



Winchester  
District  
Memorial  
Hospital

Winchester District Memorial Hospital Cancer Newsletter

Fall 2019



## WDMH Cancer Talk

### Congratulations Jackie!



Kudos to **Jackie McMillan** who has completed her Certification in Oncology through the Canadian Nurses Association. This specialty certification involves a rigorous study program and online exam. Certified nurses are recognized nationally for their practice excellence and commitment to lifelong learning.

Congrats Jackie!

### Supporting Men

Thank you to the Black Walnut Group for spearheading another successful PSA event at WDMH. It was an opportunity to raise awareness about prostate cancer and 137 participants had the PSA test.



*May your Fall season be  
filled with good thoughts,  
kind people and happy moments.*

## Side Effects: Low Magnesium Levels

*Many people living with cancer struggle with the physical and emotional effects of their illness and treatment. We are here to help. Please let us know what you are feeling so we can help you manage your symptoms. In this issue of Cancer Talk, we want to focus on **low magnesium levels**.*

### Why is magnesium important?

- Magnesium is an important mineral that you need every day for good health to be healthy.
- Magnesium helps you take energy from food and make new proteins.
- Magnesium helps to keep your heart healthy by working with other minerals to control blood pressure.
- Magnesium is an important part of your bones, and helps keep your muscles and nerves healthy.

### How much magnesium do I need?

The amount varies by age. For example, a man over 31 needs 420 mg per day. A woman over 31 needs 320 mg per day. Magnesium from food and water is safe to have above this amount. Chemotherapy can affect magnesium levels. Speak to your oncologist or nurse about your chemotherapy treatment and whether you need to have your magnesium levels monitored.

### What are the best sources of magnesium?

- Legumes
- Nuts and seeds
- Leafy greens
- Fish
- Whole grains



### What foods are high in magnesium?

- |                           |                       |                          |
|---------------------------|-----------------------|--------------------------|
| ▪ Pumpkin or squash seeds | ▪ Almonds             | ▪ Spinach                |
| ▪ Brazil nuts             | ▪ Soy nuts            | ▪ Swiss chard            |
| ▪ Sunflower seeds         | ▪ Tofu                | ▪ Soy yogurt             |
| ▪ Black-eyed peas/cowpeas | ▪ Wheat germ cereal   | ▪ Edamame/baby soy beans |
| ▪ Soy cheese              | ▪ Beans (any variety) | ▪ Potato with skin       |
| ▪ All Bran cereal         | ▪ Prickly pear        |                          |

### Meals & Snack Ideas

- Add legumes to your diet more regularly.
- Add nuts and seeds to baked goods, yogurt, salads, granola and cereal.
- Try a delicious nut butter like almond or cashew butter for a satisfying spread.
- Choose whole wheat breads instead of white bread.
- Add bran flakes or bran buds to your cereal or yogurt.



***We're pleased to share details about three new websites you might want to check out:***

### **MyChart @ The Ottawa Hospital**

The Ottawa Hospital has introduced MyChart. It is an online, secure portal that connects you with your medical and personal health information anytime. You can also record your medications, allergies and health measurements, such as blood pressure and weight. For details, visit

<https://www.ottawahospital.on.ca/en/patients-visitors/mychart/>

### **MyPathologyReport.ca**

This resource was created by Pathologists in collaboration with patient partners. It offers resources to help you read and understand your pathology reports.

### **NourishOnline.ca**

This website is designed to help you play a more active role in your cancer treatment. It helps you to take care of yourself by eating well, and by managing some of the common side effects of cancer and its treatment. Information is provided by Registered Dietitians.



It's that time of year again - time to get your annual flu shot. Get it as early as you can.

In general, all cancer patients can receive the shot. If you are receiving treatment on a clinical trial or receiving an 'immune boosting' type of therapy, speak with your oncologist. Your family members and close contacts should also get the 'shot' to protect you.

There is no known ideal timing for patients developing antibodies while receiving cancer therapies. Some patients may benefit from a second injection if they were receiving chemotherapy, radiation therapy, or high dose steroids at the time of their vaccination. Wait at least 2 weeks after completing therapy.

If you have any questions, please speak with your nurse or oncologist.



For the latest details on our programs and events, please check out the Cancer Care Bulletin Board located in the Ambulatory Care waiting room.

## Complementary Therapies

Let us know what programs and services would be helpful to you both during and after cancer treatment. If we have enough interest, we can arrange to offer sessions at WDMH - close to home for you and your support persons. *Here are a few examples.*



### **BREAKING NEWS - NEW SUPPORT GROUP**

We are starting a new monthly cancer support group. Check with Michelle (613-774-2422 ext. 6798) for more details.

### **EAT WELL, FEEL WELL**

'Nutrition During Treatment' classes are held on the 2nd Thursday of each month from 1:30 to 2:30 in Room C1-401. A Registered Dietitian shares tips on what to eat and how to control cancer treatment side effects. Speak to Michelle or your nurse for more details.



### **YOGA THRIVE**

Thank you to Wendy Morris from Earthly Essentials in Embrun for leading this session. Please contact Wendy at her Embrun studio to learn more. Visit [www.earthlyessentials.ca](http://www.earthlyessentials.ca) or email [earthly.33essentials@gmail.com](mailto:earthly.33essentials@gmail.com)



### **LOOK GOOD, FEEL BETTER**

Take charge of how you look and feel during your cancer journey. Free workshops take place in Ottawa. Speak to Michelle or your nurse for more details.



### **NEED SOME HELP?**

Cancer Coaching focuses on your physical, informational, emotional and spiritual needs – to help you and your family meet the challenges of cancer, achieve your health and wellness goals and improve your quality of life.

This service is available at WDMH through the Ottawa Regional Cancer Foundation at 613-247-3527.



### **VICTORIA'S QUILTS**

Would you like to order a Victoria's Quilt for someone going through cancer treatments? Call 613-843-9212 or visit [www.victoriaquiltscanada.com](http://www.victoriaquiltscanada.com) for details.



- Need **PICC line** covers? Stop by the WDMH Gift Shoppe.
- Interested in a **local support group**? Ask your nurse.
- The **New Horizons Café** is open every day from 7:00 to 1:30 serving breakfast, lunch and snacks.
- **A New Look**  
The Auxiliary Gift Shoppe has hats for chemo patients. Free hats, made by volunteers, are also available in the Chemo Unit.

Thank you for reading WDMH CANCER TALK. If you have any questions or comments, please contact Michelle at 613-774-2420 ext. 6798 or [mrenaud@wdmh.on.ca](mailto:mrenaud@wdmh.on.ca)