



Heart Health
and Cancer

Community
Connections at
ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Heart Health and Cancer

February is Heart Health month, where there is a focus on raising awareness of things that can affect your heart health.

The impact of cancer treatment on the heart is a major health concern. Following a heart healthy lifestyle can help to prevent heart health problems and help manage the cardiac issues linked to a cancer diagnosis.

Here is what you can do to help keep your heart healthy:

- have a healthy weight,
- eat a healthy diet,
- quit smoking,
- reduce alcohol intake (less than 1-2 drinks per day),
- stress-management.



Also, regular physical activity following a diagnosis of cancer may also help to improve cardiac health (reduce high blood pressure, lower resting heart rate and improve cholesterol levels).

How Intense is Your Exercise?

To get the most out of your exercise sessions, it is important to be working at the right INTENSITY. Intensity for exercise means how hard you are working during your work out. To get the most benefit, you can't be working too lightly, but to be safe, you can't work too hard. So getting into the right "zone" of intensity is important.

There are two ways to check how hard you are working:

- 1) Rating of Perceived Exertion (RPE) – On a scale from 1-10, how hard are you working? With 1 being 'Nothing at all' and 10 being 'Very, Very Hard'. It's best to be in the range of 3-6.
- 2) Heart Rate (HR) – Your heart responds to exercise by beating harder and faster. It is quite easy to check your heart rate (or pulse) at two spots on body: your neck and your wrist.

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You can find your pulse on your neck just below your jaw and on either side of your wind pipe.

You can find your pulse on your wrist just below where your thumb meets your arm.



When checking pulse, always use the flat part of your fingers instead of the finger tips (never your thumb). Your “target” heart rate can be calculated by your exercise leader in your exercise class.

Having regular medical check-ups with your family doctor to monitor cardiac risk factors including blood pressure, blood cholesterol levels and blood sugar levels will also ensure that if a cardiac issue arises, that it will be detected and treated as early as possible.

ELLICSR offers exercise programs that can help you exercise safely. For more information about exercise, call ELLICSR reception at: 416-581-8620.

Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

Stop by Community Connections to:

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.

Community Connections at ELLICSR

Thursday February 16, 2017

9:30 am – 3:30 pm

Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 9:30 – 12:30 pm.

10:30 am –
12:00 pm

Gilda's Club Greater Toronto & ELLICSR present Yoga

Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620.

12:15 pm –
1:15 pm

ELLICSR Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. The demonstrations led by Jeremy Capone, Wellness Chef, will focus on cooking and culinary expertise. Nutrition information and/or nutrition advice, specific to your healthcare needs, will not be provided. Cooking samples always provided!

2:30 pm –
3:30 pm

Getting Back on Track

Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This 1 hour class is free and available to all Princess Margaret patients.

The next Community Connections is: **Thursday March 16, 2017, 9:30 am – 3:30 pm**

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

Meet the Community Connections Supportive Care Organizations

Art for Cancer Foundation

416-763-8752

www.artforcancerfoundation.org



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer canada.org



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbcbf.org



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

info@thecasn.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer canada.ca



Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

www.llscanada.org



Lung Cancer Canada

416-785-3439 or 1-888-445-4403

www.lungcancer canada.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCApeers.com



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer canada.ca



POGO

416-592-1232

www.pogo.ca



Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

www.prostatecancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Rethink Breast Cancer

www.rethinkbreastcancer.com



Testicular Cancer

519-894-0134

www.testicularcancer canada.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer canada.org



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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**“When you’ve had cancer,
every day is a gift.”** –Chris Taylor

*“Thanks to the groundbreaking research, the care of
Dr. Messner and the compassion of the whole team
at The Princess Margaret,
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email legacy@thepmcf.ca

See Chris Taylor's story at www.thepmcf.ca

The Princess Margaret Cancer Foundation  UHN

Patient & Survivorship Education

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