**CANCER
SURVIVORS**
DAY



Tips for Coping and Managing Expectations after Cancer Treatment

- Give yourself and the people close to you time to get used to things and sort through feelings and expectations
- Be honest about how you feel and what you need. You might find it helpful to let people know that you still have a lot to deal with and that you still feel very tired, weak, sore or scared.
- Let others know what you're able to do as you heal and what not to expect.
- Connect with other people who've had cancer. There are many ways to do this, such as face-to-face support groups or online communities. Your family members may also find connections like these helpful.
- Write about how you feel. Writing can help you express your feelings, set new goals and prepare for follow-up visits with our health team.
- Get up and move. Regular physical activity can make you feel better, calmer and more in control.
- Eat a healthy diet. Eating well can help you get your strength back, maintain a healthy body weight and reduce your risk of other health conditions.
- Relax and breathe. Meditation and relaxation exercise can help focus your mind and change your view on things.

Source: Canadian Cancer Society. (2018). Life after Cancer Treatment (Brochure)

Groups

Yoga

iRest® Yoga Nidra - Mondays, July 15 - August 26: 7:30 p.m. - 8:30 p.m.

iRest® Yoga Nidra is a research-based, guided meditation that uses a clinically proven 10 step protocol effective in reducing stress and anxiety while improving sleep and overall resilience. In the practice we learn to meet and greet all functions of the mind from our authentic grounded being. Each class will begin with the mindful set-up of the body into a pose of rest suitable for meditation.

Restorative Yoga- Tuesdays, July 16 - August 27: 6:00 p.m. - 7:15 p.m.

This is a classical restorative yoga class, where props are used to create postures of ease and opening in the body as a means to releasing tension, deepening awareness and restoring energy. Classes will be taught so that each participant can use the props they already have at home.

Both sessions are facilitated virtually over Zoom by yoga instructor Marie Brown Beg from Marie Brown Berg Yoga in Saskatoon. Registration is required for both. For more information, call (306) 655-6811.



Marie Brown Berg

Androgen Deprivation Therapy Class



Regina ADT Group Facilitator
Stacey Burkhart

For prostate cancer patients starting on ADT and their partners
Available in Regina and Saskatoon

Participants will receive:

- An overview of what to expect from ADT
- Learn specific ways to manage side effects
- Get strategies to help them succeed in making lifestyle changes



Saskatoon ADT Facilitator
Rachelle Kosokowsky

Participants receive a free copy of the book, "Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and their Loved Ones" by Richard J. Wassersug PhD, Lauren Walker PhD and John Robinson

Virtual options are also available at lifeonadt.com.

To register, call (306) 766-2973 (Regina) or (306) 655-6811 (Saskatoon)

Nutrition Topic: Hydration

Summer is fast approaching, which often includes fun outdoor activities such as laying on the beach, going for a hike or spending the afternoon fishing. But when we're out having fun, it can be easy to forget to properly hydrate! Did you know it is recommended to getting 8-10 cups (2 – 2 ½ litres) of fluid each day? And your fluid needs go even higher if you are sweating, vomiting or having 3 or more loose stools in one day.

The good news is, we can stay hydrated with a variety of fluids including water, milk or milk alternatives, fruit juice, soup broth, and even popsicles. If you're struggling to keep your weight up, try hydrating with some high calorie, high protein options such as milkshakes, smoothies, or nutrition supplement beverages, such as Ensure® or Boost®.

If you are not drinking enough fluids, you can become dehydrated. If you think you may be dehydrated, be sure to reach out to your health care team. Here are a few signs of dehydration to watch out for:

- Dark yellow urine (pee) or urinating less often
- Dizziness when standing or sitting up
- Increased thirst / dry mouth
- Headaches

For more information on how to increase your fluid intake, visit <http://www.bccancer.bc.ca/nutrition-site/Documents/Patient%20Education/INCREASING%20FLUID%20INTAKE%20Edited%20As%20of%20Sept%202017%202021%20APPROVED.pdf>

Recipe: Tropical Pineapple Coconut Smoothie

Ingredients:

- 1 cup pineapple juice
- ¼ cup full-fat coconut milk
- 1 frozen, ripe banana
- ½ cup plain Greek yogourt
- 1 Tbsp. lime juice

Directions: Add everything into a blender and puree until smooth. For a thicker consistency, add a few ice cubes while blending.

Makes 2 servings. Each serving provides 232 calories and 8 grams of protein.



Photo sourced from: <https://www.daisybeet.com/pina-colada-smoothie/>

Recipe sourced from: <https://www.ellicsr.ca>

Have you been unintentionally losing weight or eating less than usual? Do you have specific questions about food and nutrition during or after cancer treatments? Ask your health care team to refer you to a cancer centre dietitian for personalized nutrition advice.

Benefits of Watching a Sunset

It's almost impossible to watch a sunset and not immediately see its beauty and feel calmer. Yet, despite it happening daily, taking a moment to view the sunset is something very few of us do regularly.

Watching the sunset has many benefits such as:

Reduced Stress: The vibrant hues of a sunset can be incredibly calming. They act as a visual cue to slow down and unwind, lowering your heart rate and easing muscle tension.

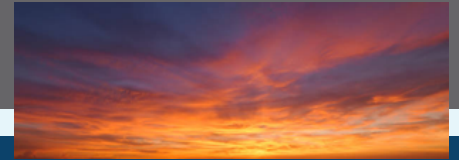
Improved Mood: The warm colours associated with sunsets have been linked to feelings of happiness and optimism. Think fiery oranges, pinks, and purples – these evoke joy and a sense of peace. Sunsets and sunrises also trigger the release of dopamine, a feel-good chemical in the brain.

Mindfulness Boost: Taking time to appreciate a sunset forces you to be present in the moment. You're not dwelling on the past or worrying about the future – you're completely present.

Better Sleep: The dimming light of a sunset helps regulate your circadian rhythm, the body's internal clock that controls sleep-wake cycles. Evening exposure to natural light can significantly improve sleep quality.

So make viewing a sunset part of your summer bucket list and enjoy all the benefits that come with it!

Source: <https://unplugged.rest/blog/sunset-therapy-benefits-of-watching-sunrise-sunset>



In the Library

After You Ring the Bell... 10 Challenges for the Cancer Survivor

By Anne Katz

For patients with cancer and their healthcare team, the “ringing of the bell” is a significant moment—a point in time that signals the end of active treatment and the beginning of a life free of cancer. But for many patients, that moment can also be filled with uncertainty. Anne Katz explores what happens next for those who have survived cancer. Although life as a cancer survivor can be complicated, Katz breaks down 10 challenges often faced by survivors—including health worries, depression, fatigue, nutrition, and the long-term effects of cancer treatment. Written in an accessible style, *After You Ring the Bell* is a book you can share with your patients with cancer and their families.

For more books, check out the libraries at the Allan Blair and Saskatoon Cancer Centres!

