



VOLUME 1, ISSUE 2

Nourish

Canada's Nutrition Companion
for Oncology Patients
and Caregivers

What should I eat?

Managing fatigue

Smoothie guide

Nourish

nourishonline.ca

Advice from registered dietitians
and recipes from our wellness chef

VOLUME 1, ISSUE 2, JUNE 2015

Our magazine

Nourish offers information relating to nutrition and cancer.

You will find:

- Answers to common questions about diet and nutrition during treatment
- Suggestions to manage common cancer treatment-related symptoms
- Advice on how to manage eating-related difficulties
- Easy recipes for nutritious foods

We want to help you and your family and friends who care for you to make informed decisions, together with your healthcare team.

Each patient is unique, each cancer is different and so is each treatment plan.

Please note that this information cannot replace the advice provided by your healthcare team.

**Reviewed and endorsed
by the Oncology Network of
Dietitians of Canada**

Our recipes

They are designed to help you eat better and get the nutrients you need.

Our recipes:

- Are high in protein
- Are easy to prepare, with few ingredients
- Have nutrient-rich ingredients*
- Are moderate in calories
- Promote healthy eating habits that pave the way to better health in survivorship

All baking times are based on conventional ovens.

If you have food allergies, special food requirements or other health issues, please read the ingredient list for each recipe to determine whether it is suitable for you.

The nutritional values were calculated using Food Processor. ESHA Research: Professional Nutrition Analysis Software & Databases Genesis R&D SQL, Program Version 9.11.0.0

* Optional ingredients or "modifiers" are not part of the analysis, neither are additional food items shown in the pictures.

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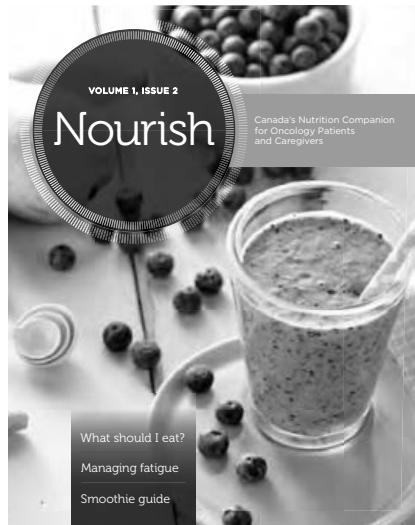
Cette publication est disponible en français : *Savourer santé* (savourersante.ca)

AMGEN[®]



Nestlé Health Science

Welcome to the second issue of *Nourish*



We are back!... with more suggestions, information and easy recipes to help you navigate through cancer treatment and recovery. This issue focuses on fatigue, which is the most common side effect of cancer and its treatment.

Taking a more active role

By making good nutrition an important part of your daily life, you're taking a great step towards a more active role in your treatment. Research shows that people who are able to maintain a healthy weight during cancer treatment respond better to therapy, recover faster and overall have a better quality of life.

Managing fatigue

Are you struggling with fatigue, but find that resting more often and getting extra sleep doesn't help? You are not alone. Coping with a diagnosis of cancer and the demands of treatment can consume much of your energy. You may be eating less, which can lead to weight loss and increased fatigue. In this issue we are providing you with some tips to cope.

With our easy-to-prepare recipes, you can still eat well even if you don't feel like spending much time in the kitchen. Our Guide to Healthy Eating lists some healthy foods to keep on hand that will allow you to quickly prepare a no-fuss healthy meal or snack.

Give nourishonline.ca a try

Our website features all articles and recipes that you will find in the print version of *Nourish*. Did you miss a previous issue? Just sign up on our website to access a PDF version and then print your own copy.

Would you like more information than our articles provide you? Click on the link to the resource section of our website and find links to information you can trust.

Welcoming new partners

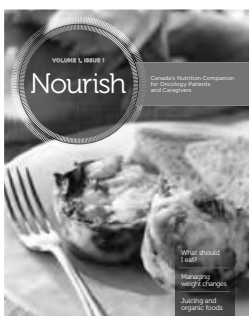
Since its launch in September 2014, *Nourish* has been distributed to more than 100 cancer treatment clinics across the country. We thank our founding sponsor Amgen Canada for making this all possible.

And we have great plans for the future! Nestlé Health Science is now partnering with us and we will continue to offer you this great publication free of charge.

Our team of registered dietitians – with many years of experience in oncology – our editor and our chef are proud to present this second issue of *Nourish*.

We hope that our recipes will inspire you, and that you find joy in eating and preparing foods while staying well-nourished during treatment... and beyond.

Enjoy!
Your *Nourish* Team



Did you miss our first issue?
Visit us online nourishonline.ca

What Should I Eat?

BY JOSÉE BEAUDOIN, MSC, RD AND ANGELA MARTENS, RD

Staying well-nourished with cancer-related fatigue

Meal planning, grocery shopping, food preparation and even eating all require energy – something many of our readers may be lacking.

In this issue, we will provide you with strategies to keep yourself well-nourished when you are tired – it is very possible to do!

Cancer-related fatigue is the most common and often the most distressing side effect experienced by people with cancer. It is different from the fatigue everyone has from time to time; it is usually more severe, lasts longer, and can take a heavy toll on your quality of life. Resting more or doing less does not make it go away.

Fuel up at regular intervals

Food provides our body with energy, like fuel does for a car. Eating every few hours throughout the day gives your body a constant source of energy and helps to maintain blood sugar levels. Including a source of protein (fish, poultry, dairy foods, nuts, legumes, eggs, meat) with all meals and snacks is also important in keeping energy at an even level, and in reducing muscle loss. The Guide to Healthy eating on page 6 has some helpful ideas on how to include protein in a meal.

CONSIDER FRESH, FROZEN, OR CANNED FOODS AS NUTRITIOUS AND CONVENIENT OPTIONS.

Stay hydrated

Not drinking enough fluids increases fatigue. Most people need eight cups (2 litres) of fluid each day. Fluid is anything that is liquid at room temperature and can include water, juice, milk, smoothies, soup, broth, sports drinks, popsicles, flavoured gelatin, ice cream or herbal tea. You may want to speak with a dietitian specializing in cancer regarding your specific fluid requirements and what liquids are best for you.

Keep it simple

Getting balanced nutrition doesn't have to be complicated or time-consuming. Aim to include foods from at least three food groups at each meal. Plan every snack to include a minimum of two food groups (see table on page 6).

Breaking old habits

Why not try some store-bought, already prepared foods if you just don't feel like making anything yourself?

And here are some more ideas. You may want to eat breakfast food at night. Or use your microwave more often to prepare meals or snacks. Have leftovers from the meal before. Prepare a larger batch of food than you need and eat it in portions. Allow yourself to do the unusual if this helps you eat.

Plan for convenience

We realize preparing meals from scratch every day isn't very realistic. Give yourself permission to take some shortcuts.

What Should I Eat?

Nutritious meals that don't require cooking	Meals – ready in a few minutes	Snack ideas
Cottage cheese, fruit and a muffin	Boiled egg, slice of bread, vegetable juice and yogurt	Cereal with milk
~	~	~
Canned fish, crackers and raw vegetables	Soup with added milk, cheese, pita bread and dried fruit	Hummus and pita
~	~	~
Store-bought BBQ chicken with a vegetable and bread	Frozen meal, fruit and a glass of milk	Crackers and cheese
~	~	~
Sandwich with leftover or canned chicken and a smoothie	Pasta with store-bought sauce and grated cheese	Fruit and nuts
~		~
Nut butter sandwich and a smoothie		Milk and muffin
		~
		Yogurt and granola
		~
		Smoothie (fruit and yogurt)

Stocking your pantry, refrigerator and freezer with convenience items is a great way to help you meet your nutritional needs and conserve energy. Frozen meals, canned fish or poultry, instant oatmeal, packaged nuts or seeds and nutritional supplements (drinks) can provide good nutrition when you need something quick and effortless. Check out our suggestions for meals and snacks on the chart above.

Getting all of the nutrients your body needs can help you maintain your weight and strength, stay active and support your recovery – all important factors in managing cancer-related fatigue. You may also ask a dietitian about catering services in your community for people undergoing treatment. And don't hesitate to discuss other specific strategies for handling fatigue with your healthcare team.

Blended drinks

Combine a few simple ingredients like milk or soy beverage, nuts and fruits in a blender and make a quick meal or snack. See our smoothie guide on page 14.

Ready-made meals

When shopping for convenience foods such as frozen meals, check the labels and try to choose the products with lower sodium and saturated fat and higher protein content. Complete your meal with a glass of milk, a slice of cheese, a Greek yogurt, or a handful of nuts to increase protein content.

Nutritional supplements





These “meals in a bottle” (such as Boost® and Resource® 2.0) provide all the essential nutrients and can be very handy. They can be used as a meal or snack alternative or taken in small amounts with medications to improve nutrition throughout the day. They are available in many flavours.

What Should I Eat?



A Guide to Healthy Eating to Manage Fatigue

Include food from at least three food groups at each meal and food from two food groups at each snack.

Food group	Daily servings*	Serving size	Easy food choices when dealing with fatigue	Tips to increase protein
Vegetables & fruits 	7–10	<ul style="list-style-type: none"> • 1 medium fruit • ½ cup of fresh, frozen or cut canned vegetables or cut fruit • 1 cup of leafy greens 	<ul style="list-style-type: none"> • Low sodium vegetable juice or fruit juice • Canned fruit in juice or light syrup • Canned or frozen vegetables • Frozen fruit • Dried fruit • Low sodium vegetable soups • Smoothies 	<ul style="list-style-type: none"> • Add yogurt to fruits • Try blended cottage cheese or yogurt as a vegetable dip • Serve vegetables with cheese sauce or with grated cheese on top
Grain products 	6–8	<ul style="list-style-type: none"> • 1 cup of cereal, cold • ½ cup of cooked pasta, rice or other grains • ¾ cup of hot cereal • ½ bagel • ½ hamburger bun 	<ul style="list-style-type: none"> • Bread • Pita bread • Quick-cooking grains such as quinoa, couscous or bulgur • Pasta • Hot or cold cereals • Bagels • Muffins • Granola bars • Flour or corn tortillas • Crackers 	<ul style="list-style-type: none"> • Spread nut or seed butters on a bagel or cracker • Use tofu spread or hummus on pita bread or tortillas • Prepare hot cereals with milk • Choose granola bars with nuts
Milk & alternatives  <div> SOURCE OF PROTEIN </div>	2–3	<ul style="list-style-type: none"> • 1 cup of milk • ¾ cup of yogurt • ¾ cup Kefir • 1 ½ oz. of cheese (2 thumb-sized pieces) 	<ul style="list-style-type: none"> • Milk • Skim milk powder • Chocolate milk • Soy beverage • Evaporated milk • Yogurt • Greek yogurt • Kefir • Prepared tapioca, rice or milk pudding • Pre-shredded or sliced cheese • Cheese sticks/strings • Cottage or ricotta cheese • Creamy soups (low-sodium canned soup with added milk) • Milkshake 	<ul style="list-style-type: none"> • Add a glass of milk or substitute to a meal • Add cheese to hot vegetables, sandwiches or egg dishes • Add evaporated milk or skim milk to cream soups or milk puddings • Greek yogurt contains more protein than regular yogurt
Meat & alternatives  <div> SOURCE OF PROTEIN </div>	2–3	<ul style="list-style-type: none"> • ¾ cup of beans, lentils, cooked • 2 ½ oz. of meat, poultry or fish (size of deck of cards) • 2 eggs • ¼ cup of nuts • 2 tbsp of nut butter 	<ul style="list-style-type: none"> • Eggs • Canned fish (tuna, salmon) • Canned poultry • Whole, chopped or ground nuts • Nut or seed butters • Canned legumes • Bean-based canned soups • Tofu spread • Hummus (chickpea spread) • Vegetable pâté • Seeds (sunflower, pumpkin, etc.) 	<ul style="list-style-type: none"> • Add finely chopped eggs to salad • Add legumes to soup, salad, spaghetti sauce • Add meat, poultry or fish to omelette/quiche • Add chopped nuts to yogurt, pasta, oatmeal

*Serving requirements will vary depending on age, activity level and gender.

References

Health Canada. (2007). Eating well with Canada's Food Guide (HC Pub.:4651). Ottawa: Queen's printer.

Power Snack Balls

A nutritious high-fibre snack to take with you

Helpful with the following side effects

- Fatigue
- Small appetite

Recipe modifier to increase protein

- Add ½ cup of skim milk powder

Nutrition Facts

Serving Size: 2 balls

Amount	% Daily Value
Calories 220	
Fat 12 g	18 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 0 mg	
Sodium 60 mg	3 %
Carbohydrate 25 g	8 %
Fibre 4 g	16 %
Sugars 14 g	
Protein 8 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %

Preparation Time: **20** minutes

Total Time: **80** minutes

Makes **20** balls

Ingredients

½ cup	Peanut butter
1 cup	Apple, grated (or ½ cup Apple Sauce)
1 cup (6–8)	Large dates, pitted
2 tbsp	Honey
½ tsp	Ground cinnamon (optional)
½ tsp	Ground ginger (optional)
1 cup	Large flake oats
1 cup	Shelled pumpkin seeds (Pepitas)

Directions

1. Soak the dates in water for 5 minutes.
2. Grate the apple and cut the dates in small pieces.
3. In a bowl, mix all ingredients together until well combined and sticky enough to hold the shape of a ball.
4. Take 2 tablespoons of the mixture at a time and roll into a ball. Place them on a plate lined with parchment paper.
5. Roll the balls in ground pumpkin seeds before chilling (optional).
6. Refrigerate for 1 hour before serving.



If you use a food processor you can use whole peanuts instead of peanut butter.

Store in the refrigerator, covered, for up to two weeks. Or freeze in freezer bag for up to 3 months.



Blueberry Pear Smoothie

A snack with lots of antioxidants and fibre that will go down easy!

Preparation Time: **10** minutes Servings: **2**

Ingredients

- ½ cup Frozen blueberries
- ½ Banana (peeled and sliced)
- ½ Fresh ripe pear, core removed and chopped (or 1 cup of canned and drained pear halves)
- 1 tbsp Unsalted raw cashews
- 3 tbsp Low fat plain Greek yogurt
- 1 tsp Lemon juice
- 1 tsp Honey (optional)
- ½ cup 1% Milk (or substitute with soy beverage)

Directions

Place all ingredients in a blender and blend until smooth. Serve.

Recipe modifier to increase calories and protein

- Add more nuts
- Use yogurt with higher fat content
- Use homo or whole milk

Helpful with the following side effects

- Fatigue
- Swallowing difficulty
- Dry mouth
- Chewing difficulty



Nutrition Facts	
Serving Size: 1 cup	
Amount	% Daily Value
Calories 150	
Fat 3 g	5 %
Saturated 1 g	5 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 40 mg	2 %
Carbohydrate 29 g	10 %
Fibre 4 g	16 %
Sugars 19 g	
Protein 5 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	10 %
Iron	4 %

MANAGING Fatigue

BY CHRISTY BRISSETTE, MSC, RD



If you're dealing with fatigue, you may not have the energy to accomplish all of your daily tasks. That's okay. There are two main strategies you can use to help manage fatigue: Save your energy and take steps to reduce fatigue.



TO SAVE YOUR ENERGY

1. Be patient with yourself

You may not be able to do as much as you did before cancer treatment. This might mean your house isn't as clean or you don't have time to cook from scratch. Be kind to yourself by accepting imperfection. These tasks can wait until you have more energy.

2. Set priorities

Decide what activities need to be done each day and which ones can be delayed. Do the important ones first. Schedule important activities during the times of day when you tend to have more energy.

3. Ask for help

What tasks drain your energy? Let others help you with shopping, cooking, cleaning, gardening or looking after kids or pets.

4. Make food preparation easier

Read our tips in Table 1.

5. Schedule rest

Allow time for rest and relaxation. If you start to feel tired, take a break, rest for 15 minutes and go back to your task when you can.

6. Get enough sleep

Try to limit naps to 20 minutes during the day. Avoid caffeine and alcohol in the afternoon and evening so they don't affect your sleep. Avoid too much stimulation (physical or mental) before going to bed.

7. Restore your mind and spirit

Spend time outdoors or doing relaxing activities you enjoy like arts and crafts or listening to music.



TO REDUCE FATIGUE

1. Talk to your healthcare team about fatigue

They can help identify any medical reasons that may be causing or worsening your fatigue.

2. Stay well-nourished and hydrated

Our tips on pages 4–6 will help you!

3. Be active

Research shows that regular exercise is the best strategy to help reduce cancer-related fatigue. A good exercise program includes 3 types of activity: aerobic, strengthening and stretching (see Table 2).

If you are already exercising, try to stay as active as possible during your treatment. You might need to lower the intensity or exercise for shorter periods of time, but some activity is better than no activity.

If you haven't been exercising, start slowly and build up the time and intensity of your physical activity. For example, you may start walking for 5 minutes daily and add a minute each day. Every little bit helps! You may also increase the intensity of your exercise program from light exercise to more moderate effort. Light effort means you can easily carry on a conversation and sing a song while exercising; moderate effort means you are able to talk but not sing without getting out of breath. Talk to your doctor before starting any kind of exercise program.

Look for exercise programs designed for cancer patients at hospitals and in your community. Talk to your healthcare team about what is offered in your neighbourhood. Ask your doctor for a referral to see a physiotherapist or other expert in exercise during cancer treatment.

To find out more about cancer-related fatigue, its causes and strategies for coping, please go to our website nourishonline.ca (choose tab Links/Fatigue Resources)

Table 1: Make food preparation easier

Here are some ideas to help you save energy while preparing meals and snacks:

Grocery Shopping

- Organize your grocery list by aisle so you don't have to walk too far when shopping.
- Shop at less busy times to avoid line-ups.
- Buy only what you can easily carry.
- Arrange for home delivery if possible.
- Try ordering from a grocery delivery service. You can order on-line or over the phone.

Cooking

- Prepare food while sitting at a table, rather than standing.
- Use tools like a food processor or mandolin rather than cutting food by hand.
- Choose recipes for one-pot meals like casseroles and stews.
- Make large batches of food when you have energy and freeze in portions.
- Ask for help in the kitchen, if possible.

Washing Dishes

- Use a dishwasher if you have one.
- Let dishes air dry in a drying rack rather than drying by hand.
- Use biodegradable plates and utensils when you are too tired to wash dishes.

Table 2: How much exercise do I need?

	AEROBIC (CARDIO)	RESISTANCE (STRENGTH)	STRETCHING
Examples	Walking, jogging, cycling, swimming*	Lifting weights, doing pushups and sit-ups, using resistance bands	Stretches, yoga, qi gong, tai chi
Why it helps	Strengthens your heart and lungs Lowers your risk of diseases like diabetes and heart disease	Maintains and builds strong muscles	Keeps your muscles and joints flexible and prevents stiffness
How much?	Aim for 150 minutes per week (or 30 minutes 5 times a week) You can split this up into 3 shorter 10-minute sessions	Aim for 2 days per week Include exercises that target all of the major muscle groups, which include chest, back, shoulders, arms, abdomen, thighs and lower legs	Aim for 2 days per week

* Public pools, hot tubs and saunas are generally not recommended for people receiving radiation and/or chemotherapy treatment because of the risk of infection caused by bacteria.

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Ask the Dietitian

Should I become vegetarian?

One of the more healthful diets is a plant-based diet. A vegetarian diet is plant-based and in some cases may include milk products and eggs. It may also exclude all foods from animal sources, as in a vegan diet.

Well-planned vegetarian diets offer a number of health benefits that are likely a result of being rich in plant foods, rather than excluding foods from animal sources.

Overall, focusing on eating more plant foods like fruits and vegetables, whole grains, nuts, beans, and lentils may be the best of both worlds – even for those who regularly include meat, dairy and eggs in their diet. Include fruit at breakfast or add some beans to your soup or salad, or try a meatless Monday for a change of pace and a step toward a healthier eating pattern.

When it comes to your health, your overall diet counts more than any one food or nutrient.

Cheri Van Patten, MSc, RD

Do I need to avoid alcohol after a cancer diagnosis?

There is growing evidence linking alcohol intake to a higher risk of developing various cancers. The influence of alcohol intake on cancer survival is still not fully known.

If you do not normally consume alcohol, don't start now. If you choose to consume alcoholic beverages, the current guidelines recommend that men limit their intake to no more than two drinks per day and women limit intake to no more than one drink per day. One alcoholic beverage is equal to 5 ounces (150mL) of wine, 12 ounces (355mL) of beer or 1.5 to 2 ounces (44–60mL) of distilled spirits.

Consumption of alcohol during active cancer treatment may worsen treatment side effects in some individuals. You should speak with your healthcare team about alcohol intake if you are currently receiving treatment for your cancer.

Angela Martens, RD

Reference

American Institute for Cancer Research. Food, nutrition, physical activity and the prevention of cancer: a global perspective, 2007. Content is continuously being updated (CUP project). Website: www.aicr.org

Parchment Baked Salmon

A unique way to prepare a wholesome meal in one pouch: high in protein and omega-3 fats, low in odour and with easy clean up.

Recipe modifier to increase calories

- Add oil
- Top with pesto

Helpful with the following side effects

- Change of taste and smell
- Fatigue

Preparation Time: **15** minutes

Total Time: **30** minutes

Servings: **4**

Ingredients

COUSCOUS

- ½ cup Dry whole wheat couscous
- ½ cup Fresh dill, finely chopped (or 2 tbsp of dried dill)
- ¾ cup Warm water
- 2 tsp Lemon zest
- 1 tbsp Lemon juice

FISH

- 4 (4oz) Salmon filets (or arctic char or trout)
- 1 McIntosh apple, thinly sliced
- ½ Fennel bulb, thinly sliced
- 1 tbsp Lemon juice
- 1 tbsp Olive oil
- to taste Salt and pepper

Directions

1. Preheat the oven to 375°F.
2. Combine the couscous with the dill, water, lemon zest and half the lemon juice.
3. Cut 4 sheets of parchment paper about 3 times as long as the fish fillets.
4. Place an equal amount of the couscous in the middle of each of the 4 sheets.
5. Place fish fillets on top of the couscous.
6. Top each fillet with apple and fennel slices.
7. Season with lemon juice, olive oil and a pinch of salt.
8. Fold the top half of the parchment over and crimp and fold the edges about 1 inch at a time until you make your way around the entire parchment package. You want to create a fairly tight seal.
9. Place the four packages on a baking tray and bake for about 15 minutes.



Nutrition Facts

Serving Size: 1 salmon package

Amount	% Daily Value
Calories 300	
Fat 9 g	14 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 55 mg	
Sodium 340 mg	14 %
Carbohydrate 25 g	8 %
Fibre 5 g	20 %
Sugars 5 g	
Protein 26 g	
Vitamin A	2 %
Vitamin C	20 %
Calcium	6 %
Iron	10 %

Smoothie

GUIDE

Follow these steps and enjoy
a blended drink in minutes.
(makes 2 cups)



Smoothie ingredients to choose from:

1 START WITH A LIQUID BASE (1 CUP)

Milk or milk alternatives (soy or almond beverage)

Fruit juice (100% fruit juice with no added sweeteners)

Coconut water or plain water

Nutritional supplements such as Boost® or Resource® 2.0, if you need extra calories and protein

3 ADD NUTRIENT BOOSTERS

If you're looking for more protein, calories, fibre, or healthy fats in your smoothie you can always add some extra ingredients

Greek yogurt or skim milk powder are great additions to increase protein

Try adding unflavoured protein powders (such as Beneprotein®) to increase protein content without changing the taste

Add some bran or oats for extra fibre

Try adding nuts, ground flax seed or hemp seed to boost healthy fats

2 ADD FRUIT AND VEGETABLE (1 CUP)

Mix up your favourite combination of fruits (berries, apples, peaches, banana etc.)

You can use fresh or frozen fruit (frozen fruit will thicken the smoothie)

Fresh vegetables are also great to add to smoothies for more nutrition and flavour (leafy greens such as spinach, kale, arugula, blend the best)

4 ADD EXTRA FLAVOURS

You can sweeten your smoothie with some honey, maple syrup or agave nectar

Give it a boost of flavour with some ground spices like cinnamon, nutmeg, cardamom, ginger

Brighten up the flavour with some citrus zest, such as lemon, orange, lime

Try extracts (vanilla, almond, peppermint)



Place ingredients
1 to 4 in a blender
and mix

Adjust the
amount of liquid,
if necessary





Fatigue and Cancer

BC CANCER AGENCY

Tired of Being Tired? How People with Cancer Can Manage Their Fatigue

Tips and an online learning session for cancer patients and support persons.

www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms/fatigue

PRINCESS MARGARET CANCER CENTRE

Reclaim Your Energy to Manage Fatigue

Patient education pamphlets and a video from a physiotherapist.

www.theprincessmargaret.ca/en/PatientsFamilies/library/LunchAndLearn/Pages/cancer_related_fatigue.aspx

SUNNYBROOK ODETTE CANCER CENTRE

Manage Cancer Fatigue

This website discusses exercise, eating and stress management.

<http://health.sunnybrook.ca/cancer-fatigue/>

CANADIAN PARTNERSHIP AGAINST CANCER/ CANCER PATIENT EDUCATION NETWORK

Manage Cancer-Related Fatigue: For People Affected by Cancer (booklet)

www.cancerview.ca/idc/groups/public/documents/webcontent/manage_cancer_fatigue.pdf

CANADIAN CANCER SOCIETY

Cause, Symptoms, Diagnosis and Managing Fatigue (information on website)

www.cancer.ca/en/cancer-information/diagnosis-and-treatment/managing-side-effects/fatigue/

DOC MIKE EVANS VIDEO ON CANCER RELATED FATIGUE

(Cartoonist-style Learning Videos)

<http://health.sunnybrook.ca/cancer-fatigue-content/video/>

The information in this publication is evidence-based. This means that it is based on scientific research. However, it is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team. It is important to address all medical questions and concerns about your care with your healthcare team.

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Nourish

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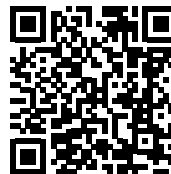
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