



Welcome to the newest issue of the Cedars CanSupport Information Bulletin

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November 2020

News from Cedars CanSupport

Cedars CanSupport ONE-TO-ONE TELEPHONE SUPPORT

We are here, a phone call away, to provide support over the phone if you wish.

Our volunteers are specially trained and will be able to assist you during and after treatment. If you are feeling overwhelmed and looking for additional emotional support via telephone, please contact us.

Our Telephone Supportive Service is private and confidential. It is available for patients, during and after cancer treatment, and for family members.



***Please take note that we do not offer medical advice.
Always consult with your medical team.
514-934-1934 ext: 35297
rola.mouchantaf@muhc.mcgill.ca**



Our next online Art Therapy workshop is Thursday, November 26, 2020



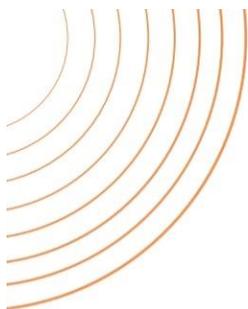
Joignez-vous à nous pour un atelier d'art-thérapie. Ceci est une occasion pour rencontrer d'autres patients et proches aidants, pour compléter un projet artistique et partager.

Join us for our Art Therapy Workshop. This is an opportunity to come together with fellow patients and caregivers, to make art and share.

Contactez-nous pour inscription / for registration
contact us: rola.mouchantaf@muhc.mcgill.ca



Our next Group Distance Reiki session is Thursday, November 19, 2020



REIKI à distance en groupe

Animé par Maddalena Gonzo,
Maître de Reiki certifiée de CanSupport des Cèdres

Le Reiki à distance peut être tout aussi efficace que le Reiki en personne, en apportant les mêmes bienfaits : relaxation profonde, meilleur sommeil et meilleure digestion, sensation de bien-être. Profitez du Reiki dans le confort de votre maison grâce à cette pratique en groupe pendant laquelle vous n'avez qu'à vous détendre.

Group Distance REIKI

Presented by Maddalena Gonzo,
Cedars Cansupport Certified Reiki Master

Distance Reiki can be as effective as Reiki in person, in providing the same benefits: profound relaxation, better sleep and digestion, general sense of wellbeing. Enjoy Reiki from the comfort of your home with this group practice during which you just need to relax.

Pour patients et proches aidants
For patients and caregivers

Inscription / Registration:
rola.mouchantaf@muhc.mcgill.ca
514-934-1934 X35297



FONDATION DU
CANCER DES CÈDRES
CEDARS CANCER
FOUNDATION



Centre universitaire
de santé McGill



McGill University
Health Centre

Book Suggestion of the Week

Prostate Cancer 4th ed.
by Fred Saad & Michael McCormack

FOURTH EDITION

Entirely revised
and expanded



PROSTATE CANCER

Fred Saad, M.D.

Michael McCormack, M.D.



AP Annika Parance Publishing

Photo Credit: Renaud-Bray

Excerpt from back cover: *"In Canada, one man in seven risks developing prostate cancer. It is the most frequently diagnosed cancer in men. While most commonly diagnosed after age 60, prostate cancer can also occur in men in their forties and fifties.*

Like other forms of cancer, this disease affects not only the patient but

also his spouse and family. At the time of diagnosis, there are many questions that need to be answered. This book provides a simple, concise, practical guide to help patients understand prostate cancer. Now in its fifth edition, it has, over the years, become an indispensable reference work. Written by Canadian medical specialists, it is an outstanding source of information on the prevention and causes of prostate cancer, its early diagnosis and the treatment options available, including their side effects and complications."

A free PDF version of this book is available on the website of PROCURE.

[Book in PDF format](#)

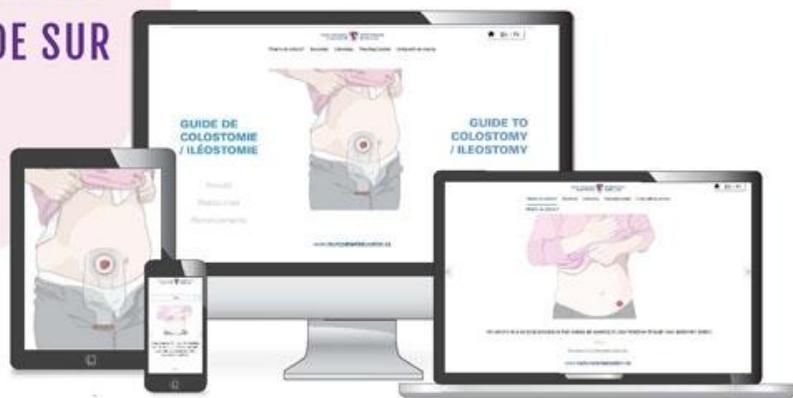
Useful Resources

Cancer Online Information Directory

Looking for online reliable and factual health information and resources? Take a look at our Cancer Online Information Directory webpage. This page provides links to health information related to cancer available online that is reliable and up-to-date.

[Cancer Online Information Directory](#)

NEW OSTOMY GUIDE NOUVEAU GUIDE SUR LA STOMIE



AVAILABLE NOW • DISPONIBLE MAINTENANT

MUHC Patient Education Office Cancer Guides

"The Cedars MUHC Patient Education Oncology Guides were developed for patients and their families by the MUHC Patient Education Office and MUHC clinical content experts and healthcare teams.

Using pictures, images and animations, they can help to clarify, and individualize the complexities of modern diagnoses, treatments and care trajectories. In this way, MUHC patients can better understand their disease, and take a more active part in their treatment plans and care management. The Guides show care as it happens at the MUHC."

The Cedars Cancer Guides are all available online in digital format.

[Cedars Cancer Guides](#)

Patient's Guide to Lung Cancer is now available in PDF format and in e-Book format

"Lung Cancer Canada would like to announce, in addition to the PDF version of our Patient's Guide to Lung Cancer, which is available on our website, the guide is now also available in interactive epub and mobile formats. It is available in English,

French and Chinese on these platforms - Kobo, Apple, Amazon and Smashwords."

[PDF Document](#)

[Links to e-Book version](#)

Upcoming Events

Fertility Preservation and Sexual Health for Young Cancer Patients by Lymphoma Canada

**Thursday, November 5, 2020
12:00 PM - 1:00 PM EST**

Join and participate in Lymphoma Canada's interactive info session about the challenges faced by the Adolescent and Young Adult (AYA) lymphoma patient community.

Topics include:

- Fertility preservation
- Sexuality/body image
- Guidance and community based resources for patients.

[Register here](#)

Reminder: free webinar about New Therapies for Advanced Prostate Cancer by PROCURE

Monday, November 9, 2020
7:00pm to 8:00pm (Eastern Time)



PROCURE EN PARLE
WEBINAIRES SUR LE CANCER DE LA PROSTATE

NEW THERAPIES FOR ADVANCED PROSTATE CANCER

MONDAY, NOVEMBER 9TH, 7 P.M. TO 8 P.M. | PROCURE.CA

DR ARMEN APRIKIAN, F.R.C.S (C)
URO-ONCOLOGIST AND RESEARCHER AT THE MUHC

[REGISTER ON PEP.PROCURE.CA](http://PROCURE.CA)

PRESENTED BY
AstraZeneca
MERCK
INVENTER POUR LA VIE

PARTNERS
ASSOCIATION DES UROLOGUES DU QUEBEC
FONDATION DU CANCER DES CEDRES
CEDARS CANCER FOUNDATION

[Register here](http://PROCURE.CA)

Thank you for reading our information bulletin!

We hope you enjoyed this issue.

Cedars CanSupport Team

IMPORTANT: Information provided by the Cedars CanSupport Information Bulletin is for educational purposes only. They are not intended to replace the advice or instruction of a healthcare practitioner, or to substitute for medical care.
