

THE NAVIGATOR

JANUARY 2024

PATIENT NEWSLETTER



Quit Smoking Program at CancerCare Manitoba

CancerCare Manitoba is committed to helping individuals quit smoking and reduce the use of tobacco. The “Quit Smoking Program” is free to cancer patients, their families, and staff members at CancerCare Manitoba. The program provides a personal plan to help quit, and trained staff can offer counselling and ongoing support to break the habit as well as the nicotine addiction. Nicotine replacement therapies such as patches, lozenges, and Champix are also available.

Quitting smoking has many health benefits, including important benefits for cancer patients who are having surgery, chemotherapy, radiation therapy, or taking other cancer medications. Some cancer treatments may not work as well if you smoke.

The “Quit Smoking Program” has been successful for many participants. One participant said, “The program was very successful for both of us. The extra time and medication given to us were extremely helpful as we were nervous about quitting. No questions, no judgments. We appreciate the fact that we had access to the program. My husband and I have been smoke-free since August 2012.”

The “Quit Smoking Program” is offered at CancerCare Manitoba at 675 McDermot Avenue. Virtual appointments are available for those who live outside of Winnipeg. For more information, please ask a healthcare team member or call 204-787-1202 or toll-free at 1-888-775-9899.

**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

Patient and Family Support Services
204-787-2109

Upcoming Patient Webinar:

Clinical Trials 101

January 31, 2024 | 12:15 p.m. - 1:15 p.m.

Guest speakers:

Dr. Joel Gingerich, Medical Oncologist, CCMB
Kathryn Dyck, Former Manager Clinical Trials Unit

Learn about:

- Why clinical trials are important
- Different types of clinical trials
- What to expect if you participate

Register here:

<https://tinyurl.com/2w3wu5mw>

JANUARY 2024

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 PATIENT AND FAMILY SUPPORT SERVICES

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.

Breast & Gyne Cancer Centre of Hope: The Breast & Gyne Cancer Centre of Hope nurses 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.

Patient & Family Resource Centre: The Centre is 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

Breast Cancer Support Group: For women who have completed treatment for primary breast cancer in the past two years. Call Cheryl at 204-787-4645.

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call Carissa at 204-787-8039.

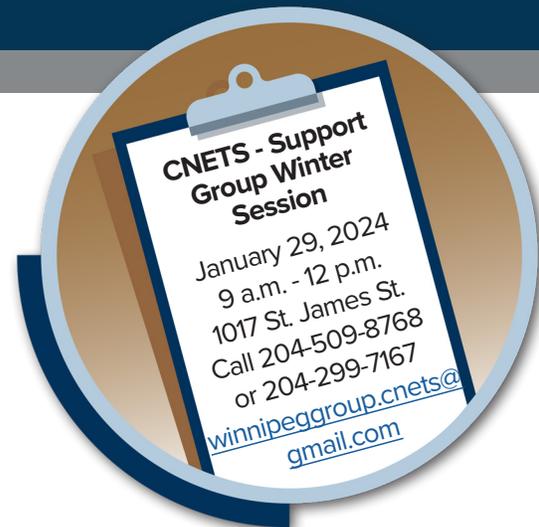
Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call Kim at 204-258-1073.

Expressive Art Group: Combines counselling and creative expression through art. Call Miriam at 204-787-2062.

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

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.

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

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.

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

Moving Forward After Breast or Gyne Cancer: A group session for patients who have finished treatment and their supports. 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

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



SNACKS ON-THE-GO

Pita chips with hummus

Toast with cheese and tomato

Edamame beans

Roasted chickpeas

Cereal with milk/milk alternative

Protein bar

Muffin with yogurt

Smoothie

Tip: Glass jars and re-usable bags are easy ways to transport snacks. Use a cooler bag/ice pack for on-the-go to ensure food safety.

Source: <https://www.nourishonline.ca>

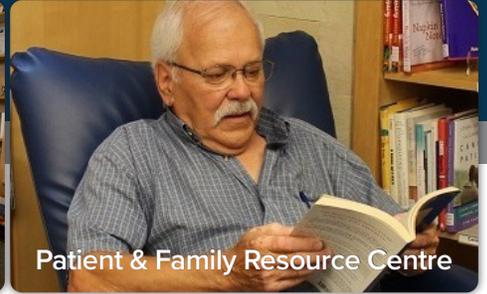
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

COMMUNITY AND NATIONAL SUPPORT GROUPS

(These groups are led by a cancer survivor from the community)

Bladder Cancer Support Group: Call or text Terrol at 204-782-7926 or Jan at 204-771-8942.

Brain Tumor Support Group: Call 1-800-265-5106 or visit www.braintumour.ca.

Breast Cancer Lymphedema Support Group: For information, email lymphedemagroup7@gmail.com.

CNETS (Neuroendocrine) Support Group (all neuroendocrine patients welcome) Call Pat at 204-509-8768 or Stan at 204-299-7167 or email winnipeggroup.cnets@gmail.com

Craig's Cause Pancreatic Cancer Society: Contact info@craigscause.ca or 1-877-212-9582.

Myeloproliferative Neoplasm (MPN) Support Group: Email Manitoba@canadianMPNnetwork.ca or visit canadianmpnnetwork.ca.

MY Support Group: Support group for Multiple Myeloma patients, caregivers and families. For more information, email mysupportgroup@shaw.ca or call Jackey at 204-253-8124.

Prostate Cancer Support Group: For details, visit manpros.org or contact Joseph Borsa at Josephborsa@gmail.com or 204-232-8354.

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/>

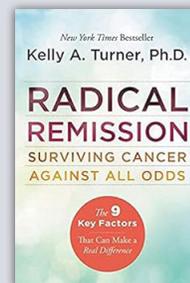
LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**
Room ON1016-675 McDermot Ave.
Phone: 204-787-4357

POPULAR PICKS

Radical Remission

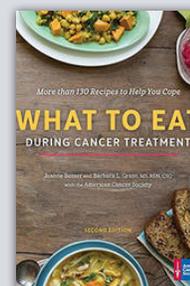
by Kelly A. Turner, Ph.D.



Kelly Turner researched over 100 Radical Remission survivors and studied over 1000 of these cases. She presents nine common themes she believes may help patients turn their lives around.

What to Eat During Cancer Treatments

by American Cancer Society



This cookbook provides practical ideas to help patients and their caregivers overcome the challenge of eating well during treatment.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.