



Juravinski Cancer Centre

A Cancer Care Ontario regional partner

Supportive Care Program presents:

“Out of the Shadows”

Challenging Post-Treatment Monsters



Spring 2010 Schedule

A Wellness Program for Women completing treatment for early stage breast cancer

March 9

“How come I am not the person I was before cancer and treatment?”

Deb Evans

Clinical Nurse Specialist, Pain & Symptom Management

Fatigue, pain, “chemo fog” can persist long after treatment is over. Why? And what can I do about it?

March 23

“You Can Take Control. Exercise Will Help.”

Oren Cheifetz

Physiotherapist

In this interactive workshop you will learn how safe exercise can help you through your cancer treatment. You will also learn how exercise may help you maximize function during and after treatment.

April 6

“No Pain, No Gain – or Do I really want to do this for the next 5 years?”

Dr. Bindi Dhesy

Medical Oncologist, MD, MSc, FRCPC

A discussion about the benefits and side effects of aromatase inhibitors. Strategies to reduce toxicity will be reviewed.

April 20

“All in the Family”

Kathleen Bell,

Genetic Counsellor, MSc, CGC

A discussion of the role that genes and heredity play in the development of breast and ovarian cancer. A genetic counsellor will review typical features of a hereditary breast & ovarian cancer family, the role of genetic testing for cancer susceptibility genes, as well as risk reduction and management options for high risk women & men.

May 11 (date changed from June 1)

*“What Happens Now?”
A follow-up after breast cancer treatment*

Dr. Richard Tozer
Oncologist

A medical oncologist clarifies Clinical Guidelines, follow-up schedules, tests and use of medications and provides information on how patients can empower themselves in the post treatment phase.

May 18

“Whatever Gets You Through the Night”

Laura Mishko
RMN/CPN, BScN, CNS Intern, Mental Health

The Advanced Practice Nurse in Mental Health looks at depression, anxiety, sleep disturbance and other issues and discusses the numerous approaches that will assist people to improve their quality of life during this challenging time.

June 1

“First Cancer, now Hot Flashes! What’s Next?”

Margaret Forbes,
RN, BScN, CON(C)

The lingering impacts of treatment are explained by a breast cancer nurse specialist with an emphasis on menopause and lymphedema. Suggestions for management will be included as part of discussion.

June 8

“A Recipe for Success with all the Right Ingredients”

Judy Baxter-Foreman,
Registered Dietitian, BAsC, RD

Understand the science behind healthy eating following treatment with discussions about weight control, use of supplements, soya products presented by a Registered Dietitian at the JCC.

June 15

“Adapting to the New Normal”

Linda Learn,

MSW, RSW, Social Worker

Presented by a social worker, changes in self image and relationships, overwhelming emotions and returning to daily routines offer an opportunity to develop new strategies to deal with the “new normal”.

To Register:

Please contact Daniela Troiani at
905-387-9711 Ext: 64636
supportivecare@jcc.hhsc.ca

*Sessions run from 6:30 p.m. sharp
until approximately 8:30 p.m.*
Parking vouchers are available!



BRIGHTRUN

Breast Cancer Research In Greater Hamilton Today



HOLD THE DATE FOR...

Saturday, September 11, 2010

Dundas Valley Conservation Area

Please visit our website for more information:
www.jcc.hhsc.ca