

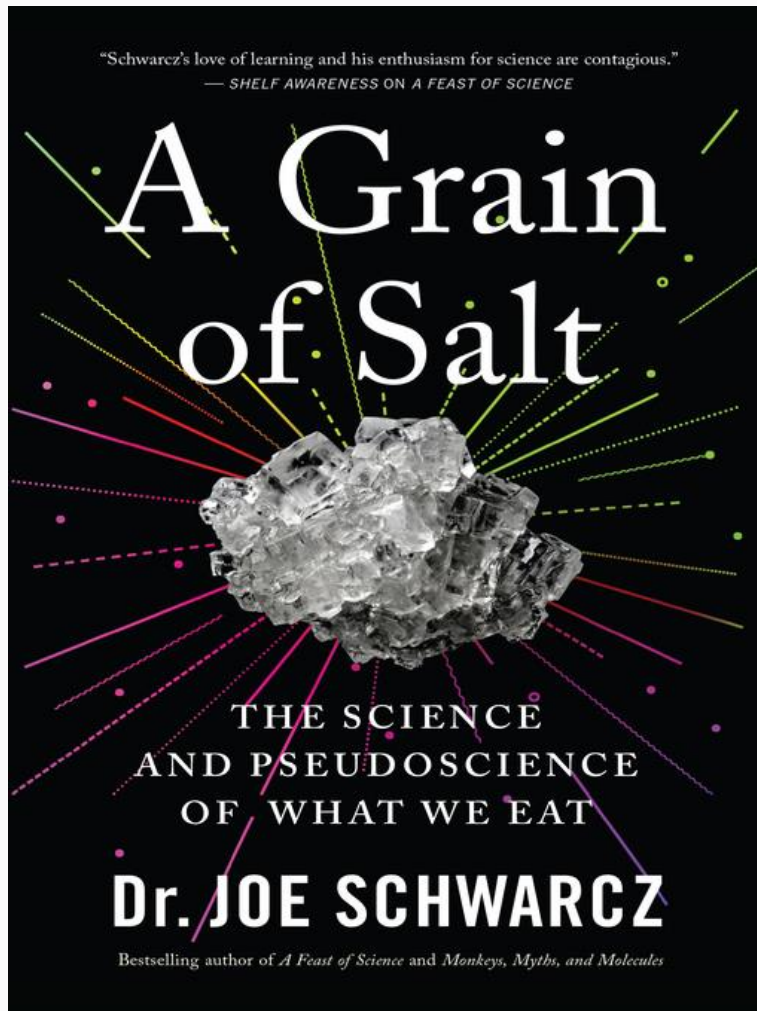
Photo Credit: Pixabay

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 1, Issue 4
May 2020

What's New?

Book Suggestion of the Week



In this book, readers will find relevant scientific facts about what to eat and what not to eat. Dr. Joe Schwarcz provides insight on food trends.

**Coping with cancer
during the COVID-
19 (Coronavirus)
pandemic**

The Canadian Cancer Society put together a list of tips on how to cope with cancer during the COVID-19 pandemic.

[Click here to learn more](#)



The National Film Board of Canada's film collection has been made available to the public.

Photo Credit: National Film Board of Canada

[Click here to consult the
NFB's films](#)



Video suggestion of the week: audio recordings from the Canadian Cancer Society on how to practice relaxation to help cope with anxiety and stress related to cancer.

List of MUHC services available to you

Online Information Research Service

Our online information research service is still operational should you need any type of general health-related information.

You can simply write us an e-mail at cedarscansupport@muhc.mcgill.ca
We will transfer your request to our Cedars CanSupport Librarian and Resource Centre Coordinator, Sabrina Burr.

IMPORTANT: Please note we are NOT authorized to give you medical advice. The information we provide is for educational purposes only.

MUHC Patient Education Office Cedars Cancer Guides

The MUHC Patient Education Office Cedars Cancer Guides are available online. These guides were developed for MUHC cancer patients and their families so they have a more comprehensive understanding of their cancer diagnosis, and play an active role in their own health.

[**Click here to consult the Cedars Cancer Guides**](#)

Updates from the MUHC about the COVID-19 (Coronavirus)

The MUHC has developed a webpage about COVID-19 (Coronavirus). You will find information about the latest news and updates regarding COVID-19 (Coronavirus), videos, what to expect when coming to the MUHC, frequently asked questions, and useful links.

[**Click here to consult the MUHC COVID-19 Webpage**](#)

Oncology Social Services

Oncology Social workers of the MUHC Cedars Cancer Centre are available to counsel and support patients and their families, and caregivers from diagnosis through treatment, as well as in crisis situations.

How to get in touch with an oncology social worker?

You do not need a referral but you can ask your doctor, nurse, health care provider, or the Cedars Cancer Centre personnel for a referral or ask to speak

to a social worker directly by calling the MUHC Glen Site social service department (514) 934-1934 ext. 31569

Online Resources for Patients living with cancer

The Rossy Cancer Network put together a directory of online patient resources, including videos on COVID-19 and cancer, chemotherapy, radiation therapy, immunotherapy, male fertility, and female fertility.

[**Click here to consult the resouces**](#)