



Winchester
District
Memorial
Hospital

Winchester District Memorial Hospital Cancer Newsletter



happy
summer

WDMH Cancer Talk

Supporting You During COVID-19



Since early March, things have changed a lot at WDMH - and in all of our lives. What hasn't changed is our support for you and your family during your cancer journey.

While in-house programs such as nutrition and yoga classes have been suspended, there are other options for you to learn, thrive, and connect. Please turn to page two for an overview of resources that we encourage you to check out.

As always, if you have any question, just ask. We are here for you.

Thank You for Your Incredible Support

Throughout the COVID-19 pandemic, we have been overwhelmed by the support of our patients and local communities. We are so grateful for your donations and good wishes.





ONLINE RESOURCES

*We are pleased to share a number of resources that might be helpful to you.
As always, if you have any questions, just ask. We are here for you.*

www.ottawacancer.ca

Visit the **Ottawa Regional Cancer Foundation** website for online resources, blogs and other supports. You can also access a cancer coach.

www.nourishonline.ca

Nourish wants to help you take care of yourself by eating well, and by managing some of the common side effects of cancer and its treatment.

www.lgfb.ca

In-person **Look Good Feel Better** workshops are temporarily suspended. Sign up for a virtual one on Skincare & Cosmetics or Wigs & Hair Alternatives.

cancerchat.desouzainstitute.com

Get the support you need through online cancer chat groups. **Cancer Chat Canada**, offered through the De Souza Institute offers a safe place to talk.

www.oicc.ca

The **Ontario Integrative Cancer Centre** offers telemedicine and online programs such as guided meditation and gentle yoga.

www.virtualhospice.ca

The **Canadian Virtual Hospice** provides support and personalized information about palliative and end-of-life care .

www.healingandcancer.org

Learn about things you can do to empower yourself and help yourself heal body, mind, and spirit on the **Healing and Cancer** website

www.ontariocaregiver.ca

Caregivers need support too. The **Ontario Caregivers Association** is here to help. With one point of access for information.

www.cancercareontario.ca

Cancer Care Ontario offers information and guidelines on all forms of cancer based on best evidence available from healthcare research.

www.cma.ca

The Canadian Medical Association has a **Virtual Guide for Patients** to help you prepare for virtual visits with your doctor. Check it out for great advice.

Sun Exposure and Chemotherapy

While undergoing chemotherapy treatment, the risk of skin cancer from sun exposure is increased. Follow these guidelines to reduce your risk.



Stay Hydrated

Drinking fluids is very important during your cancer treatment - especially during the summer. Here are few tips to keep you hydrated:

Drink at least 8 cups (2L) of liquids without caffeine or alcohol every day. This is particularly important 48 to 72 hours after treatment.

Fluids help to:

- ✓ Transport nutrients into the blood.
- ✓ Detoxify your body by eliminating waste products.
- ✓ Protect the bladder and kidneys from damage from chemotherapy agents.

Sources include:

- ✓ Water, club soda, juice, milk, shakes, smoothies, clear soft drinks, sport drinks, broth, herbal tea, oral nutritional supplements, iced tea, hot chocolate, Ovaltine, decaffeinated tea or coffee, and even popsicles, sherbet, ice cream and Jell-O.
- ✓ Limit alcohol as it is a diuretic and may interfere with your medication, and treatment.



Welcoming Patients and Visitors Back to WDMH

WDMH may look a little different - but our commitment to caring for you hadn't changed. WDMH has started restoring some of the services that were postponed due to COVID-19. Priority will be given to patients with the most pressing needs. Patients will be called to rebook their appointments.

For more details, please visit www.wdmh.on.ca/coronavirus.

In addition, we know that visits from family and caregivers contribute greatly to a patient's well-being. At this time, no visitors are allowed in the Chemotherapy Unit. We look forward to welcoming support person back soon, with specific screening requirements.

For all of the details on visitor guidelines, please visit www.wdmh.on.ca/visitors.



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.victoriasquiltsCanada.com for details.



**Thank you for reading
WDMH CANCER TALK.
If you have any questions or
comments, please contact
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