



# Wellness After Breast Cancer

A Transition Program for those having completed active chemotherapy and/or radiation treatment

Last updated – March 15, 2013

# Objectives

- Introduction to the Follow up/Transition Clinic at the SMRCC
- From 'surviving to thriving' : an interdisciplinary approach
- What you need to know for a personal care plan
- Leaving the safety net
- Resources



# From Surviving to Thriving

*“Cancer survivorship is a dynamic process of living with, through, and beyond a diagnosis of cancer”*

*Center for Disease Control and Prevention, 2004*

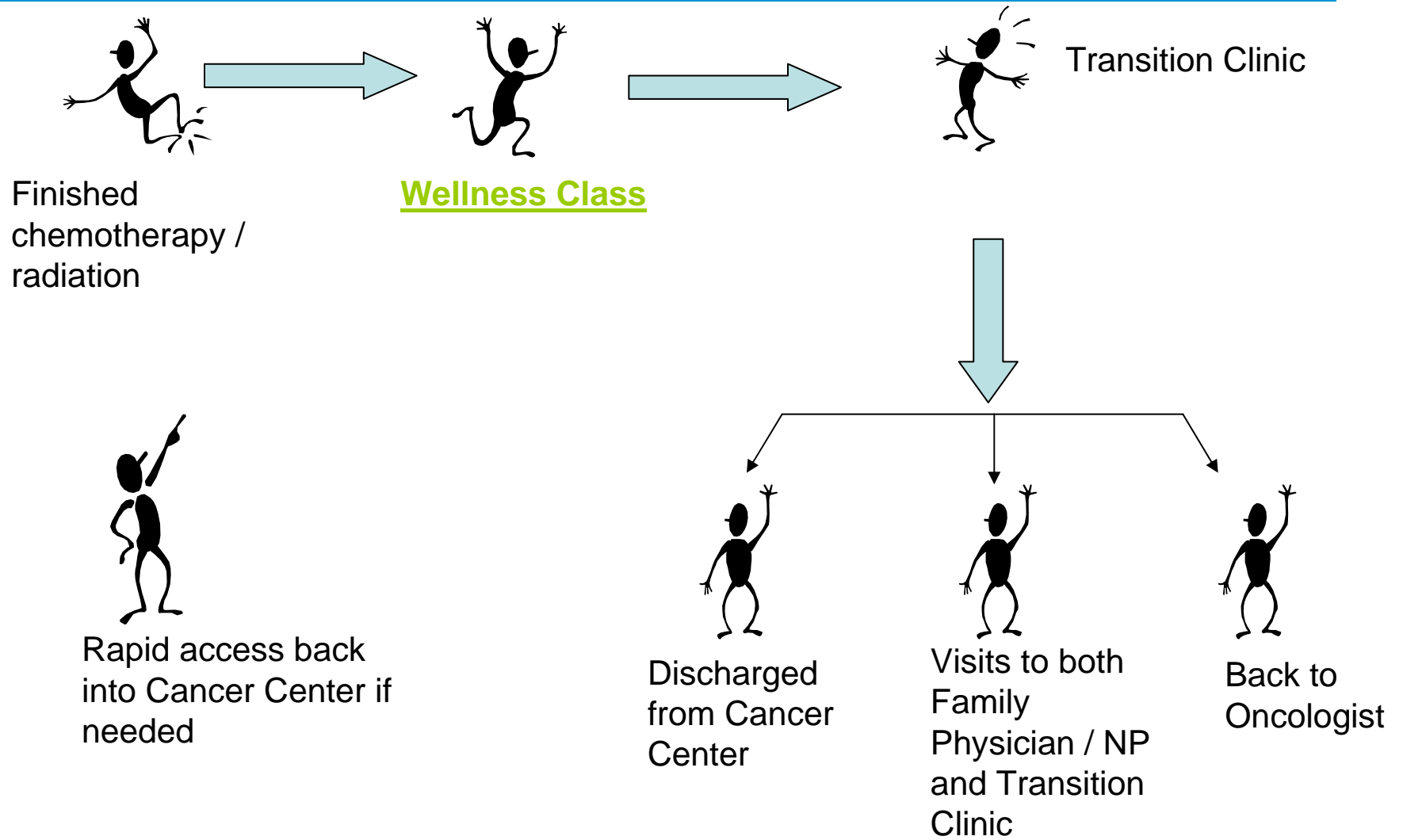


# SMRCP Follow up/Transition Clinic

- After IV chemotherapy +/- radiation
- Monitor for cancer returning (recurrence)
- Provide resources / contacts to meet your needs
- Help to develop a 'healthy living plan'
- Transfer back to family MD/NP
- Easy access back into cancer system if needed



# How the Clinic Works



# Surviving to Thriving

- Late effects of Radiation and Chemotherapy
- Dealing with emotions, sexuality and return to work
- Healthy diet
- Lymphedema
- Exercise



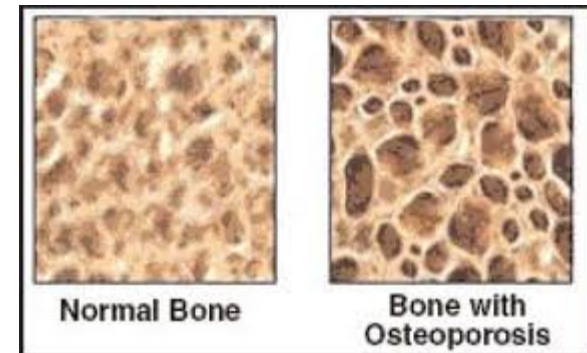
# Long Term Effects: Radiation

- Skin changes
  - Telangiectasia: spider vein appearance
  - Darker skin pigment to treated area
- Risk of rib fractures over treated area
- Risk of heart disease if left breast or chest wall treated
- Slight increase of second cancer (soft tissue or bone)
- Inflammation of the lung, possibly shortness of breath and dry cough (may be confused with infection) treated with low dose steroids.
- Increased risk of lymphedema (if lymph nodes involved)



# Long Term Effects: Chemotherapy

- Increased risk for cataracts
- Heart risk due to Anthracyclines
- Osteoporosis
- Bladder or urinary toxicities/tumors
- Blood cancers
- Sexuality
- Brain Fog
- Peripheral neuropathy







# Social Work Services Within the Cancer Program

Support for Patients and Families

# What We'll Talk About Today

- Common challenges that cancer patients face
- How Social Work support can help
- How to get connected to a Social Worker



# Grief

- Grief is a normal, healthy response to loss and change.
- Emotions involved in grief:
  - Sadness, anger, depression, anxiety, frustration, lack of control, fear and denial
  - NORMAL, NORMAL, NORMAL!!!
- A Social Worker can help patients and loved ones cope with grief.



# Family Support

- Cancer is a family diagnosis
- Caregivers grieve on a parallel path alongside the patient
- Communication is key
- A Social Worker can meet with patients or loved ones including children



# Depression and Anxiety

- Studies show ~25% of people with cancer will suffer from depression.
- It is normal to experience fear, uncertainty and anxiety but sometimes it can impact your ability to cope
- Treatment for depression and anxiety can help people feel better and cope better with the cancer journey



# Sexuality

- Sexuality is about who you are, how you see yourself, how you express yourself sexually and your sexual feelings for others and this can all be affected by cancer
- Cancer does not need to be the end of your sexual life
- Intimacy is important and can be achieved in many ways
- A Social Worker can help you to address these concerns





# Return to Work

- It is normal to have some anxiety prior to returning to work
- Be realistic as to when you will return to work
- Your health care team can help you determine the best time to return



# Resources

- It is common for cancer to impact multiple aspects of your life including financial, social, emotional and issues around mental health and addiction.
- Social Workers can connect patients and loved ones to community supports to address these issues or concerns



## In Conclusion...

You can connect with a  
Social Worker by contacting:

Supportive Care  
Administrative Assistant  
(705) 728-9090 ext. 43520

or

ask a member of your Care  
Team for a referral





# Nutrition after Breast Cancer Treatment

Simcoe Muskoka  
Regional Cancer Program



Cancer Care Ontario  
Action Cancer Ontario

# Nutrition after Breast Cancer Treatment

- Why is nutrition important ?
- What does the research tell us about nutrition after breast cancer treatment?
- Where do I start ?



# Nutrition after Breast Cancer Treatment

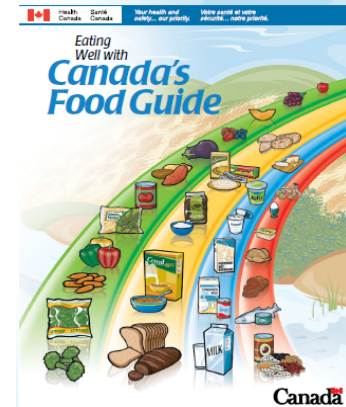
- Healthy Weight
  - What does “healthy weight” mean?
  - Using BMI (Body Mass Index)
- Healthy Weight Loss
  - Setting SMART goals
  - Physical Activity



# Nutrition after Breast Cancer Treatment






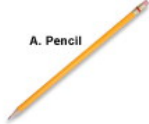




## Healthy Eating “Tool Box”

- Canada’s Food Guide
  - How to use Canada’s Food Guide
- Portion Sizes
  - Simple “tricks” to navigate portion sizes!
- Low Fat Eating
  - Label reading



Nutrition Facts		
Per 1/2 can (60 g drained)		
Amount	% Daily Value	
<b>Calories 60</b>		
<b>Fat 0.4 g</b>		<b>1 %</b>
Saturated 0.1 g		<b>1 %</b>
Trans 0 g		
<b>Cholesterol 30 mg</b>		
<b>Sodium 240 mg</b>		<b>10 %</b>
<b>Carbohydrate 0 g</b>		<b>0 %</b>
Fibre 0 g		<b>0 %</b>
Sugars 0 g		
<b>Protein 14 g</b>		
Vitamin A 2 %	Vitamin C 0 %	
Calcium 2 %	Iron 10 %	

Which food on the left matches the portion size on the right?

 <input type="checkbox"/> 3 oz. Lean meat  <input type="checkbox"/> Small baked potato  <input type="checkbox"/> Medium banana  <input type="checkbox"/> 1/4 cup Nuts  <input type="checkbox"/> 1 cup vegetables (cooked or raw)	 A. Pencil  B. Baseball  C. Golf ball  D. Smart phone  E. Computer mouse
--	--

# Portion Sizes

Which food on the left matches the portion size on the right?



☐ 3 oz. Lean meat



☐ Small baked potato



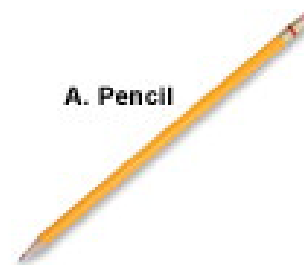
☐ Medium banana



☐ 1/4 cup Nuts



☐ 1 cup vegetables (cooked or raw)



A. Pencil



B. Baseball



D. Smart phone



C. Golf ball

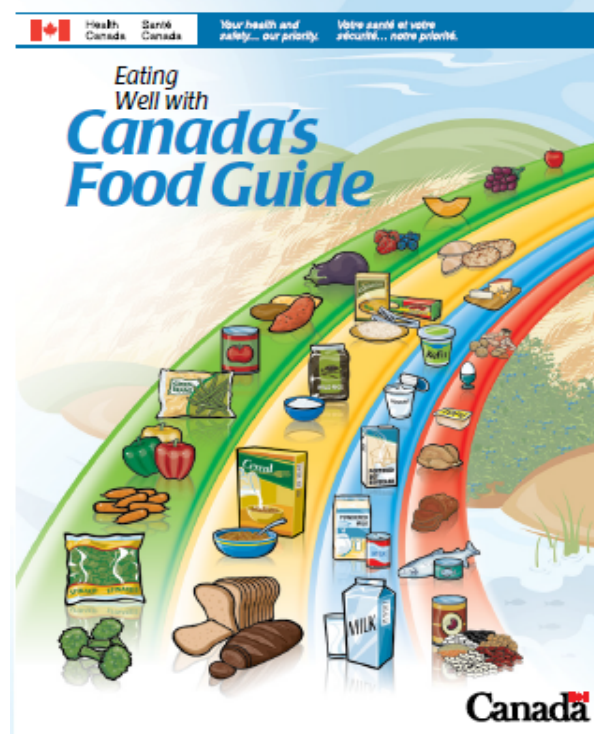


E. Computer mouse

# Nutrition after Breast Cancer Treatment

## Healthy Eating “Tool Box”

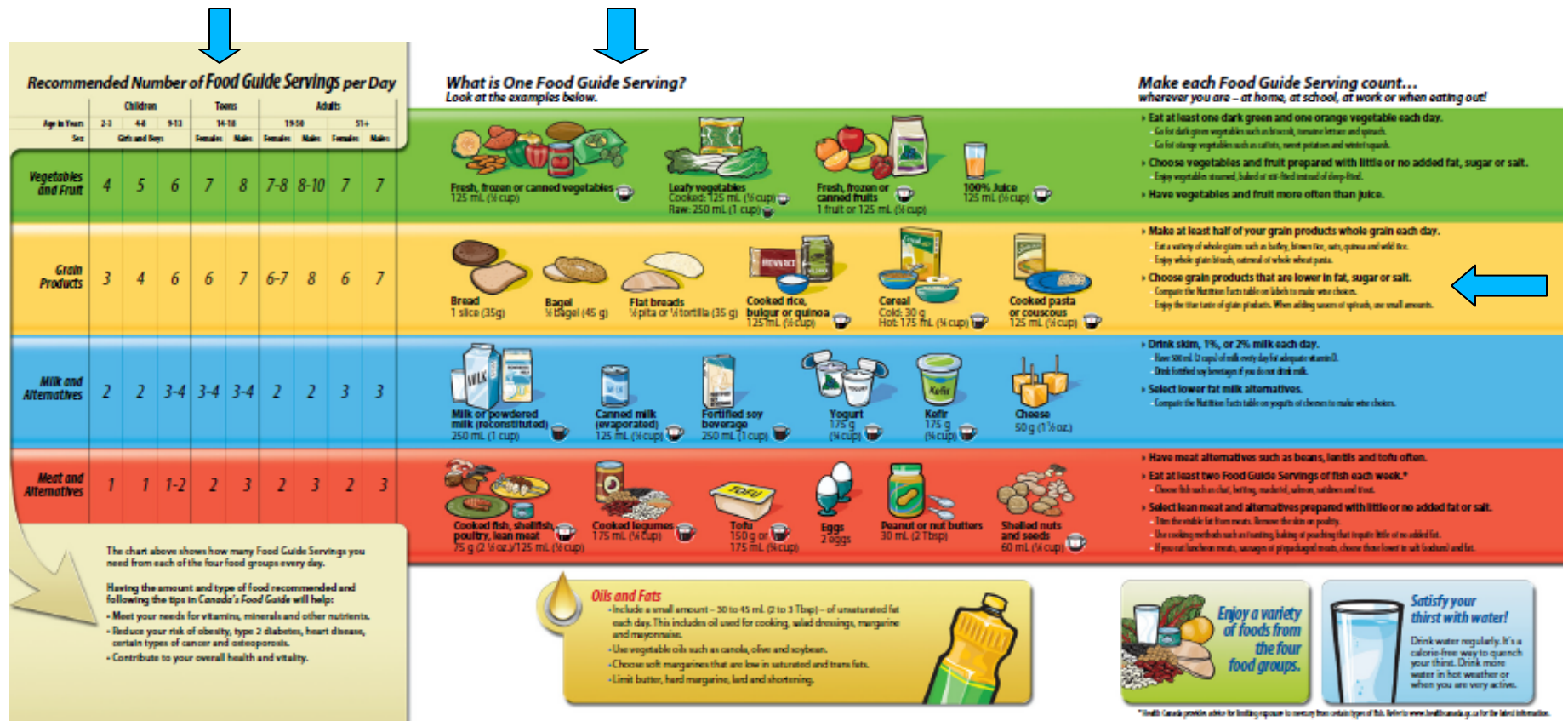
- Canada's Food Guide



# Nutrition after Breast Cancer Treatment

## Healthy Eating “Tool Box”

- Canada's Food Guide

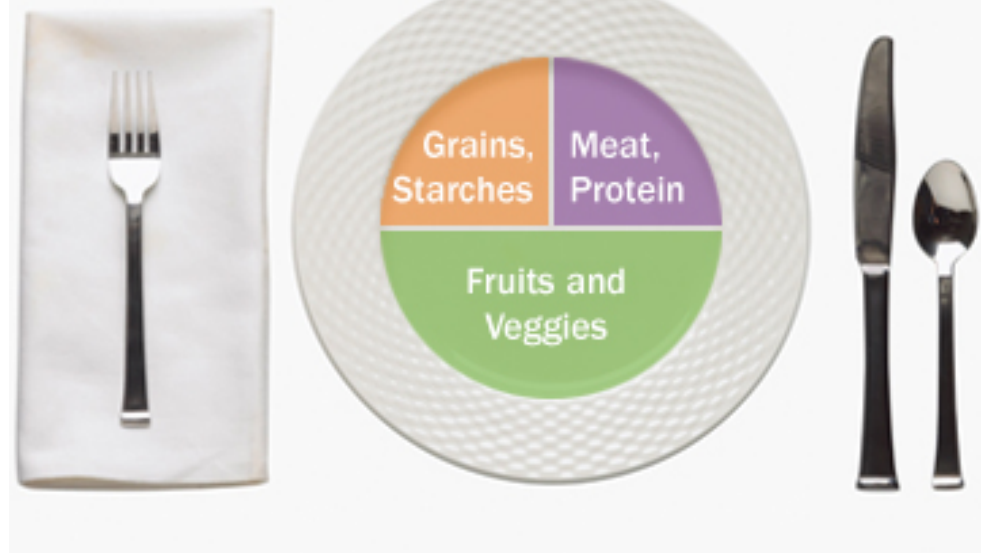




# Nutrition after Breast Cancer Treatment

## Healthy Eating “Tool Box”

- Portion Sizes
  - What would “1 serving” of meat and alternatives look like?
  - What is your idea of a serving size of a fruit or vegetable?
- Portion Size “Tricks”
- The “Plate Method”



# Nutrition after Breast Cancer Treatment

## Healthy Eating “Tool Box”

- Low Fat Eating
  - Healthy vs. Un-Healthy Fats
  - Low Fat Dairy Products
  - Lean Proteins
  - Snacking
  - Restaurant Meals



# Nutrition after Breast Cancer Treatment

- Healthy Eating “Tool Box”
- Label Reading



Nutrition Facts			
Per 1/2 can (60 g drained)			
Amount		% Daily Value	
<b>Calories 60</b>			
<b>Fat 0.4 g</b>		<b>1 %</b>	
Saturated 0.1 g		1 %	
+ Trans 0 g			
<b>Cholesterol 30 mg</b>			
<b>Sodium 240 mg</b>		<b>10 %</b>	
<b>Carbohydrate 0 g</b>		<b>0 %</b>	
Fibre 0 g		0 %	
Sugars 0 g			
<b>Protein 14 g</b>			
Vitamin A	2 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %



# Nutrition after Breast Cancer Treatment

## Myth Busting: Soy and Breast Cancer

**Myth #1:** *I have breast cancer so that means I cannot eat any foods containing soy.*



# Nutrition after Breast Cancer Treatment

## Myth Busting: Organic Foods

**Myth #2:** *Organic food is healthier than non-organic food for everyone, especially if you have or have had cancer*



# Nutrition after Breast Cancer Treatment

## Myth Busting: Sugar

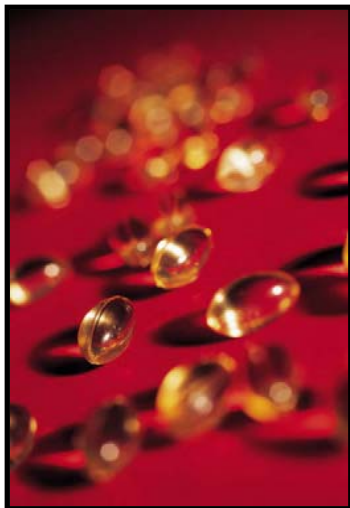
**Myth #3:** *Sugar feeds cancer cells, so all sugar should be avoided.*



# Nutrition after Breast Cancer Treatment

## Myth Busting: Supplements

**Myth #4:** *I can get all the nutrition I need from a supplement, the more vitamins the better!*





# Nutrition after Breast Cancer Treatment

**Myth #5:** *I eat a yogurt every day, so I am getting enough calcium to keep my bones strong*





# Nutrition after Breast Cancer Treatment

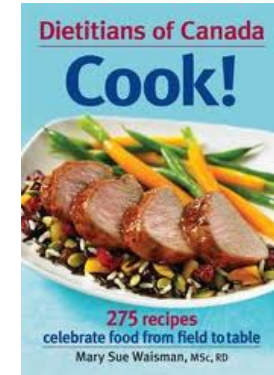
## Summary

- Healthy Weight
- Healthy Eating
  - Canada's Food Guide
  - Portion Sizes
  - Low Fat Eating
  - Label Reading



# Nutrition after Breast Cancer Treatment

- Additional Resources
- Books & Cookbooks
  - Dietitians of Canada Cookbook Series
- Websites
  - Eat Right Ontario [www.eatrightontario.ca](http://www.eatrightontario.ca)
  - Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)
  - Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Registered Dietitian Referrals
  - Family Health Team
  - SMRCP Registered Dietitians





# Lymphedema

Simcoe Muskoka  
Regional Cancer Program



Royal Victoria  
Regional Health Centre

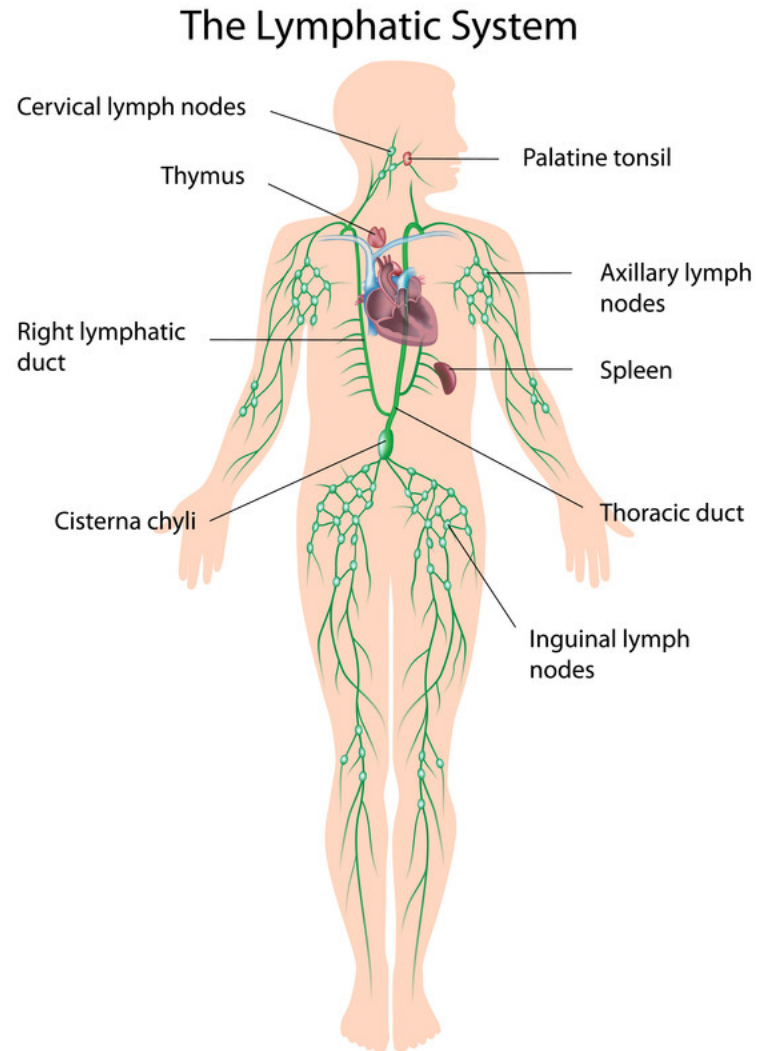
Cancer Care Ontario  
Action Cancer Ontario



# Lymphedema

- What is lymphedema?
- Why do people develop lymphedema?
- How do you treat lymphedema?

# The Lymphatic System





# What Does the Lymphatic System Do?

- Moves fluid
- Fights infection
- Prevents swelling



# What is Lymphedema?

- Lymphedema is the swelling of soft tissues because of damage to the lymphatic system
- This can occur in the arms, legs or chest/trunk after cancer treatment
- It can develop right away or years after treatment is completed



# Types of Lymphedema

- PRIMARY
- SECONDARY (acquired)





# Who Gets Lymphedema?

- After Breast Cancer treatment:
  - 10% when lymph nodes are removed
  - 20-30% when lymph nodes are removed + the chest wall is radiated
  - 40% when lymph nodes are removed + the underarm is radiated



# Signs and Symptoms

- Swelling
- Sense of fullness
- Pins and needles
- “Bursting” sensation
- Shooting pain, discomfort or aching
- Skin changes
- Feeling of heaviness or tightness
- Decreased joint flexibility
- Ring/watch/bracelet /clothing tightness



# Stages of Lymphedema

- Stage 0
- Stage 1
- Stage 2
- Stage 3



# Lymphedema Treatment

- Skin Care
- Exercise
- Manual Lymphatic Drainage
- Compression



# Medical Emergency

If you have a swollen limb:  
**seek medical attention immediately.**

You could have lymphedema, an infection, deep vein thrombosis or cancer; all of which need to be treated.



# Skin Care

- Moisturize
- Avoid trauma/injury
- Reduce infection risk



# Exercise

- Stretching
- Cardiovascular
- Strengthening

# Manual Lymphatic Drainage



JOBST BSN

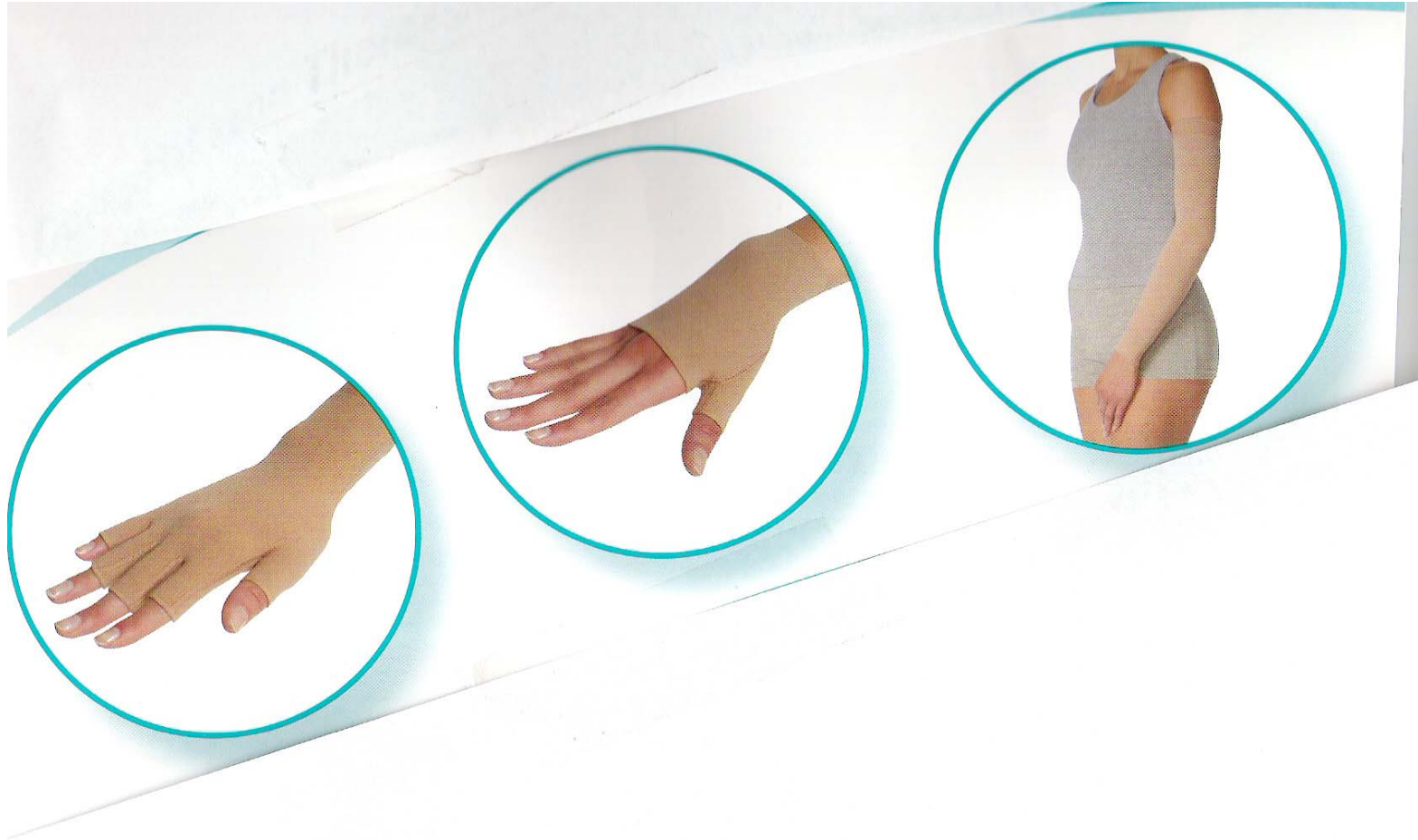


# Compression Bandaging



JOBST BSN

# Compression Garments



JUZO



# Community Resources and Websites

- BROCHURE
- WEBSITES
  - Cancer Care Ontario (CCO) Evidence-Based Clinical Practice Guidelines [www.cancercare.on.ca](http://www.cancercare.on.ca)
  - Lymphedema Association of Ontario [www.lymphontario.org](http://www.lymphontario.org)
  - Lymphovenous Canada [www.lymphovenous-canada.ca](http://www.lymphovenous-canada.ca)
  - [www.breastcancer.org](http://www.breastcancer.org)
  - Lymphedema circle of hope [www.lymphedemacircleofhope.org](http://www.lymphedemacircleofhope.org)
  - National Lymphedema Network (NLN) [www.lymphnet.org](http://www.lymphnet.org)



# Exercise and Fatigue

Simcoe Muskoka  
Regional Cancer Program

**RVH**  
Royal Victoria  
Regional Health Centre

**Cancer Care Ontario**  
**Action Cancer Ontario**



# Exercise after Cancer

What is:

- Physical activity?
- Physical exercise?
- Physical fitness?



# Possible Side Effects of Cancer Treatment

- Physical effects
- Emotional effects



# Why Exercise?

- Enhanced well being
- Reduced anxiety
- Increased vigor
- Improve sleep
- Decreased nausea
- Decreased fatigue
- Increased aerobic fitness/functional capacity
- Increased strength
- Decreased weight gain
- Improved body image
- Improved self esteem
- Improved body composition
- Decreased depression



# Types of Exercises

- Stretching
- Cardiovascular (aerobic)
- Strengthening





# Each Exercise Session Should Include:

- Warm up
- Aerobic
- Strengthening
- Cool down



# Stretching Exercises

- Helps with restrictions from surgery, scar tissue and changes from radiation
- Stretch muscles you are exercising
- Gentle hold, not painful



# Aerobic Exercises

- Types of exercises
  - Walking, treadmill, stationary bike, cycling, cycle ergometer, swimming, pilates, tai chi, Curves
- How intense
  - 55 – 80 % max HR
- How long
  - 20 – 30 minutes continuous activity
  - \*\*Shorter bouts of 5 – 10 minutes with rest intervals
- How often
  - 3 – 5X weekly of aerobic activity
  - \*\*Can be daily with lighter intensity and shorter duration

# Strengthening Exercises

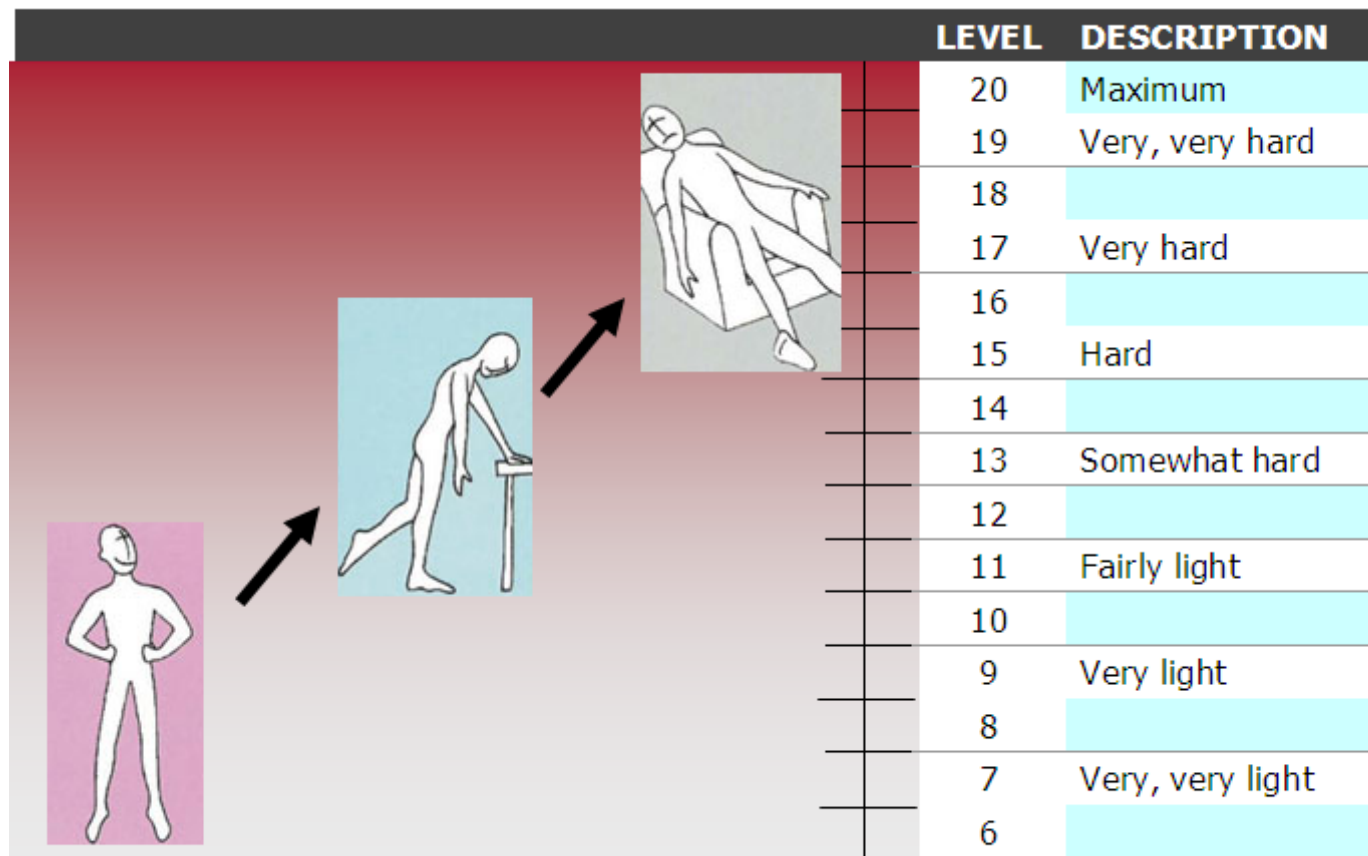
- Types
  - Target large muscle groups of the chest, back, arms, abdomen and legs
- How intense
  - Light weight and slow progression ( $< 10\%$  of weight/week)
- How long
  - 2 X 10 reps each, gradually progress to 2 X 15 then 3 X 15.
  - When increasing weight, reduce reps
- How often
  - 3 X weekly
  - Minimum of one day off in between sessions



# Am I Exercising at the Correct Intensity?

- Monitor HR
- Borg Scale of Perceived Exertion

# Borg Scale of Perceived Exertion





# What You Should Feel When Exercising

- Light perspiration
- Increase breathing rate
  - “talk test”
- Comfortably tired, NOT exhausted



# Stop Exercising or Do Not Exercise If You Feel:

- Pulse is racing
- Have a fever
- Calf pain
- Chest pain
- Nauseated while exercising
- Feel confused or disoriented
- Dizzy or faint
- Blurred vision
- Suddenly short of breath
- Feel suddenly very weak or tired

**See your doctor if symptoms occur**





# How Do I Progress My Exercises?

- Increase frequency and duration 1st before intensity
- Progress slowly and gradually
- Choose exercise positions appropriate for your level of condition
  - E.g. Lying down vs. sitting vs. standing
- Monitor effects of exercise:
  - E.g. Lymphedema signs and symptoms
  - Monitor symptoms of fatigue, pain etc.



# Precautions to Take When Exercising

- Medically approved by physician
- Bone cancer or bone mets
- Lymphedema
- Dizziness
- Weight loss
- Shortness of breath
- Dehydration
- Fever
- Fatigue, muscle weakness



# Remember...

- KEEP MOVING AND STAY ACTIVE
- Incorporate increased activities to daily life
- Choose activities that you enjoy
- Consult health care professionals regarding exercise appropriate for you

# References

- [Journals.lww.com/acsm-msse/Fulltext/2010/07000/American College of Sports Medicine Roundtable\\_On.23.aspx](http://Journals.lww.com/acsm-msse/Fulltext/2010/07000/American_College_of_Sports_Medicine_Roundtable_On.23.aspx)
- Lundgren, Bev. The Role of Exercise in the Rehabilitation of Breast Cancer. Canadian Physiotherapy Association, 2003.
- McNeely, M. Exercise Rehabilitation In Cancer
- Courneya, K.S., Mackey, J.R., McKenzie, D.C., Exercise for Breast Cancer Survivors. Research Evidence and Clinical Guidelines. The Physician and Sports Medicine Vol. 30. No. 8-Aug 2012.
- Borg Scale information  
<http://www.pharmstresstech.com/stresstesting/exercise.aspx>



# Your Personal Care Plan

Your plan to success - thriving after your cancer treatment

Simcoe Muskoka  
Regional Cancer Program



Royal Victoria  
Regional Health Centre

Cancer Care Ontario  
Action Cancer Ontario

# Your Personal Care Plan

- Current evidence-based surveillance guidelines - new or recurrent cancer
- Wellness and lifestyle changes
- Needs assessment/creating goals



# Leaving the safety net

- Knowing your health care team
- Resources that will always be there



***"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"*** -Mary Anne Radmacher.

# Web Resources

- BC Cancer Agency
  - <http://www.bccancer.bc.ca/PPI/RecommendedLinks/coping/survivorship.htm>
- Canadian Cancer Society
  - <http://www.cancer.ca>
- Cancer Net
  - <http://www.ascocancerfoundation.org/patient/Survivorship>
- Livestrong
  - <http://www.livestrong.org>
- National Cancer Institute
  - [http://www.cancer.gov/cancer\\_topics/life-after-treatment](http://www.cancer.gov/cancer_topics/life-after-treatment)
- National Coalition for Cancer Survivorship
  - <http://www.canceradvocacy.org/>
- Oncolife
  - <http://oncolink.org/oncolife>
- Princess Margaret Hospital
  - <http://www.survivorship.ca>





**KEEP  
CALM  
AND  
LIVE  
ON**



Thank you!

Questions?