

THE NAVIGATOR

MAY 2025



PATIENT NEWSLETTER

Lymphedema - Are You at Risk?

Lymphedema is a buildup of lymph fluid that occurs most commonly in a limb but can also occur in the breast, trunk, genitals or head and neck. The swelling occurs when the lymphatic system is damaged and cannot function normally; it can be progressive and chronic. An early diagnosis and proper management are important.

Cancer-related lymphedema is unfortunately common after treatment of many kinds of cancer. Lymph node removal and radiation are two of the cancer treatments that can result in lymphedema. Other factors can also increase your risk, such as infections, obesity, and immobility. The life-long risk of developing lymphedema depends on the degree of damage to the lymphatic system.

Cancer-related lymphedema affects 350,000 people in Canada and 12,600 people in Manitoba. The Canadian Lymphedema Framework reports the following risks for lymphedema:

All cancers	17.2%
Melanoma	9%
Genitourinary (prostate, bladder, penile)	11%
Breast	17%
Gynecological (uterine, cervical, vulvar, ovarian)	25%
Sarcoma	30%
Head and Neck	60%

Those at risk of lymphedema should watch for a heavy, full, or tight feeling in the area of surgery or radiation therapy and obvious swelling in the area of treatment or the limb.

If you are at risk for lymphedema or feel that you may have lymphedema, please contact your CancerCare healthcare provider to be referred to a Certified Lymphedema Therapist who can provide an assessment and lymphedema management.

Watch for our **upcoming webinar on June 11th at 3 p.m.** with Karen Dobbin, Physiotherapist and Certified Lymphedema Therapist, CancerCare Manitoba, and Katherine Styrchak and Susan Zwarich, Certified Lymphedema Therapists, Breast Health Centre.

Would you like to receive the Navigator Newsletter by mail?

Call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercare.mb.ca.

Where to Find us:

CancerCare Manitoba (CCMB) Sites
1-866-561-1026

CCMB MacCharles
675 McDermot Ave.
(beside Health Sciences Centre)
204-787-2197

St. Boniface Hospital
O Block - 409 Taché Ave.
204-237-2033

Grace Hospital
400 Booth Drive
204-837-0246

Victoria General Hospital (Buhler Cancer Centre)
2340 Pembina Highway
204-477-3328

CCMB Patient Representative
204-787-2065

Hope and Healing Program
204-787-2109

Chronic Lymphocytic Leukemia (CLL)

An evening of information and support for patients and families

Thursday, May 29, 2025 | 5:30 - 8:30 p.m.

Join us for a free session. Seating is limited, please register by May 9. If you can't attend in person, a Zoom link will be provided.

To register, call 204-787-4357.

MAY 2025

CancerCare Manitoba offers the following education and support programs at no cost for cancer patients and families. Call the number listed for more information, or call CancerCare Manitoba toll-free at 1-866-561-1026.

CANCERCARE MANITOBA HOPE AND HEALING PROGRAM and CENTRES FOR HOPE

Adolescent and Young Adult Cancer (AYA) Program: A team of professionals is available to help address the unique needs of AYA patients. Ask your CancerCare oncologist/nurse for a referral or contact: AYAProgram@cancercare.mb.ca.

Patient and Family Educators will provide information, education and support to help you understand breast and gynecological cancer. Information on the breast nipple and areola tattooing and Manitoba Breast Prosthesis programs are available. Call Ally at 204-787-2970.

Counselling Services for Patients and Families (Psychosocial Oncology Program) Professional counsellors at CancerCare Manitoba are available to speak with you and your family. Call 204-787-2109.

Guardian Angel Caring Room: You can borrow wigs, scarves, and headwear at no cost. Call Ally at 204-787-4180.

Nutrition Services: Clinical Dietitians can help with nutrition before, during and after treatment. Call 204-787-2109, or ask a member of your healthcare team to arrange an appointment for you.

Centres for Hope at the MacCharles site and Victoria General Hospital site. The Centres are a quiet place to relax, find information, and borrow books. Call Kathleen at 204-787-4357. Visit our past education/support videos: <https://www.cancercare.mb.ca/Patient-Family/support-services/resource-centre>.

SUPPORT GROUPS

Bereavement Support Group: Support group for people who have lost someone they love to cancer. Call 204-787-4119.

Breast Cancer Support Group: For women who have completed treatment for primary breast cancer in the past two years. Call Claire at 204-787-4122.

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call 204-787-2109.

Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call 204-787-2109.

Expressive Art Group: Combines counselling and creative expression through art. Call Renée at 204-787-1546.

Expressive Art Grad Group: For past participants of Expressive Art. Call Miriam at 204-787-2062.

Facing Forward after Cancer Support Group: Open to all Manitobans who have completed treatment for any type of cancer within the last 2 years. Call Hannah at 431-761-1145.



Hope and Resilience CBTm Program: For cancer patients and support people to learn new skills to manage anxiety and depression. Call 204-787-4119.

Lung Cancer Support Group for patients and families: Call Christine at 204-477-3215.

Mindfulness Practice: Mindfulness Meditation to help patients and support people to live in the present and manage stress more healthily. Call 204-787-2109.

Online Support Program for Patients/Caregivers of Children with Cancer: Call Miriam at 204-787-2062.

Support Group for Women Living with Metastatic Breast Cancer: Call Cheryl at 204-787-4645.

Young Adult Cancer Support (YACS): For young adult patients between 18 and 39. Call Ian at 204-787-2191.

EDUCATION SESSIONS

Breast Reconstruction Information Session: For information and registration, call 204-787-2970.

Anti-Hormone Therapy Group Information Session - for breast cancer patients. Call 204-787-2970.

Preparing for Gyne Surgery Information Session: Call 204-787-2970.

Quit Smoking Program: A personalized program to help quit smoking. Call 204-787-1202 or 1-888-775-9899.

EXERCISE/WELLNESS

Moving Forward After Cancer Wellness Program: For cancer patients who have completed treatment in the last two years. Call 204-787-2109.

Yoga and Cancer Program: Designed for cancer patients who are currently undergoing treatment or who have completed treatment within the past year. Call 204-787-2109.

OTHER SUPPORTS

Community and National Support Groups: for more information call 204-787-4357 or 1-866-561-1026.

Breast Health Centre: A range of education videos on breast cancer, breast health surgery, and wellness programs. Call 204-235-3906. Toll-free 1-888-501-5219 or visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: Two-hour workshops teach skincare and make-up tips and how to wear wigs and head coverings. To register for a workshop, visit: lgfb.ca

Explore **additional support groups** by visiting our virtual library at ccmb.library.site. Simply navigate to the “Resource Lists/Helpful Websites” section.



It's Garden Season!

May is a time to:

- Get your garden tools in order
- Clear out weeds
- Prune trees or shrubs
- Loosen and enrich soil
- Divide perennials like Daylilies, Shasta Daisies, and Hostas
- Plant Gladiolus and Dahlias bulbs

Not Gardening Outdoors? Grow herbs like basil, chives, oregano, thyme and parsley on your window ledge!

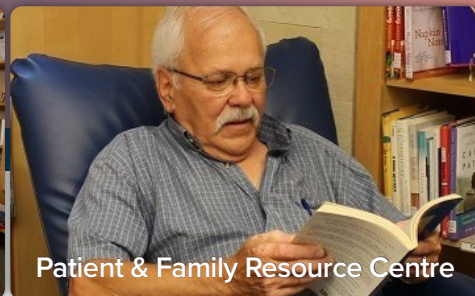
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

A Caregiver Story

by *Marcel*

My wife, Fernanda, was diagnosed with Stage 3 Triple Negative Breast Cancer at 37 years old (and pregnant). It was a moment that could have shattered us, but instead, it became a journey where love, support, and determination carried us forward. My baby is now 6 months old, the exact same time we have been through this treatment.

From the moment we heard the words “you have cancer,” we made a choice: we would not go through this alone. We opened up to our family, friends, and community. I truly believe that healing and, one day, a cure will come from speaking about it, from sharing our experiences, and from the people around us doing their part in the process.

Of course, it was hard. There were questions we didn't have answers to. I knew one thing for sure—we couldn't stop living. I refused to let the diagnosis take away our dreams. I would keep moving forward for my wife, for our kids, and for myself. Cancer could take away certainty, but it would not take away hope.

I've seen firsthand how powerful it is when people step in, when they show up, and when they remind you that even in the hardest times, you are not alone. I saw the good side of people. And because of that, we kept moving forward, one step at a time.

We value every single moment and make time for what truly matters. Even in uncertainty, there is joy to be found.

To those going through this journey: keep dreaming. Keep believing in the future and surround yourself with people who lift you up.

FIND CARE AND RESOURCES CLOSER TO HOME

Community Cancer Programs Network helps patients in communities outside of Winnipeg to receive chemotherapy and follow-up care closer to home. Talk to your nurse or doctor, or call 204-784-0224 or 1-866-561-1026 or visit <https://www.cancercare.mb.ca/Patient-Family/information-for-rural-patients>

Indigenous Community Profiles provides community information and resources that support people with cancer. Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**

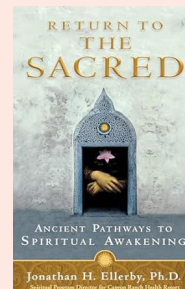
Room ON1016-675 McDermot Ave.

Phone: 204-787-4357

POPULAR PICKS

Return to the Sacred

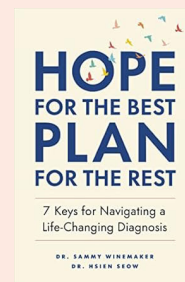
by Jonathan Ellerby



This book helps you explore various spiritual paths, offering tools for growth to discover wisdom, power, and peace. It encourages you to find your spiritual personality and choose a path that brings meaning to your life.

Hope for the Best Plan for the Rest

By Dr. Seow and Dr. Winemaker



The authors use their combined palliative care research and experience to offer a roadmap for patients and families. They share 7 keys to improve the illness experience, along with stories, tips, and exercises.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.