



Healthy Hearts
After a Cancer
Diagnosis

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Healthy Hearts After a Cancer Diagnosis

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The number of people diagnosed with cancer is growing in Canada. At the same time, there are now better ways to diagnose and treat cancer. As a result, more cancer survivors are living longer. However, the impact of cancer treatment on the heart is a major health concern. Some cancer treatments have a direct effect on heart health and for some people, lifestyle changes that occur after cancer (i.e., weight gain, reduced physical activity) also affect heart health. As such, following a heart healthy lifestyle can help to prevent heart health problems and help manage the cardiac issues associated with a cancer diagnosis.

These lifestyle factors can reduce the risk of cardiac issues after cancer:

- 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). Regular physical activity should be a minimum of 150 minutes per week of moderate intensity (i.e., two to three hours a week of brisk walking) aerobic activity. Lastly, 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.



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.

The next Community Connections is:

Thursday March 17, 2016

9:30 am to 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.

Community Connections at ELLICSR

Thursday February 18, 2016

10:00 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 10:00 – 12:30 pm.

10:30 am –
12:00 pm

Gilda's Club Greater Toronto & ELLICSR presents 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. 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 ½ hour class is free and available to all Princess Margaret patients.

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



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



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancerCanada.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.lungcancerCanada.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.pancreaticcancerCanada.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.testicularcancerCanada.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancerCanada.org



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



Willow Breast Cancer Support Canada

416-778-5000

www.willow.org



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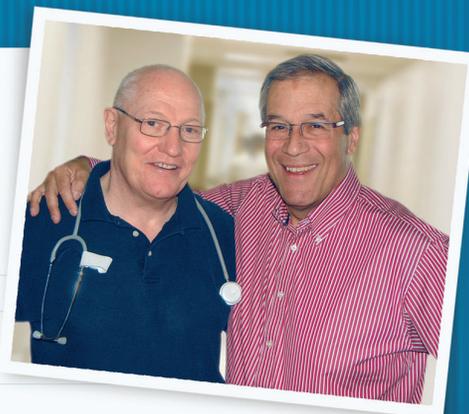
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**“When you’ve had cancer,
every day is a gift.”** -Chris Taylor

*“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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