



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](http://www.artforcancerfoundation.org)



## Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



## The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## The Canadian Amyloidosis Support Network

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

[info@thecasn.org](mailto:info@thecasn.org)



## Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



## Kidney Cancer Canada

1-866-598-7166

[www.kidneycancercanada.ca](http://www.kidneycancercanada.ca)



## Leukemia & Lymphoma Society of Canada (LLSC)

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

[www.llscanada.org](http://www.llscanada.org)



## Lung Cancer Canada

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

[www.lungcancercanada.ca](http://www.lungcancercanada.ca)



## Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



## Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



## Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



## The Olive Branch of Hope

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

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

[www.theolivebranch.ca](http://www.theolivebranch.ca)



## Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovariancanada.org](http://www.ovariancanada.org)



## Ovarian Cancer Peer Support Network

Greater Toronto Area

[www.ovCAPeers.com](http://www.ovCAPeers.com)



## Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancercanada.ca](http://www.pancreaticcancercanada.ca)



## POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



## Prostate Cancer Canada

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

[www.prostatecancer.ca](http://www.prostatecancer.ca)



## Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



## Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



## Testicular Cancer

519-894-0134

[www.testicularcancercanada.ca](http://www.testicularcancercanada.ca)



## Thyroid Cancer Canada

416-487-8267

[www.thyroidcancercanada.org](http://www.thyroidcancercanada.org)



## Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



## Willow Breast Cancer Support Canada

416-778-5000

[www.willow.org](http://www.willow.org)



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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](mailto:legacy@thepmcf.ca)

See Chris Taylor's story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  UHN

#### Patient & Survivorship Education

**Editor:** Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Kristin Foster | Please forward comments, questions or submissions to [myann.marks@rmp.uhn.on.ca](mailto:myann.marks@rmp.uhn.on.ca)

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