



CancerCare  
MANITOBA

# Moving *Forward*

*after Cancer Treatment*



**Follow-Up Care Planning**  
**Part 3 of 3**

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The views expressed herein represent the views of CancerCare Manitoba.

# Moving Forward After Cancer Treatment

## Part 3 of the Follow-Up Care Plan

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Refer to Parts 1 and 2 of your Follow-Up Care Plan for information on your personalized cancer, treatment, support and resource information.



## Follow-Up Care Planning

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**Important caution:** This summary document does not prescribe or recommend any particular medical treatment or care for cancer or any other disease and does not substitute for the independent medical judgment of the treating professional.

# Feeling Well After Cancer Treatment

## Making sense of your experience...

Now that you have completed your treatment you may find you have a confusing mix of feelings. On the one hand you are likely feeling a sense of happiness and relief that some of the difficulties and disruptions of treatment are behind you. At the same time there are often unpleasant feelings of fear, anxiety and sadness.

You may feel tired. You may still be struggling with some of the side-effects of treatments or continuing to adjust to changes in your health and changes to your body. You may find yourself grieving – for some obvious and other not so obvious losses.

Many people feel surprised by how they feel. Once treatment is behind you, you may find you now have the emotional and physical energy to seek counseling to begin to make sense of all that has happened. It is at this time that many people find it helpful to seek support for the very large impact of their cancer on both themselves and their loved ones. Others find it very helpful to speak with others who have been through or are going through some of the same things as you. You likely also want to know what you can do to help yourself recover and become as healthy as possible.

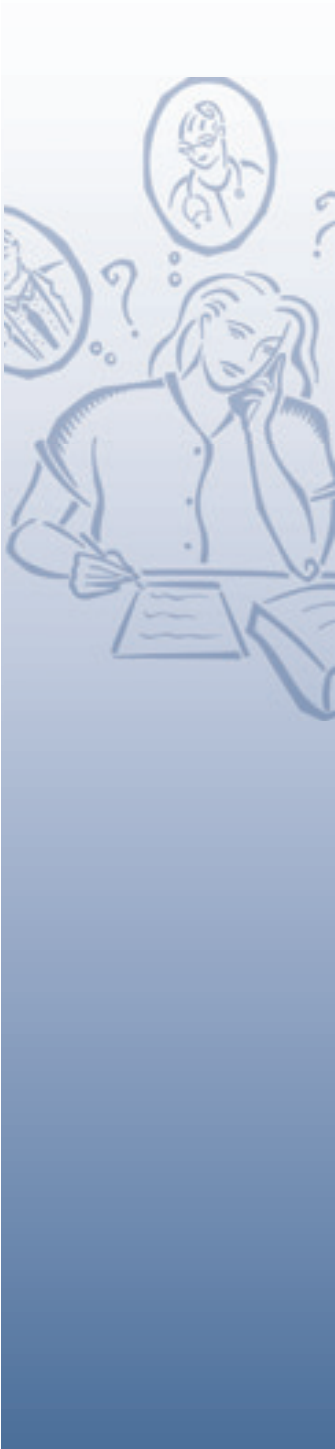
The same support program or resource or wellness plan does not work for everyone. It is important to find what works for you and to develop your own personal plan for moving forward and living well.



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### Whom do I talk with about questions or worries?

If you are experiencing any of the following, it is important to know that there is help available. Talk with your family doctor, nurse, or other health care provider, or check the Resource and Support Available section for who can help you with:

- New symptoms: physical, emotional, social or spiritual
- Pain that troubles you
- Symptoms that affect the quality of your life (e.g. fatigue, trouble sleeping, sexual problems, relationship issues)
- Feelings of anxiety or depression
- Eating or nutrition issues

### How about complementary cancer treatments/therapies?

Many people who have or have had cancer have used or consider using complementary or alternative health care practices or treatments such as herbal medications or special diets. When your cancer treatment ends you may find yourself thinking even more about these kinds of treatments.

If you are thinking about using any of these methods, discuss it with your doctor or nurse first, or a dietitian or pharmacist at CancerCare Manitoba. Some of these complementary therapies may be harmful when used with medicines normally prescribed by a doctor.

CancerCare Manitoba's **Patient and Family Resource Centre at 675 McDermot Street in Winnipeg (787- 2109)** has helpful books and pamphlets to help you in your decision making and can mail materials to people outside of the city.

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# Reducing the Risk of Recurrence

Many survivors find that this is a time when they think about changes they want to make in how they take care of themselves. Healthy living can help you feel better physically and emotionally, and may reduce your chance of recurrence or of developing another cancer. This is an important start to living a healthy life. If you already had good lifestyle habits, you may be trying to figure out how to get back to them with your 'new normal.' You will be more successful at making these changes when you have support from those you live with and interact with on a daily basis. Get your family and friends involved!

The information & resources listed below can help you get started and maintain a healthy life style.

## No Smoking / Chewing Tobacco

Use the Smokers Help Line (1-800-513-5333) and talk with your doctor about quit smoking aids. Limit or eliminate your exposure to second hand smoke.

## Limit Alcohol

Research shows that drinking alcohol increases your chances of getting certain types of cancers. If consumed at all, alcohol should be limited to no more than 1 drink per day for women and 2 drinks per day for men. 1 standard drink =

Beer - 360 mL (12 fl. oz) of regular beer (5% alcohol)

Spirits - 45 mL (1.5 fl. oz) of spirits (40% alcohol)

Wine - 150 mL (5 fl. oz) of wine (12% alcohol)

## Be Sun Smart

Protect yourself from harmful exposure to the sun.

- Use sunscreen, at least 15 SPF. Check sunscreen bottles for best before date – old sunscreen will not protect you from sun damage.
- Re-apply at least every two hours or after swimming or sweating.
- Seek shade especially between 10 am and 3 pm
- Cover yourself with clothing and wear a hat!
- If you are outdoors on a sunny day in the winter, sunscreen use is still recommended.

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### Maintain a healthy body weight

Maintaining a healthy body weight is key to good health. This is true for everyone, including cancer survivors. Having extra fat on our bodies appears to increase the risk of many diseases including cancer, heart disease, diabetes, stroke, hypertension, arthritis, and dementia. You can use BMI (Body Mass Index) and WC (Waist Circumference) to determine if your body weight is in a healthy range. Talk to your physician about your body weight if you have concerns or want to make changes.

Use the body mass index chart below to see if your body weight falls into the healthy range.

BODY MASS INDEX CHART																							
BMI	Under-weight	Normal						Overweight					Obese						Extreme Obesity				
	18-	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40+
Height ft' in"	Weight (pounds)																						
4'10"	86	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4'11"	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5'	92	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5'1"	95	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5'2"	98	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5'3"	102	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5'4"	105	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5'5"	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5'6"	112	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5'7"	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5'8"	118	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5'9"	122	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5'10"	125	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278
5'11"	129	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6'	133	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6'1"	136	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6'2"	140	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6'3"	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
6'4"	148	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328

Another way to assess if your weight is in a healthy range is to measure your waist circumference (WC), as this is an indicator of abdominal fat. Excess fat around the waist and upper body (also

described as an 'apple' body shape) is associated with greater health risk. A WC at or above 102 cm (40 inches) for men and 88 cm (35 inches) for women is associated with increased risks.

There are limitations to the use of BMI and WC for assessing healthy weight in adults over age 65 and individuals less than 18 years of age.

If you are concerned about your weight based on BMI or WC, discuss this with your physician.

The following guidelines for eating well will help you achieve and maintain a healthy body weight.

### **Eat well**

*Canada's Food Guide* translates the science of nutrition into a healthy eating pattern. It is a useful and important resource that describes what amount of food people need and what type of food is part of a healthy eating pattern. The recommendations in this section will help you use *Canada's Food Guide* to meet your nutrient needs, reduce your risk of obesity, and lessen your risk of chronic diseases including certain types of cancer.

Keep in mind that if you experience long term side effects from your cancer treatment, these recommendations may not be right for you. In this case it is strongly recommend that you meet with a Registered Dietitian who can individualize these recommendations for your situation. **Refer to Part 2 of your Follow-Up Care Plan** for some specific dietary recommendations for your cancer and tips to help you manage difficulties you may be experiencing as a result of your treatment.

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## Eat a Variety of Colorful Fruit and Vegetables

Vegetables and fruits, in a rainbow of colours, provide the vitamins, minerals and fibre you need. A diet that includes a variety of vegetables and fruit instead of higher fat, higher calorie foods can help you achieve and maintain a healthy weight.

### Tips:

- ~ Add fruit and vegetables to everyday meals: top cereal with fruit, start dinner with salad or vegetable soup, add a layer of grilled vegetables to a sandwich.
- ~ Eat at least one dark green vegetable such as broccoli, romaine lettuce or spinach each day.
- ~ Eat at least one orange vegetable such as carrots, sweet potatoes or winter squash each day.
- ~ Frozen or canned vegetables and fruit are a good option when fresh is not available.
- ~ Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- ~ Have vegetables and fruit more often than juice.

## Emphasize Whole Grains

Whole grains contain an abundance of protective substances for good health, some of which may help prevent cancer. Whole grains also provide dietary fibre, which is important for a healthy digestive tract.

### Tips:

- ~ Read food labels when you are shopping – look for whole grains as the first ingredient in the list.
- ~ Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- ~ Enjoy whole grain breads, bagels, tortilla wraps or whole wheat pasta.
- ~ Start the day with an unsweetened, fibre-containing cereal such as oatmeal or bran flakes.



## Choose Healthy Meats and Alternatives

Meat and alternatives provide essential protein, vitamins and minerals for your body's growth and repair. For cancer prevention, limit red meats (such as beef, pork, lamb and wild meat) by reducing your portions to 3 oz servings of lean meat (roughly equal to the size of a deck of cards), no more than 3 times per week. In addition, avoid processed meats such as ham, bacon, salami, hot dogs and sausages.

### Tips:

- ~ Choose fish (such as salmon, herring, mackerel, sardines, trout, pickerel or white fish) and poultry more often.
- ~ Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- ~ Canned tuna (packed in water), salmon or eggs make great sandwich fillers.
- ~ Choose legumes (beans, lentils, peas) more often as a meat alternative. Add them to soups, casseroles, salads and chili.
- ~ Enjoy a small handful of nuts as a snack, and use peanut butter as a spread.

## Consume Low-Fat Milk and Alternatives

Low-fat milk and alternatives provide important calcium, vitamin D, and protein. Both calcium and vitamin D in milk may help reduce your risk of certain cancers. Calcium and vitamin D have also been shown to help prevent osteoporosis (a bone weakening disease).

### Tips:

- ~ Have 500 ml (2 cups) of milk (skim, 1% or 2%) or a fortified soy beverage every day.
- ~ Fat-free yogurt is great for shakes, dips and snacks.
- ~ Choose a lower fat version of your favorite cheese (less than 20% milk fat or skim milk varieties.)



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## **Avoid sugary drinks and limit your intake of high calorie foods**

Food and drinks with added sugar and fat (energy dense foods) have lots of calories but usually contain few nutrients. Consuming a lot of these foods and drinks may cause unhealthy weight gain and obesity, which can increase your risk of cancer recurrence and other chronic diseases.

### **Tips:**

- ~ Limit your intake of foods and beverages high in sugar and fat such as such as soda, fruit drinks, candy, cake, desserts, pie and other baked goods.
- ~ Choose healthy alternatives such as naturally sweet fruit or yogurt smoothies to satisfy your sweet tooth.
- ~ Choose air-popped popcorn or veggies and low fat dip to replace snacks high in fat and sugar.

## **Limit consumption of salt and foods processed with salt (sodium)**

We tend to eat more salt than we need, which is linked to an increased risk of chronic diseases and stomach cancer.

### **Tips:**

- ~ Limit the use of processed foods such as canned and packaged soups, crackers, sauces and gravies, condiments, ready-made meals and snack foods (where it can be listed on the food label as sodium).
- ~ Work towards eliminating the use of salt in cooking and at the table

## Supplement Wisely

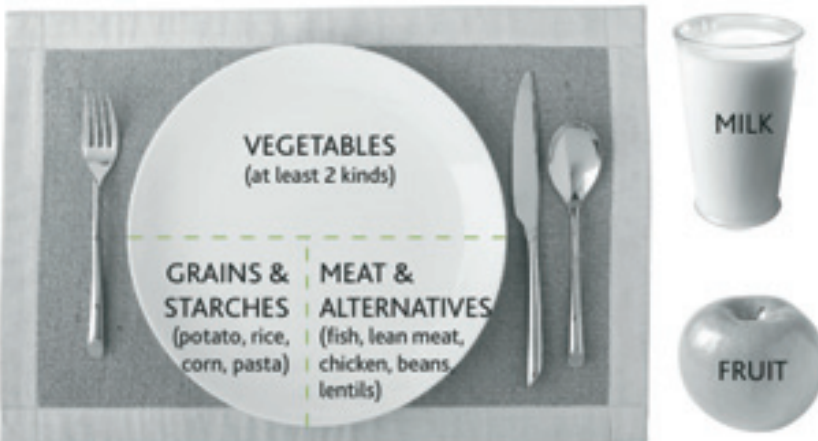
The best source of nutrients is from the food you eat. However, there may be a benefit to taking a daily, standard multivitamin/mineral supplement. In addition, there is growing evidence that vitamin D may reduce the risk of some types of cancer.

### Tips:

- ~ The Canadian Cancer Society recommends adults consider taking 1000 IU of vitamin D in the form of a supplement.
- ~ Talk to your physician or dietitian about whether vitamin D supplementation is appropriate for you.
- ~ Take a daily, standard multivitamin/mineral supplement, especially if you are having difficulty eating a variety of foods.

## Focus on a Healthy Diet

A simple way to make sure you are eating a balanced diet is to think about setting up your dinner plate in a healthy way. Use the diagram below as an easy guide to help you plan a healthy meal.



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## Is My Diet Balanced?

Take a minute to answer *yes or no* to the following questions.

Your answers will tell you where your eating habits could be improved.

1. I eat at least 7 servings of fruits and vegetables each day  
 Yes     No
2. I choose to eat whole grain breads, cereals and pasta most often.  
 Yes     No
3. When consuming dairy products, I choose lower-fat varieties such as skim or 1% milk, low-fat yogurt, and lower-fat cheese.  
 Yes     No
4. When I eat meat, I choose lean cuts such as lean ground turkey, skinless chicken breast, fish, round steak or extra-lean ground beef.  
 Yes     No
5. I use lentils, beans or soy products as meat alternatives.  
 Yes     No

If you answered *no* to any of the questions, don't be discouraged.

Remember to make healthy dietary changes one at a time and build on your successes. Over time, you can shift your whole eating style to become healthy and balanced.

## Having Trouble Eating Well?

We know that some cancer survivors may have difficulty eating a healthy diet and following the guidelines in *Canada's Food Guide*, due to long term side effects of treatment. Refer to **Part 2 of your Follow-Up Care Plan** for some specific dietary recommendations for your cancer and tips to help you manage difficulties you may be experiencing as a result of your treatment. In order to get the most benefit from your diet, seek the advice of a Registered Dietitian.

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You can access a dietitian through CancerCare Manitoba, who will help you modify your diet to accommodate the difficulties you are experiencing in order to maintain optimal health.

### Recommended Resources

- Create a personalized healthy eating guide by using “My Food Guide” at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- For an in-depth assessment of your nutritional intake and physical activity level, use the Dietitian’s of Canada Eatracker tool at [www.eatracker.ca](http://www.eatracker.ca).

### Exercise

Research has shown a link between exercise and decreased rates of recurrence and increased rates of survival in certain cancers. Exercise can also combat the side effects of fatigue and sleep disturbances. **Always check with your doctor before starting an exercise program.** You may need to take special precautions if you have anemia, a ‘low blood count’, weakened immune function, or problems with nerves that affect balance or sensation.

- If you have severe anemia, don’t exercise until the anemia is improved.
- If you have weakened immune function, avoid gyms and other public places until your white blood cell count is normal. If you had a bone marrow transplant, your doctor may tell you to avoid exposure to public places such as gyms, where the likelihood is high of exposure to germs, for a year after your transplant.
- If you have significant peripheral neuropathy (nerve damage) from your cancer treatment that affects your coordination and/or balance (such as numbness, tingling, or burning in your fingers, hands, feet or legs), your ability to exercise may be limited. Focus on ‘stable’ exercise such as a stationary reclining bicycle, rather than walking outdoors or on a treadmill.
- If you are experiencing severe fatigue as a result of your therapy, you may not feel up to exercising. Start with basic movements and activities such as stretching or tai chi in short bouts.

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- You should not exercise if you are at risk of infection, are in pain or experiencing other side effects that are not well-controlled.
- If you have physical challenges, it is recommended that you be referred to a physiotherapist or an exercise professional. You may need to learn a new way of doing an activity and/or a program that meets your specific needs and abilities.

**Getting Started:** When you are recovering from your treatment, exercise can be a great way to battle fatigue, relieve some stress, and give time to be alone for thought and meditation or socialize with family and friends.

**Start off slowly:** Listen to your body! Walking is a cheap and easy activity to do first, especially if you are unsure of what you are capable of. If you haven't been active, stick close to home for your first walk and keep track (either by time or number of steps) of how long until you feel the need to stop. If you need to rest, do so! Find a bench to sit on or stop for a drink of water.

Pedometers are a great way to keep track of your progress. Health experts recommend that people set a goal of at least 10,000 steps per day; however you need to set your own goals based on how you feel.

**Plan** to exercise when you are most rested during the day – make a plan for the same time each day.

**Soreness:** You may experience some muscle soreness after the first few days, this is normal! If you can barely move – then you have exercised too hard! Back off on time or intensity. If it is mild or you do not have any soreness, then continue with your activity.

**Build gradually:** Add time to your activity first. When you are able to reach the 30 minute minimum, you can keep adding time, or try increasing the intensity.

Be aware that you will have easy days and hard days. On the hard days, listen to your body, but still try to get an activity in – you may be surprised that you will feel more energetic after.

**Dress for Success:** Make sure you are wearing the proper shoes and clothing for your activity. Nothing can sideline exercise faster than blisters on your feet and exercise clothes that do not fit.

**Keep track:** write down your exercise and activities and also make notes on how you felt. This can be valuable information about your recovery and make you listen to your body more closely.

**Set a goal:** goals can help you keep focused on your exercise plan. You can be creative and have fun with your goals or keep them really basic. Getting friends involved in your goals can add additional support for your exercise! Goals can be simple, such as walking for a length of time or for a number of steps, completing a route in a specific time or exercising 6 days per week. You can challenge yourself to participate in an event or join a team, or set a virtual goal such as ‘walking across Manitoba.’ You can have a friendly competition with friends or family where you support each other in exercising.

**Try something new:** You may have physical challenges as a result of treatment or fatigue that do not allow you to jump back into the sports you used to play or the activities that you used to do. Make sure you talk to your doctor, physiotherapist or exercise professional to understand any limitations you may have and discuss ideas for adapting those activities, or suggestions for other things you can do.

The following exercise information is based on what Health Canada recommends for all Canadians and what you should work towards implementing in your daily life after cancer treatment. Remember to seek advice from your physician before starting any exercise program.

**Amount:** Minimum of moderate exercise for *30 minutes everyday*.

- This can be done in three 10 minute periods that total 30 minutes in the day.
- As fitness improves, aim for at least 60 minutes of moderate activity or 30 minutes of vigorous activity every day.

**Intensity:** Research has shown that more vigorous exercise can further reduce your risk.

- **Moderate & Vigorous Exercise** – an easy way to judge intensity is by your breathing. With moderate exercise you should be able to talk, but not sing. With vigorous activity, talking is possible in short phrases but not long sentences. Even after only 10 minutes of moderate exercise, you should be sweating..
- **Heart Rate Zones** can also be used to determine your intensity level. Heart rate is the number of heart beats per minute (bpm) or how fast your heart is beating. Your intensity ranges (or Zones) are based on your Maximum Heart Rate, which is the upper limit to your heart rate.

Moderate Intensity is considered to be approximately between 60-75% of your Maximum Heart Rate.

Vigorous exercise is in the range of 75-90% of Maximum Heart Rate.

You can use a heart rate monitor or check your pulse to determine your heart rate while you exercise. Use the Worksheet below to figure your heart rate zones out.

**Figuring Out Your Heart Rate Zones:**

Maximum Heart Rate = 220 – age

Moderate Zone: 60% - 75% of Maximum Heart Rate

Vigorous Zone: 75% - 90% of Maximum Heart Rate

Example: If 65 years old

Max Heart Rate:

$220 - 65 = 155 \text{ bpm}$

$60\%: 155 \text{ bpm} \times 0.60 = 93 \text{ bpm}$

$75\%: 155 \text{ bpm} \times 0.75 = 116 \text{ bpm}$

$90\%: 155 \text{ bpm} \times 0.90 = 140 \text{ bpm}$

Moderate Zone:

93 - 116 bpm

Vigorous Zone:

116 - 140 bpm

<b>HR<sub>max</sub></b>	<b>220 – age =</b>	_____		
		<b>bpm</b>		
<b>60%</b>	_____ HR <sub>max</sub> x .6 =	_____	<b>Moderate HR Zone</b>	<b>Vigorous HR Zone</b>
		<b>bpm</b>		
<b>75%</b>	_____ HR <sub>max</sub> x .75 =	_____		
		<b>bpm</b>		
<b>90%</b>	_____ HR <sub>max</sub> x .9 =	_____		
		<b>bpm</b>		

### Checking your pulse:

1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe.
2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing. If you are still having trouble, do not talk and eliminate any noise.
3. Use a watch with a second hand or digital display, or look at a clock with a second hand. Count the beats you feel for 15 seconds. Multiply this number by four to get your heart rate (pulse) per minute.

**Activities:** You can use a variety of activities for exercise, anything from walking the dog, taking the stairs at work, joining a sports team or club or going for a bike ride.

- **Walking:** at a brisk pace is the easiest and least expensive activity to do! It is also easy on your joints and can be integrated into your day in many ways.

While you are walking, pay attention to your body. Think about your posture – head up, shoulders back and relaxed, stomach in, arms swinging loosely by your side and avoid shuffling your feet. Pay attention to your breathing and the feelings in your legs and arms, pick up the pace or slow it down if you need to. Calm your mind and look at your surroundings.

Make sure you have comfortable walking shoes with good support. If your feet or joints start getting sore, it may mean that you need a new pair of shoes. For winter walking on snow and ice, consider getting a pair of slip on ice cleats. Use of walking poles can provide extra support as well as building strength and range of motion in your arms, shoulders and back.

Dress for the weather – with moderate to vigorous exercise dress as if the temperature outside is 5-10 degrees warmer.

- ~ If it is windy, put a wind-resistant layer on the outside.
- Sunscreen can help to protect against windburn along with sunburn.



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- ~ In hot weather, wear a hat, sunscreen (there are lighter “sport” options that feel less greasy and allow you to sweat,) take water with you if you are going for more than a ½ hour, and sunglasses to protect your eyes.
- ~ In cold weather, dress in layers, with the base layer being a fabric that will pull the moisture away from your body (wicking material that is usually polyester, microfibre or silk based), wear a hat or toque to conserve heat, and don’t forget the sunscreen and sunglasses.
- ~ In the rain, water-resistant fabrics may slow the process of getting wet, but won’t stop it completely, however, water-proof fabrics tend to not breathe so you may be hotter and wet with sweat instead. Make sure to remove damp clothes (from sweat or the weather) right after activity.

If the weather is too poor, consider going to the mall for your walk or drop-in to a local gym with a track, treadmills or elliptical trainers.

- **Exercise within everyday activities:** take the stairs instead of the elevator, take a walk for your coffee break or at lunch, try walking to work or the store or parking farther away from your destination (remember to plan to leave a little earlier!) When doing chores around the house, try adding some extra energy to the job or doing it “old school” such as washing the car by hand, scrubbing the bathtub & shower, dancing with the vacuum or mop, or working in the yard with a hand mower and pruning shears.
- **Joint friendly activities:** Swimming, water aerobics, bike riding (stationary or outdoor,) elliptical trainers, yoga, tai-chi and Pilates are all activities that are easier on your joints and have a lower risk of injury. Make sure you are following all the appropriate safety recommendations, such as wearing a helmet or working with a qualified instructor.
- **Couch potato workout:** In a typical 1 hour prime time television show, there is 12-15 minutes of commercials. Instead of flipping the channels with your remote, try jogging on the spot, doing jumping jacks, dancing around your living room or skipping rope. In two hours of TV, you can get your ½ hour of activity, just remember to get your heart rate high enough!
- **Join a gym or exercise program:** Make sure the activity is right for you and that there are qualified instructors involved. Check with *CCMB Patient and Family Support Services* for exercise programs available to cancer patients.

# Resources and Support Available

The following resources are available to help you with difficulties you might be experiencing as you move forward after cancer, and to help you with a healthy life style. If a resource is not listed, or you need help accessing a resource, please feel free to call Patient and Family Support Services at **787-2109** and we would be pleased to assist you.

## Aboriginal Services

Winnipeg Regional Health Authority (WRHA) Aboriginal Health Services program is available to you and your family:

- Patient advocacy/support
- Language interpretation and translation
- Spiritual and cultural care
- Traditional Elder Community liaison
- Discharge planning

### Aboriginal Health Services (AHS) Central Intake

Telephone: (204) 926-7151 or visit the

Website: <http://www.wrha.mb.ca/aboriginalhealth/>

In rural Manitoba, call the Community Cancer Program close to your home or the hospital to ask for the Aboriginal Liaison Worker.

Call the CCPN Supportive Care Coordinator for a referral:

Telephone: (204) 787-2842

Toll free: 1-866-561-1026

## Cancer Resource Centres for Patients & Families

- Provide patient and family education on various aspects of cancer
- Act as resource brokers – helping you and your family and friends find helpful resources
- There are many books and pamphlets related to survivorship that will be available



**CancerCare Manitoba's Patient and Family Resource Centre:**

675 McDermot Ave in Winnipeg

Telephone: 787-4357 or toll free: 1-888-561-1026

Resources can be mailed and a catalogue of available resources is available online at [www.cancercare.mb.ca](http://www.cancercare.mb.ca).

**Central Plains Cancer Care Services in Portage La Prairie**

Telephone: 204-857-6000

**South Central Cancer Resource Centre in Morden.**

Telephone: 204-822-9541 or toll free 1-866-287-4730

Your local Community Cancer Program may also have resources to lend.

**Counseling ~ Individual, Couple, Family**

CCMB's Patient and Family Support Services has psychosocial clinicians / counselors who specialize in working with people with cancer and their families/loved ones.

These specialists can help:

- you with feelings of anger, sadness, fear and anxiety
- you sort through the meaning of this experience in your life
- you adjust to change and loss
- with a referral to resources for practical and financial issues
- connect you with other support programs
- with decision making about returning to work
- teach you relaxation skills
- with relationship difficulties.

**Individual Counselling:** You or a family member meet a counsellor one on one for about an hour.

**Couples Counselling:** You and your partner meet together with the counsellor who can help you talk about problems and learn about each other's needs, to improve communication and work together on relationship issues.

**Family Counseling:** Families meet together with a counselor to talk through how cancer has impacted their whole family, talk about issues that have arisen or may be long standing and work together to improve communication and relationships.

**CCMB's Patient and Family Support Services**, if you need help connecting

Telephone: 787-2109 or toll free 1-866-561-1026

They can see you individually, as a couple, as a family or any member of your family on their own. They will also refer you for specialized counseling if needed.

**In rural Manitoba**, call the Supportive Care Coordinator, Community Cancer Program Network (CCPN)

Telephone: (204) 787-2842

Toll free: 1-866-561-1026

## **Diet, Food and Nutrition**

CCMB Patient and Family Support Services has registered dieticians who specializes in working with people with or following cancer.

There are also Registered Dietitians in the community who can:

- help you achieve & maintain a healthy weight
- answer your nutrition questions
- recommend a healthy diet for you

**CCMB Patient and Family Support Services** to speak to a registered dietitian, especially if you need help with difficulties related to eating. The CCMB Dietitian can also provide referrals to community dietitians.

Telephone: 787-2109 or toll free 1-866-561-1026

**In rural Manitoba**, the dietitian can:

- speak with you over the phone or
- via Manitoba TeleHealth
- try to connect you with an appropriate dietitian close to home

## Exercise & Activities

Check with your doctor prior to starting any exercise program. Exercise can decrease your risk of recurrence and can assist in the prevention of other diseases. Exercise can help alleviate some of the side effects from treatment, such as sleep disturbances, fatigue, de-conditioning, body image, weight gain, negative mood and some psychological issues. Look for specialists from the following fields:

- Physiotherapist
- Athletic Therapist
- Certified Exercise Physiologist (CSEP CEP) – this is an advanced personal trainer, certified through the Canadian Society of Exercise Physiologists, with extra education regarding those with medical conditions ([www.csep.ca](http://www.csep.ca))

## Family Physicians

After cancer treatment, the management of your follow-up testing may be returned to your family physician or Nurse Practitioner, who is responsible for your general medical care.

If you do not have a Family Physician or Nurse Practitioner, speak with your CancerCare Manitoba Nurse or Physician for a referral through the UPCON network. Depending upon where you live, there may be a significant wait time and you are advised to also contact the Manitoba College of Family Physicians (next) as well.

The Manitoba College of Family Physicians and Manitoba Health offer a service called “The Family Doctor Connection Program” which provides an up-to-date comprehensive list of Winnipeg family doctors accepting new patients. You will be assisted personally and provided with the names and telephone numbers of family physicians accepting new patients in your area of residence.

Monday - Friday 8:30 a.m. to 4:30 p.m.

In **Winnipeg**, Phone: (204) 786-7111

In **rural Manitoba**, toll-free 1-866-690-8260

## Genetic Counseling

Some cancers can have a hereditary component; however environment, lifestyle, and other unknown causes may tend to play a greater role in most cases.

Genetic counseling for cancer is generally reserved for those clients that were diagnosed at an early age or have other close relatives with the same diagnosis.

Genetic Services are available by health care practitioner referral only.

### WRHA Genetics & Metabolism Program

Telephone: 787-2494.

Location: FE 229 Community Services Building, Health Sciences Centre, Winnipeg

Website: <http://www.wrha.mb.ca/prog/genetics/>

## Home Care Services

Home care services are available to clients in Winnipeg as well as in rural Manitoba.

Services are available to support people to live independently in the community.

A patient or family member in Winnipeg can:

- call to request services at 940-2655
- or request a referral from your health care practitioner.

**In rural Manitoba** call and ask to speak to the Home Care Coordinator at:

- the hospital close to your home
- your Regional Health Authority
- or the Community Cancer Program, Supportive Care Coordinator for a referral close to home

Telephone: (204) 787-2842

Toll free 1-866-561-1026

Private nursing and housekeeping services can be found in the Yellow Pages and may be covered by your private insurance.

## Occupational Therapy

An Occupational Therapist can:

- help you regain, develop and build skills that are important for independent living.
- show you ways to perform daily activities and help you manage fatigue.

To see an Occupational Therapist:

- Ask for a referral from your doctor
- or see an Occupational Therapist in private practice. Your third party health insurance may cover their services.

There are no Occupational Therapists on staff at CCMB

## Pain and Symptom Clinics

Following cancer and its treatment some experience problems with symptoms that may be difficult to manage such as pain or nerve damage. You can be referred to a CCMB Pain and Symptom Management Clinic by:

- CCMB team or
- your family doctor or nurse practitioner

Fax referrals to 786-0612.

## Patient Representative

The mandate of the Patient Representative is to act as a liaison between patients, their families and CancerCare Manitoba staff.

This confidential service strives to address concerns, answer inquiries and act on suggestions in a respectful, compassionate and timely manner.

The Patient Representative office at CCMB

Location: 675 McDermot Ave., Winnipeg

Telephone: 787-2065 or toll free 1-866-561-1026

## Peer Support

Peer supporters are trained volunteers who have experienced your type of cancer or are a family member or support person of someone who has had your type of cancer. They are trained in confidentiality and usually connect via telephone.

Peer supporters are matched to your type of cancer, treatments, and life circumstances as much as possible.

Sometimes there is nothing quite like talking with someone else who has “been there”.

Peer support volunteers are available through the Canadian Cancer Society Cancer Connections program.

Call 774-7483

### **Physical Therapy / Physiotherapy**

Physical therapists are trained in the way that the body parts interact and work.

They can teach you about proper and safe exercises and body motions that can help you gain strength and mobility after treatment.

They can also advise you about corrective postures that help prevent injuries.

To see an Physiotherapist:

- Ask for a referral from your doctor
- or see a Physiotherapist in private practice. Your third party health insurance may cover their services.

There are no Physiotherapists on staff at CCMB

### **Sexuality Counseling**

An expert nurse counselor is available at CCMB to meet with you and/or your partner to talk about any concerns you have about sexuality, and help you renew your sex life after cancer. If you are in Winnipeg, you can meet the counselor in person and for patients in rural Manitoba, you can meet via Manitoba Telehealth.

In Winnipeg, call 787-4495

In rural Manitoba: toll free 1-866-561-1026

### **Smoking Cessation Services**

Quitting smoking has a variety of benefits, particularly reducing the risk or recurrence and developing a second cancer.

Your family physician or nurse practitioner can help you with stopping smoking.

CCMB is planning to offer a smoking cessation clinic in the near future that you can attend free of charge.

Call the Smoker’s Helpline at 1-877-513-5333



## Spiritual Health Counseling

Your spirituality may be undergoing a time of transformation, and it can help to be able to connect about some of life's difficult or "big" questions with someone who is able to support you as you work it through.

Speak to a Spiritual Director, your own pastor or priest or Rabbi if you have one, or call the Spiritual Health Specialist with CCMB.

### CCMB Spiritual Health Specialist, In Winnipeg

Telephone: 787-2109, can meet in person or on the telephone

### In rural Manitoba

Toll free 1-877-561-1026

- can meet via MBTeleHealth or telephone
- can connect you to an appropriate spiritual care provider close to home

A Spiritual Director may be found through Spiritual Directors International [www.sdi.org](http://www.sdi.org).

## Stress Management Programs

CCMB Patient and Family Support Services offers an 8 week stress management program.

The counselors in Patient and Family Support Services can also teach you relaxation skills and techniques one on one.

CCMB Patient and Family Support Services to register or make an appointment with a psychosocial clinician to work individually on stress management.

### In Winnipeg:

Telephone: 787-2109

**In rural Manitoba**, contact the CCPN Supportive Care Coordinator for a referral close to home:

Telephone: (204)787-2842

toll free 1- 866-561-1026

## Support Groups for Survivors

Professionally facilitated face-to-face and/or online groups provide an environment for those living with or after cancer to interact with others in similar situations.

Call 787-2109 or toll free 1- 866-561-1026 and ask to speak to a psychosocial oncology clinician who can help match you to the appropriate resources.

**In rural Manitoba**, although there may not be a specific support group for people with your type of cancer, there are a number of general support groups and programs in rural Manitoba. To find out about rural groups, call the CCPN Supportive Care Coordinator at 204-787-2842 or toll free 1-866-561-1026.

There is also an on-line professionally facilitated support group. To register for the on line group call 787-2141 or toll free 1- 866-561-1026.

There are many other support groups and services and activity based programs, including Young Adult Cancer Canada (YACC), if you're an 18 – 39 year old survivor.

## The Navigator

This is a monthly bulletin published by CancerCare Manitoba describing the support programs and services available, and includes a calendar of events.

The Navigator can be found at [www.cancercare.mb.ca](http://www.cancercare.mb.ca) or you can call 788-8080 to be put on a mailing list.

## Websites – Cancer Information

The Web is a great source of information about moving forward after cancer, but it is also full of misinformation. These websites are ones you can rely on!

CancerCare Manitoba	<a href="http://www.Cancercare.mb.ca">www.Cancercare.mb.ca</a>
Canadian Cancer Society > Manitoba	<a href="http://www.cancer.ca">www.cancer.ca</a>
Canadian Partnership Against Cancer	<a href="http://www.partnershipagainstcancer.ca">www.partnershipagainstcancer.ca</a>
Health Canada > Health Concerns > Diseases & Conditions > Cancer	<a href="http://www.hc-sc.gc.ca/hc-ps/dc-ma/cancer-eng.php">www.hc-sc.gc.ca/hc-ps/dc-ma/cancer-eng.php</a>
American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>
Oncolink	<a href="http://www.oncolink.org">www.oncolink.org</a>
Medline Plus > Health Topics > Cancer	<a href="http://www.nlm.nih.gov/medlineplus/">www.nlm.nih.gov/medlineplus/</a>
Mayo Clinic	<a href="http://www.mayoclinic.com">www.mayoclinic.com</a>
National Cancer Institute (U.S.)	<a href="http://www.cancer.gov">www.cancer.gov</a>
American Society of Clinical Oncology	<a href="http://www.cancer.net">www.cancer.net</a>
American Institute of Cancer Research	<a href="http://www.aicr.org">www.aicr.org</a>

## Websites – Healthy Lifestyle Information

Health Canada	<a href="http://www.hc-sc.gc.ca/index-eng.php">http://www.hc-sc.gc.ca/index-eng.php</a>
Smoking	<a href="http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php">http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php</a>
Alcohol	<a href="http://www.hc-sc.gc.ca/hc-ps/alc/index-eng.php">http://www.hc-sc.gc.ca/hc-ps/alc/index-eng.php</a>
Food & Nutrition	<a href="http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php">http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php</a>
Physical Activity	<a href="http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php">http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php</a>

## Websites – Healthy Lifestyle Information continued

Canada's Food Guide	<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php">http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php</a>
Canada's Physical Activity Guide & Canadian Physical Activity Guide for Older Adults	<a href="http://origin.phac-aspc.gc.ca/hp-ps/hl/mvs/pag-gap/">http://origin.phac-aspc.gc.ca/hp-ps/hl/mvs/pag-gap/</a>
Manitoba Healthy Living	<a href="http://www.gov.mb.ca/healthyliving/">http://www.gov.mb.ca/healthyliving/</a>
Manitoba In Motion	<a href="http://www.manitobainmotion.ca/">http://www.manitobainmotion.ca/</a>
Active Living Coalition for Older Adults (ALCOA)	<a href="http://www.alcoa.ca/e/cancer_project/index.htm">http://www.alcoa.ca/e/cancer_project/index.htm</a>

## Websites – Survivor Information

National Coalition for Cancer Survivorship	<a href="http://www.canceradvocacy.org">www.canceradvocacy.org</a>
Caring Voices	<a href="http://www.caringvoices.ca">www.caringvoices.ca</a>
American Cancer Society Cancer Survivors Network	<a href="http://www.acscsn.org">www.acscsn.org</a>
Office of Cancer Survivorship, National Cancer Institute (U.S.)	<a href="http://www.cancercontrol.cancer.gov/ocs/">www.cancercontrol.cancer.gov/ocs/</a>
National Cancer Survivorship Initiative (U.K.)	<a href="http://www.ncsi.org.uk/">http://www.ncsi.org.uk/</a>
Lance Armstrong Foundation	<a href="http://www.livestrong.org">www.livestrong.org</a>
ASCO – Survivorship	<a href="http://www.cancer.net">www.cancer.net</a>
American Institute of Cancer Research After Cancer Treatment <click on> Cancer Patients and Survivors, then <click on> After Cancer Treatment	<a href="http://www.aicr.org">www.aicr.org</a>
Centre for Disease Control and Prevention (U.S.) > Cancer Survivorship	<a href="http://www.cdc.gov/cancer/survivorship/index.htm">www.cdc.gov/cancer/survivorship/index.htm</a>

# Glossary

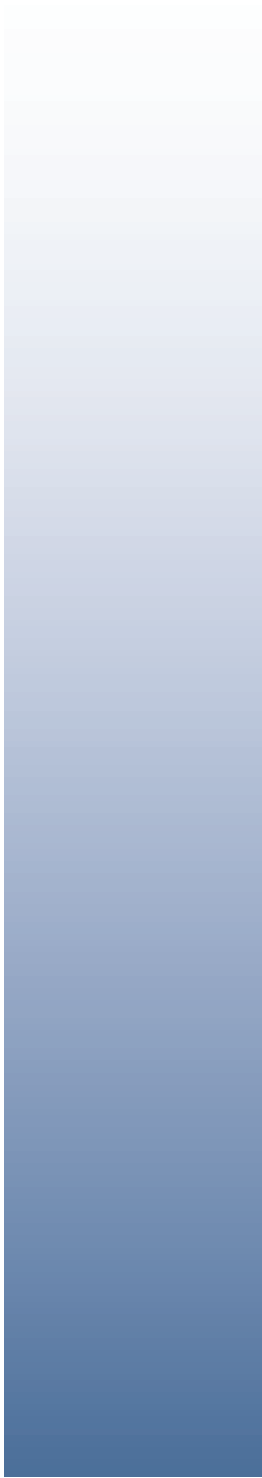
Adjuvant Therapy	Therapy given in addition to the main treatment for cancer. In the case of colorectal cancer, surgery is usually the primary treatment. An example would be chemotherapy after surgery.
Anxiety	a state of being uneasy, apprehensive, or worried about what may happen; concern about a possible future event
Appetite	a desire for food
Body Mass Index	a measurement used to estimate body fat and classify persons as being underweight, overweight, obese or normal
Bowel movement	the passing of waste matter from the large intestine
Chemotherapy	Use of medications with cancer-fighting abilities to treat cancer. Chemotherapy medications are sometimes referred to as anticancer agents.
Constipation	a condition in which the feces are hard and elimination from the bowels is infrequent and difficult
CT Imaging / Scan	Formerly known as a CAT Scan, a CT scan takes 3-D images of structures in your body. This scan is very effective at confirming if there is cancer in the liver, lungs, brain, bones or other parts of the body.
Chemotherapy Cycles	The time it takes to give the chemotherapy treatment plus the rest time until the next treatment. Each round of chemotherapy medication is called a cycle.
De-conditioning	The loss of physical fitness.
Depression	an emotional condition characterized by feelings of hopelessness, inadequacy, low spirits; gloominess; dejection; sadness
Diagnosis	Identification of a disease by means of a medical examination, signs, symptoms, laboratory tests and radiological findings.
Diarrhea	excessive frequency and looseness of bowel movements
Dietitian	specialist in planning meals or diets. Registered dietitians are certified professionals in this field.
Fatigue	physical or mental exhaustion; weariness
Fractions	
Heart Rate	Number of heart beats per minute (bpm)
Heart Rate	Calculation based on heart rate used to obtain target heart rate for desired intensity of exercise

Immunization	treatment (as by vaccination) for the purpose of making it immune to a particular pathogen
Incontinence	inability of the body to control the evacuative functions, bowel movements or urination
Legume	the fruit or seed from the legume family, such as peas or beans
Lymph nodes	Bean-shaped glands that filter out impurities in the lymphatic fluid
Maximum Heart Rate	The upper limit for a person's heart rate while exercising
Medical Oncologist	Doctor who specializes in drugs for the treatment of cancer
Meditation	continued or extended thought; reflection; contemplation
Menopause	the stop of menstruation for women
Moderate Activity	Activity intensity at a level where breathing and heart rate are increased; heart rate zone of 40-59% of heart rate reserve.
Nausea	Feeling the need to vomit
Neo-Adjuvant	Describes the therapy or treatment given before primary therapy. For example, radiation therapy or chemotherapy given to reduce the size of a tumour before surgery to remove the tumour.
Neuropathy	muscle weakness and wasting, pain, and numbness
Obese	Having excessive body fat. Health risk category with a Body Mass Index over 30.
Oncologist	Physician who specializes in diagnosing and treating cancer
Overweight	weight in excess of that considered normal, proper, healthful, etc. Health risk category with a Body Mass Index of 25 – 29.9.
Pathological	altered or caused by disease
Pedometer	an instrument worn by a walker or runner for recording the number of steps taken
Physiotherapist	A specialist in the treatment of disease using exercises and modalities such as exercises to help improve joint movement, to reduce swelling and to reduce pain associated with surgery.
Psychosocial distress	social and psychological pain, anxiety, or sorrow; acute mental suffering; affliction; trouble
Radiation (therapy)	Use of gamma rays or high-energy x-rays to damage or destroy cancer cells
Radiation Oncologist	Doctor who has had special training in using radiation to treat human disease
Recurrence	The return of the disease after remission

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Resting Heart Rate	The heart rate, in beats per minute, at rest. Usually the lowest heart rate for a person.
Saturated fat	a type of animal (most often) or vegetable fat, as that found in butter, meat, egg yolks, and coconut or palm oil, that in humans tends to increase cholesterol levels in the blood
Serving	Single portion of food or drink, as defined by Health Canada
Sexual dysfunction	Sex-related difficulty
Side Effects	Symptoms cause by certain drugs or treatments
Stage	The classification of cancer according to the extent of its spread. Staging helps determine treatment methods and to predict the course of the disease.
Surgeon	Doctor who performs surgery / treats disease through operation
Symptom	a sign or indication of a particular disease or disorder and serves as an indication of it
Trans fat	Trans-fatty acids that are believed to raise blood cholesterol levels
Treatment field	In radiation therapy, the place on the body where the radiation beam is aimed
Underweight	weight under that considered normal, proper, healthful, etc. Health risk category with a Body Mass Index of less than 18.5
Unsaturated Fat	A fat derived from plant and some animal sources, especially fish, that is liquid at room temperature. Intake of foods containing more unsaturated fats than saturated fats may contribute to reduced blood cholesterol levels.
Urine	the liquid waste matter excreted by the kidneys, being a yellowish, slightly acid, watery fluid
Vigorous Activity	Activity intensity at a level where breathing and heart rate are increased to a high level; heart rate zone of 60-84% of heart rate reserve.
Vomiting	Throwing up
Waist Circumference	a measurement used to indicate the amount of abdominal fat





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CANADIAN **PARTNERSHIP**  
AGAINST **CANCER**



**PARTENARIAT CANADIEN**  
CONTRE LE **CANCER**