

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

April 2018

Nutrition During & After Treatment

March was Nutrition Month across Canada. This year's campaign was dedicated to "Unlock the Potential of Food", to highlight how dietitians help Canadians realize the potential of food to fuel, discover, prevent, heal and bring us together.

Good nutrition is vital at all stages of cancer treatment and recovery. We know that cancer itself and its treatment can impact your ability to eat food, tolerate certain foods, and the way your body uses certain nutrients.

Almost half of all cancer patients experience malnutrition at some point during their cancer journey – as registered dietitians our goal is to provide medical nutrition therapy to help improve cancer patients overall health and wellbeing.

How can eating well during cancer treatment help?

- Lessen side effects
- Support the immune system and lower risk for infection
- Maintain weight, strength and energy
Withstand treatment, healing and recovery

How can eating well after cancer treatment help?

- Get back on track
- Rebuilding strength and lean muscle mass
Improve quality of life
- Choosing nutritious foods that may help prevent recurrence and risk for disease

So what does eating well during cancer treatment look like? What kind of food should I eat?

These are common questions patients ask themselves, questions we as registered dietitians often get asked. The answer though, isn't as simple as it may appear. There is no one-size-fits-all solution when it comes to what to eat while undergoing treatment. Individuals may experience different side effects impacting their ability to eat and drink. Dietary changes may be temporary and once side effects have improved, the focus is on reintroducing your favorite foods and try to go back to usual eating and drinking.

What should my nutrition goals be?

1. Optimize energy

If you are losing weight, add higher calorie items to your meals or snacks. Include a handful of almonds and walnuts to your mid-morning snack, add sliced avocado to a cheese sandwich or olive oil to your salad. For something sweet, add pasteurized honey to your oatmeal in the morning.

3. Optimize fluid intake

If you are having difficulty keeping up your weight, choose more calorie dense fluids like milk or non-dairy beverages, oral nutritional supplements such as Ensure® or Boost® or 100% juices.

2. Optimize good quality protein

Mix it up and choose a selection of animal and plant based proteins. Choose foods like cooked fish or poultry, add cooked tofu to your vegetable stir-fry, or mix in legumes (lentils, beans) to a pasta dish.

4. Limit nutrient deficiencies

Optimize your vitamins and minerals through food and not through supplementation. If you are eating well, add an extra serving of vegetables to your meals or as a snack. If drinking fluids is easier, prepare a homemade blended soup or smoothie for the added nutrients.



MEGAN MORRISON

Registered Dietitian

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Adolescent and
Young Adult Program

 ayaprogram_uhn

 AYA Program at Princess Margaret

 @ayaprogram

aya@uhn.ca // ayaprincessmargaret.ca // 416 946 4501 x 5579

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

24 Cecil St. Toronto, ON



www.gildasclubtoronto.org
416 214 9898

Music, Health & Wellness

SarahRose Black will describe how music therapy can be used for pain and symptom management, emotional support & relaxation in oncology.

April 11, 1 to 2 PM

Living with Cancer Group

A support group for those newly diagnosed to up to 18 months post-treatment

April 3, 10, 17, 24, 6:30—8 PM



WELLSPRING

4 Charles St E
Toronto, ON
www.wellspring.ca
416 961 1928

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdv>

AYA PROGRAM UPDATES

APRIL 26—ADOLESCENT & YOUNG ADULT CANCER MEET UP

Happy new year, everyone! Our AYA meet-ups have been changed to **every 4th Thursday of the month from 6 to 7:30 PM. This month's meet-up will be on Thursday, April 26 2018.** It will take place on the 16th floor, Room 726, at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca beforehand if they are planning to attend. Pizza will be provided.

APRIL 17 — AYA MINDFULNESS-BASED COGNITIVE THERAPY

The new group for mindfulness based cognitive therapy starts **Tuesday, April 17th.** Sessions are held from 10 AM to 12:30 PM for 8-weeks. If you are interested in learning more or registering, please email aya@uhn.ca for a referral form.

NEW OPPORTUNITY: MUSIC MEET-UP FOR AYA

Music meet-up is a 6-session group program specifically offered to support young people dealing with the challenges that come with having a cancer diagnosis and its treatment. Each session is centred on a specific theme and includes music-based activities and development of practical coping skills. Participants should be well enough and willing to attend all 6 weekly, 1.5 hour sessions. There is no fee for this program and no previous music experience is required. Sessions 1-6 start **Wednesdays from June 27 to August 1st from 11 am to 12:30PM.** Email chana.korenblum@uhn.ca or aya@uhn.ca

COMMUNITY EVENTS & UPDATES

APRIL 17: LOCALIFE SOCIAL - BASEBALL & BEERS

Young Adult Cancer Canada is hosting another Localife social for young adult cancer survivors and supporters between 18 to 36 years old. It will take place on **April 17 from 7 to 10 PM** at **Lucky Clover Pub (17 Lower Simcoe St., Toronto)**, a short walk from Union Station and involves the viewing of the Toronto Blue Jays vs Kansas City Royals game on TV. Localife will cover snacks, and drinks are on you! Feel free to wear your favourite jersey! Come for some or all of the game. **RSVP by April 13** at localifetoronto@youngadultcancer.ca



ON THE TIP OF THE TOES: TREKKING JULY 15—25, 2018

ON THE TIP OF THE TOES

Around you between the ages of 19 to 29? If you are, sign up to attend **On the Tip of the Toes' Trekking Expedition at Mt. Assiniboine and Banff National Park** from **July 15 to 25, 2018.** This expedition offers 14 young adults in cancer remission to trek with other participants their age living a similar reality. To be eligible you must have been diagnosed with cancer and needed treatments and medical interventions but have ideally completed this and is currently in remission for less than 5 years.

Applications are due on June 1, 2018. To register and learn more, visit: <http://bit.ly/2I9L8uq>

PARTICIPATE IN A STUDY!

CanDirect Study at McGill

[CanDirect Study](http://www.mcgill.ca/candirect/) is looking for cancer survivor volunteers to try self-care tools (relaxation CD and MP3, CBT workbooks) designed to help manage feelings of depression and anxiety for a [Canadian Cancer Society](http://www.cancer.ca/) funded study. For more info visit: <http://www.mcgill.ca/candirect/> and <https://www.facebook.com/CanDirectstudy> or call contact **Camilla Diniz** at (416) 643-7336 or email her at camilla.diniz@uhnresearch.ca



The ball's in your court! Are you a testicular cancer survivor? Get involved today!

Who? Testicular cancer survivors who are interested in participating in individual interviews and discussing supportive care programming!

Why? To help in the development of sport-specific supportive care program for men like YOU!

Where? Interviews will be held at the University of Toronto (St. George Campus) or by telephone at your convenience.

To participate, contact the study team (Anika) directly at anika.gentile@mail.utoronto.ca



UNIVERSITY OF TORONTO