

Radiation Therapy – What You Need to Know about Treatment

- Attend this presentation to learn how radiation therapy works to treat your cancer
- See the process of care
- Learn important facts about radiation and how it attacks cancer cells
- Ask questions and get answers from a certified **Radiation Therapist**

When: (same session repeated on each day)
Every Friday at 10:30 AM

Where: Auditorium – Main Floor of TBCC
No cost. No pre-registration required.

Preparing for Chemotherapy

If you are scheduled to receive chemotherapy treatments, we will call and schedule you to attend a special class to help you understand chemotherapy and prepare for it.

Where to Park Free

Turn east on 13th Ave. NW, across from the main hospital entrance (see access signs a block before). Then take the first right onto Toronto Crescent. Proceed to the edge of the hill where you can park for **2 hours** at no cost. Walk across 29th St. at the marked crosswalk into the Basement Floor of TBCC.

Most presentations are **1 1/2 hours**.

Call for More Information

*Loring Gimbel, BA, MA
Patient Education Specialist
(403) 476-2445
loringgi@cancerboard.ab.ca*

Get Your Answers direct from the Cancer Experts

Presentations for Patients and Families

**Fall
Schedule
2009**

TOM BAKER CANCER CENTRE



Eating for Your Life – The Best Nutrition for People with Cancer

- Find out what to eat to give your body its greatest fighting strength and to maximize the benefits of treatment
- Learn your best possibilities for maintaining a healthy body weight through cancer treatment
- Learn how foods can help you manage the side effects of cancer treatment
- Hear the latest information on meal supplements, and where to get the best ready-made meals to eat at home
- Ask questions and get straight answers from **Registered Dietitians**

When: (same session repeated on each date)
Wednesday, October 7 – 10:30 AM
Wednesday, October 21 – 10:30 AM
Wednesday, November 4 – 10:30 AM
Wednesday, November 18 – 10:30 AM
Wednesday, December 2 – 10:30 AM
Wednesday, December 16 – 10:30 AM
Wednesday, January 6 – 10:30 AM

Where: Auditorium – Main Floor – TBCC
No cost. No pre-registration required.



Lymphedema – Learn about the Problem, How to Reduce Your Risks and Your Treatment Options

- **Lymphedema** is an excessive swelling of a part of the body, such as an arm or a leg, as a result of an impaired lymphatic system. Cancer and treatments can cause this impairment. It is most common in the arms of those who have had breast cancer, but can occur with other cancers where the lymphatic system has been affected by surgery, radiation or injury.
- Attend this workshop with our **Rehabilitation Professionals** to learn how to minimize the risk of developing lymphedema and what treatments are available
- Learn how to identify the early signs and symptoms of lymphedema
- Learn effective self-help strategies
- Find out how to access specialized treatment, if it is necessary

When: (same session repeated on each date)
Monday, October 19 – 1:30 PM
Monday, November 16 – 1:30 PM
Monday, December 21 – 1:30 PM
Monday, January 18 – 1:30 PM

Where:
Ambulatory Oncology Clinics
Holy Cross Site
G101, 2210 – 2nd Street SW, Calgary

(Old Holy Cross Hospital Building – Use main entrance and go down one floor to Ground Floor)

Please register for this workshop by calling **Lori Radke** at **(403) 476-2448**.

What Works? Complementary Therapy Options – Evidence of What Will Help You Most

- Hear a **professional Health Consultant** give reliable evidence about the wide variety of therapy options available today – herbs, Chinese medicine, hypnosis, meditation, massage, yoga and more
- Find out what therapies may help you most and which ones can hurt you
- Get handouts listing the best websites to find reliable information whenever you want

When: (same session repeated on each date)

Tuesday, October 20 – 2 PM

Tuesday, December 1 – 2 PM

Where: Auditorium – Main Floor – TBCC
No cost. No pre-registration required.

How to Sleep Well with Cancer and Beyond

- Learn from a **Sleep Expert** on what you can do to get the important rest you need each night.
- Find out what the latest research reveals about sleep and how to benefit most
- Learn what you should expect from normal sleep as compared to disrupted sleep
- Learn how to recognize sleep problems
- Find out where to seek help and get effective treatments, when necessary

When:

Thursday, October 22 – 10:00 AM

Thursday, November 12 – 10:00 AM

Thursday, December 3 – 10:00 AM

Where: Auditorium – Main Floor – TBCC
No cost. No pre-registration required.

Look Good, Feel Better A Beauty Workshop for Women

- Learn from **beauty experts** how you can greatly enhance your appearance during your cancer treatments and feel much better about yourself
- Get great tips on makeup and how to manage hair loss with wigs, scarves and hats
- Register now to attend this **free two-hour workshop** where you will receive a **beauty kit** containing many helpful products
To register, call Violet Galloway at (403) 521-3433

When: (sessions fill up fast)

Thursday, October 22 – 6:30 to 8:30 PM

Thursday, November 26 – 6:30 to 8:30 PM

Thursday, December 17 – 6:30 to 8:30 PM

Thursday, January 28 – 6:30 to 8:30 PM

Where: Room CC105 - Main Floor – TBCC

Breast Cancer and Nutrition

- Join this special discussion group with a **Registered Dietitian**
- Find out how good nutrition may help you now and reduce your future cancer risk
- Ask whatever you want about vitamins, red meat, fat, vegetables, caffeine, alcohol etc.
- Get help to sort through what you read/hear

When: (No pre-registration – just show up)

Friday, October 9 – 10:30 AM

Friday, October 23 – 10:30 AM

Friday, November 27 – 10:30 AM

Friday, December 11 – 10:30 AM

Friday, January 8 – 10:30 AM

Friday, January 22 – 10:30 AM

Where: Ambulatory Oncology Clinics
Holy Cross Site
G101, 2210 – 2nd Street SW, Calgary

Exercising for Your Life – How to Start an Activity Program to Help You Cope and Survive

- Find out how exercise may greatly enhance your ability to cope with and survive your cancer experience
- Learn how to start or improve a personal activity program and what types of physical activities will help you most
- Get helpful instruction from an **exercise specialist** from the University of Calgary and hear about the latest research on how exercise can benefit you

When: (same session repeated on each date)

Wednesday, October 7 – 1:30 PM

Wednesday, October 21 – 1:30 PM

Wednesday, November 4 – 1:30 PM

Wednesday, December 2 – 1:30 PM

Wednesday, January 6 – 1:30 PM

Where: Auditorium – Main Floor – TBCC
No cost. No pre-registration required.

How to Get Help for Your Finances and Other Basic Needs

- Learn about the many sources of help for your needs – **financial, medical/drug coverage, transportation and accommodation**
- Come to meet with a **Resource Social Worker** who can assess your needs and help connect you with the many sources of help

When: **Every Wednesday at 9:30 AM**

(personalized consultations each time – just show up)

Where: Room CCB 20 – Basement Floor – TBCC
(near Radiation Therapy Reception)



How to Get Control of Your Fatigue (Tiredness) and Feel Better

- Fatigue (tiredness) is the most common side effect of cancer patients
- Learn what you can do to get control of your fatigue and feel much better
- Find out how you can make changes in such areas as diet, physical activity and stress reduction to increase your energy
- Hear from a **Fatigue Specialist Nurse** how various types of professional help may be effective in treating the causes of your fatigue

When: (same session on each date)

Tuesday, October 13 – 10:30 AM

Tuesday, November 10 – 10:30 AM

Tuesday, November 24 – 10:30 AM

Tuesday, December 8 – 10:30 AM

Tuesday, December 22 – 10:30 AM

Tuesday, January 12 – 10:30 AM

Where:
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