



CancerCARE
Right Care. Right Place. Right Time.

The Survivor's Journey

CancerCARE's Survivorship Newsletter

JANUARY 2025

Welcome

We are excited to launch the new edition of our CancerCARE Survivorship Newsletter, designed with you in mind. Our goal is to provide information that will help you succeed in your survivorship journey.

We understand that your survivorship path is filled with both victories and challenges. In each edition, we will bring wellness tips, expert views, and encouraging insights to support your journey. We hope to empower, inform, and connect you to the tools you need to thrive beyond cancer and live with the best quality of life possible.

Thank you for being part of the CancerCARE Survivorship community and please reach out if you have any ideas that could help us make this newsletter a more valuable resource. We are here to support you every step of the way.

Cancer is only going to be a chapter in your life, not the whole story.

EMOTIONAL HEALTH

Just as you need to take care of your body after treatment, you need to take care of your emotions as well. Each person's experience with cancer is different, and the feelings, emotions, and fears that you have are unique as well.

Understanding common feelings

It is understandable and common to feel anxious, angry, and/or sad. There is no 'right' way to feel after your cancer treatment.

Coping with your feelings

Every feeling you have is real. You may feel uncomfortable talking about your struggles, but it is OK to reach out for help.

Sharing your feelings

Sharing your feelings with others may be hard but in doing so it will allow them to understand and support you.

You are strong enough to fight through this!

And you are not alone!

Nutrition

NUTRITION TO COMBAT FATIGUE

Julie Lanford

MPH, RD, CSO, LDN

Fatigue is a common complaint from people facing cancer.

Tiredness can affect people during and after treatment. There are many possible causes for tiredness: cancer treatment, stress, diarrhea, dehydration, infection, or anemia. Unfortunately, there is not a simple solution to treat fatigue.

Coping with fatigue may require a few different strategies. There are several approaches that show promise in combating cancer-related fatigue. The most promising strategies are adequate rest, regular physical activity, counseling, and adequate nourishment.

It's not necessary to follow a complicated diet to provide your body with energy. When it comes to your nutrition strategy, evidence suggests that plant-focused healthy eating patterns may be beneficial for combating fatigue. There are 5 key nutrients you should focus on: protein, complex carbohydrates, healthy fats, iron, and fluids.

Healthy Snacks

- Almonds
- Grapes
- Trail mix
- Applesauce
- Popcorn
- Bananas
- String cheese
- Granola bars
- Sunflower seeds
- Yogurt and granola
- Graham crackers with almond butter
- Hummus and veggies
- Whole grain muffins
- Hard-boiled eggs
- Apple and peanut butter

Lemon Baked Trout

INGREDIENTS

- **Olive or canola oil cooking spray**
- **4 trout filets (4 oz. each, with skin)**
- **Salt and fresh ground black pepper, to taste**
- **2-3 lemons**

Makes 4 servings

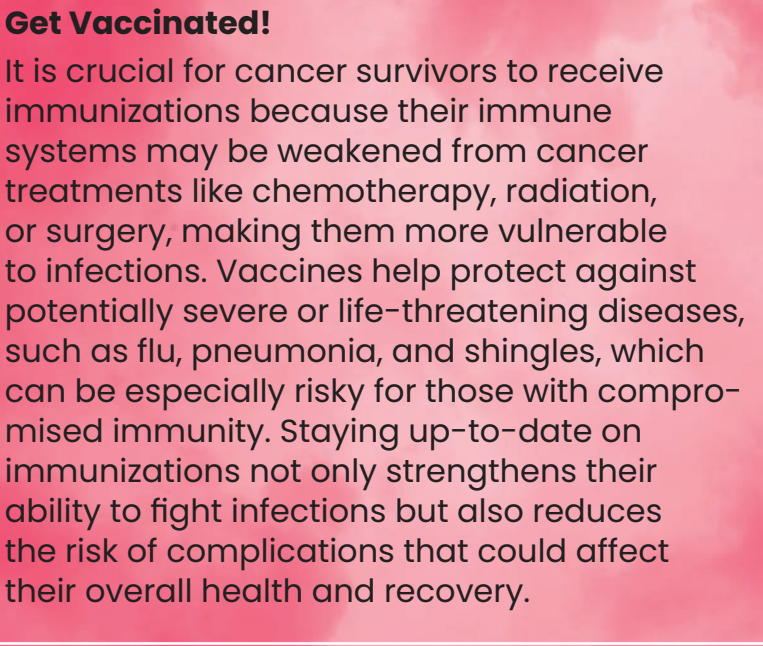
Per serving: 180 calories, 7g total fat (1.5g saturated fat, 0g trans-fat), 60 mg cholesterol, 6g carbohydrates, 23g protein, 2g dietary fiber, 65 mg sodium, 2g sugar, 0g added sugar.

DIRECTIONS

1. Set rack in center of oven. Preheat oven to 425 degrees F or preheat gas or charcoal grill to medium hot and prepare it for cooking with indirect heat.
2. Lay large sheet of heavy-duty foil over large baking sheet. Coat lightly with cooking spray. Arrange trout filets on foil, spacing about 1 inch apart and leaving at least 2 inches around edges. Coat fish lightly with cooking spray. Sprinkle each filet with a pinch of salt and 5 or 6 grinds of pepper.
3. Using a sharp knife, cut off end of a lemon. Cut lemon into the thinnest possible slices. Using the tip of the knife, flick the seeds out of each slice. Arrange 3-4 lemon slices down the center of each trout filet, overlapping them slightly. Lay another sheet of foil over fish and roll edges together to seal fish.

4. Bake trout for 15-20 minutes, or until fish is opaque and flakes easily at thickest point. (If using an outdoor grill, slide packet of fish onto grill and later slide it back onto a baking sheet to help lift off grill.)
5. To serve, transfer each filet to a dinner plate. Encourage diners to eat lemon slices with the fish.

AICR Impact - The American Institute for Cancer Research helps the public understand the relationship between lifestyle, nutrition and cancer risk. We work to prevent cancer through innovative research, community programs and impactful public health initiatives.



Preventing infections

Watch out for fever

Call your provider right away if your temperature is 100.4 or higher.

Wash your hands often

Clean hands help prevent infections. Don't be afraid to ask people to wash their hands.

Know the symptoms of infection

Call your provider right away if you notice any symptoms of infection; fever, cough, sore throat, redness or swelling in any area, diarrhea, or vomiting.

www.cdc.gov

Mental Health

TIPS FOR CANCER SURVIVORS DURING STRESSFUL TIMES

Keep moving and make it fun

Physical activity is important for your health, as it can help lower anxiety.

Catch some ZZZ's

Maintain a consistent bedtime and wake up time to support mental health.

Listen to your body

If you have concerns about your health, reach out to your provider. Do not ignore the symptoms.

Talk to someone and stay connected

Find ways to reach out to family members, friends, or support groups.



WORDS OF WISDOM

Survivors offer advice

- ☐ Don't be afraid to ask questions.
- ☐ Stay active.
- ☐ Ask for help and accept it when offered.
- ☐ Join a support group.
- ☐ Get counseling to cope.
- ☐ Ask about long term and late effects.
- ☐ Bring someone along to take notes at all appointments.

Get Vaccinated!

It is crucial for cancer survivors to receive immunizations because their immune systems may be weakened from cancer treatments like chemotherapy, radiation, or surgery, making them more vulnerable to infections. Vaccines help protect against potentially severe or life-threatening diseases, such as flu, pneumonia, and shingles, which can be especially risky for those with compromised immunity. Staying up-to-date on immunizations not only strengthens their ability to fight infections but also reduces the risk of complications that could affect their overall health and recovery.

Cancer Awareness Calendar

January

Cervical Cancer Screening Month

February

World Cancer Day
National Cancer Prevention Month
Gallbladder & Bile Duct Cancer Awareness Month

March

Colorectal Cancer Awareness Month
Kidney Cancer Awareness Month
Multiple Myeloma Awareness Month

Cancer Screenings

The importance of catching Cancer early cannot be overstated. The CancerCARE team is happy to help with any screening questions you may have.

The CancerCARE Program
(877) 640-9610
www.Cancercareprogram.com