

THE NAVIGATOR

MAY 2024

PATIENT NEWSLETTER



Breast Nipple and Areola Tattooing Services

Did you know that tattooing can be an important final step after reconstruction for breast cancer surgery?

Both the breast nipple and areola can be tattooed to be similar in colour, size and shape to the original nipple and areola. This type of tattooing is called 3D micro-pigmentation, and different colours are used to create a very real-looking appearance.

For many individuals, this can be an important part of the completion of breast reconstruction.

It can help with improving how someone may see and feel about their body, with emotional healing and well-being.

Services are provided through a trained tattooing specialist with many years of experience and knowledge with breast nipple and areola tattooing.

Individuals using these services have been extremely satisfied.

“It makes one feel complete and normal again, and wasn’t quite expecting the impact.”

“I’m not a tattoo type of person, but this is a wonderful gift that really, I never expected and through the entire process of a double mastectomy am grateful for! Thank you!”

“It made me feel almost normal again. Talented and realistic work.”

CancerCare Manitoba is pleased to offer this service at no cost to anyone who has had reconstruction for breast cancer surgery.

For more information and to book an appointment, call Breast & Gyne Cancer Centre of Hope: 204-787-2970 or toll-free 1-866-561-1026.

Breast nipple and areola tattooing services are generously funded through the CancerCare Manitoba Foundation.

Would you like to receive the Navigator Newsletter by mail?

Call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercares.mb.ca.

Where to Find us:

CancerCare Manitoba (CCMB) Sites
1-866-561-1026

CCMB MacCharles
675 McDermot Ave.
(beside Health Sciences Centre)
204-787-2197

St. Boniface Hospital
O Block - 409 Taché Ave.
204-237-2033

Grace Hospital
400 Booth Drive
204-837-0246

Victoria General Hospital (Buhler Cancer Centre)
2340 Pembina Highway
204-477-3328

CCMB Patient Representative
204-787-2065

Patient and Family Support Services
204-787-2109

May is Melanoma and Skin Cancer Awareness Month

Did you know regular eye examinations can help detect early signs of ocular (eye) melanoma?

Keep your eyes healthy by practicing sun safety and avoid indoor tanning.



MAY 2024

CancerCare Manitoba offers the following education and support programs at no cost for cancer patients and families. Call the number listed for more information, or call CancerCare Manitoba toll-free at 1-866-561-1026.

CANCERCARE MANITOBA PATIENT AND FAMILY SUPPORT SERVICES

Adolescent and Young Adult Cancer (AYA) Program: A team of professionals is available to help address the unique needs of AYA patients. Ask your CancerCare oncologist/nurse for a referral or contact:

AYAProgram@cancercare.mb.ca.

Breast & Gyne Cancer Centre of Hope: The Breast & Gyne Cancer Centre of Hope nurses will provide information, education and support to help you understand breast and gynecological cancer. Information on the breast nipple and areola tattooing and Manitoba Breast Prosthesis programs are available. Call Ally at 204-787-2970.

Counselling Services for Patients and Families (Psychosocial Oncology Program) Professional counsellors at CancerCare Manitoba are available to speak with you and your family. Call 204-787-2109.

Guardian Angel Caring Room: You can borrow wigs, scarves, and headwear at no cost. Call Ally at 204-787-4180.

Nutrition Services: Clinical Dietitians can help with nutrition before, during and after treatment. Call 204-787-2109, or ask a member of your healthcare team to arrange an appointment for you.

Patient & Family Resource Centre: The Centre is a quiet place to relax, find information, and borrow books. Call Kathleen at 204-787-4357. Visit our past education/support videos: <https://www.cancercare.mb.ca/Patient-Family/support-services/resource-centre>.

SUPPORT GROUPS

Breast Cancer Support Group: For women who have completed treatment for primary breast cancer in the past two years. Call Cheryl at 204-787-4645.

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call 204-787-2109.

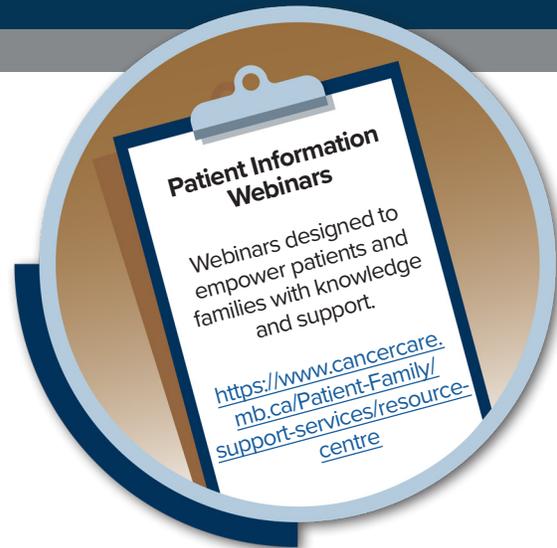
Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call Kim at 204-258-1073.

Expressive Art Group: Combines counselling and creative expression through art. Call Miriam at 204-787-2062.

Expressive Art Grad Group: For past participants of Expressive Art. Call Miriam at 204-787-2062.

Hope and Resilience CBTm Program: For cancer patients and support people to learn new skills to manage anxiety and depression. Call 204-787-4119.

Lung Cancer Support Group for patients and families: Call Christine at 204-477-3215.



Mindfulness Practice: Mindfulness Meditation to help patients and support people to live in the present and manage stress more healthily. Call 204-787-2109.

Online Support Program for Patients/Caregivers of Children with Cancer: Call Miriam at 204-787-2062.

Re-Membering Bereavement Support Group: Support group for people who have lost someone they love to cancer: Call 204-787-4119.

Support Group for Women Living with Metastatic Breast Cancer: Call Cheryl at 204-787-4645.

Young Adult Cancer Support (YACS): For young adult patients between 18 and 39. Call Ian at 204-787-2191.

EDUCATION SESSIONS

Breast Reconstruction Information Session: For information and registration, call 204-787-2970.

Cancer Education and Support Anti-Hormone Therapy Group Information Session - for breast cancer patients. Call 204-787-2970.

Moving Forward After Breast or Gyne Cancer: A group session for patients who have finished treatment and their supports. Call 204-787-2970.

Preparing for Gyne Surgery Information Session: Call 204-787-2970.

Quit Smoking Program: A personalized program to help quit smoking. Call 204-787-1202 or 1-888-775-9899.

EXERCISE/WELLNESS

Moving Forward After Cancer Wellness Program: For cancer patients who have completed treatment in the last two years. Call 204-787-2109.

Yoga and Cancer Program: Designed for cancer patients who are currently undergoing treatment or who have completed treatment within the past year. Call 204-787-2109.

OTHER SUPPORTS

Community and National Support Groups: for more information call 204-787-4357 or 1-866-561-1026.

Breast Health Centre: A range of education videos on breast cancer, breast health surgery, and wellness programs. Call 204-235-3906. Toll-free 1-888-501-5219 or visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: Two-hour workshops teach skincare and make-up tips and how to wear wigs and head coverings. To register for a workshop, visit: lgfb.ca



Helpful Free Apps

The About Herbs App can help you figure out the value of using common herbs and other dietary supplements.

- 290 entries on herbs, botanicals, and supplements with possible benefits, side effects, & drug interactions
- Objective information backed by science

Please consult with your CancerCare team before using any complementary therapies.

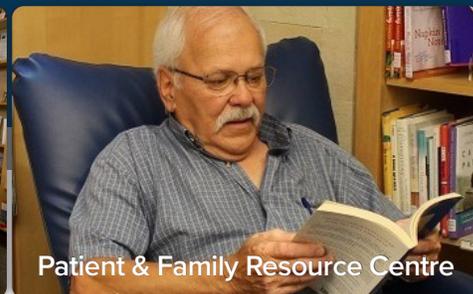
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

Gardening for Health and Well-Being

Researcher Wendy Demark-Wahnefried paired people living with cancer with 'master gardeners.' They planned and planted three gardens for fall, spring, and summer. Surveys collected data on diet, physical activity, and quality of life, and the study measured physical function.

After one year, 40% of participants ate at least one fruit and vegetable serving per day. Although eating more fruits and vegetables was the focus, subjects also improved their physical functioning dramatically.

"Once the garden drew them outside, they were doing a lot of things around the yard and maybe taking a walk and other activities," she said.

60% of participants engaged in at least 30 minutes of physical activity each week. All improved in measures of strength, agility, and endurance.

"We know that doing regular moderate physical activity such as gardening helps to reduce the impact of side effects of cancer and its treatment, such as depression and fatigue.

It can relax people, allow them an escape, reduce anxiety, and bring peace of mind since gardening is a hobby - something to enjoy," she said.

JNCI Journal "Home Gardening: An Effective Cancer Therapy" by Mike Fillon. Read more at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6280979/>

FIND CARE AND RESOURCES CLOSER TO HOME

Community Cancer Programs Network helps patients in communities outside of Winnipeg to receive chemotherapy and follow-up care closer to home. Talk to your nurse or doctor, or call 204-784-0224 or 1-866-561-1026 or visit <https://www.cancercare.mb.ca/Patient-Family/information-for-rural-patients>

Indigenous Community Profiles provides community information and resources that support people with cancer. Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**
Room ON1016-675 McDermot Ave.
Phone: 204-787-4357

POPULAR PICKS

Rodeo in Joliet

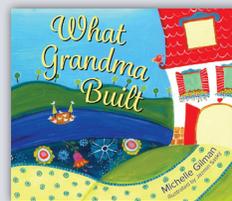
by Glenn Rockowitz



This personal story follows Glenn as he receives his cancer diagnosis just days before the birth of his only child, to his unexpected remission, and the ironic death of his father.

What Grandma Built

by Michelle Gilman



Grandma's house is a magical place full of love and traditions. Walls are reserved for family photos and grandchildren's drawings, and a huge playground fills the yard. Grandma and her love will last forever in the memories of her family.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.