



Winchester  
District  
Memorial  
Hospital

Winchester District Memorial Hospital Cancer Newsletter



Fall 2020

# WDMH Cancer Talk



## What You Need to Know About the Flu

Flu season is almost here and we want to keep you safe. Here are a few points to remember:

- ✓ Now is the time to get the flu shot. The vaccine can NOT cause influenza. You may experience mild soreness at the injection site for up to 3 days and you may have nasal congestion or a runny nose. The flu shot is safe for patients with an egg allergy.
- ✓ If you are receiving cancer treatments, you can get the flu shot. If you are in a clinical trial or receiving immune therapy such as nivolumab or ipilimumab, speak to your oncologist first. Your family members and close contacts should also get the shot to protect you. Consider a second injection four weeks after completing chemotherapy.
- ✓ In addition to the flu shot, remember to wash your hands often after being out in public or before touching your face or eating. Stay away from sick people.

**Flu symptoms are similar to COVID-19. If you think you have a cold or the flu, you should talk to your doctor or get tested for COVID-19. To make an appointment at the Winchester Assessment Centre at the Lions Club Hall, call 613-801-2333.**





## ONLINE RESOURCES

*We are pleased to share a number of resources that might be helpful to you.  
As always, if you have any questions, just ask. We are here for you.*

### [www.ottawacancer.ca](http://www.ottawacancer.ca)

Visit the **Ottawa Regional Cancer Foundation** website for online resources, blogs and other supports. You can also access a cancer coach.

### [www.nourishonline.ca](http://www.nourishonline.ca)

**Nourish** wants to help you take care of yourself by eating well, and by managing some of the common side effects of cancer and its treatment.

### [www.lgfb.ca](http://www.lgfb.ca)

**NEW!** In-person **Look Good Feel Better** workshops are temporarily suspended. Sign up for a virtual one on Skincare & Cosmetics or Wigs & Hair Alternatives. **LGFB also has a NEW virtual workshop on breast care.**

### [cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)

Get the support you need through online cancer chat groups. **Cancer Chat Canada**, offered through the De Souza Institute offers a safe place to talk.

### [www.oicc.ca](http://www.oicc.ca)

The **Ontario Integrative Cancer Centre** offers telemedicine and online programs such as guided meditation and gentle yoga.

### [www.virtualhospice.ca](http://www.virtualhospice.ca)

The **Canadian Virtual Hospice** provides support and personalized information about palliative and end-of-life care .

### [www.healingandcancer.org](http://www.healingandcancer.org)

Learn about things you can do to empower yourself and help yourself heal body, mind, and spirit on the **Healing and Cancer** website

### [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

Caregivers need support too. The **Ontario Caregivers Association** is here to help. With one point of access for information.

### [www.cancercareontario.ca](http://www.cancercareontario.ca)

**Cancer Care Ontario** offers information and guidelines on all forms of cancer based on best evidence available from healthcare research.

### [www.cma.ca](http://www.cma.ca)

The Canadian Medical Association has a **Virtual Guide for Patients** to help you prepare for virtual visits with your doctor. Check it out for great advice.

## Side Effects: Hand-Foot Syndrome



### What is hand-foot syndrome?

- Hand-foot syndrome is a side-effect of some chemotherapy. It is also called Palmar-Plantar Erythrodysesthesia or PPE.
- It affects the skin on your hands and the bottom of your feet.
- It usually starts with tingling or swelling of your skin and can become painful, red and numb.
- In worse cases, your skin may start to peel and you can get blisters or sores.
- Hand-foot syndrome can be uncomfortable and can stop you from doing your daily activities.

### How do I prevent it?

The WDMH team will tell you if you are taking anticancer medication (like chemotherapy) that puts you at risk of getting hand-foot syndrome. Here are some ways to prevent sore skin:

- Keep your skin moist, especially in skin folds. Gently apply moisturizer cream or lotion to the inside of your hands and bottom of your feet. Choose a fragrance-free cream that contains lanolin (like Bag Balm<sup>®</sup>, UdderlySmooth<sup>®</sup>) or urea 10% (like Uremol 10<sup>®</sup>).
- Do not let your hands and feet get too hot. Wash sweat from your skin. Bathe or shower in lukewarm water and gently pat yourself dry.
- Do not do activities that cause rubbing or pressure on your skin, like heavy-duty washing, gripping tools, typing, playing musical instruments and driving.
- Do not apply tight bandages or adhesive tape to your skin.
- Wear gloves while cleaning to protect your skin from things like laundry detergent, bleach, cleaning products, and dish soap.
- Wear loose fitting clothes and loose fitting, comfortable shoes with cushioned soles. Do not walk in bare feet.
- Drink 6–8 glasses of liquids each day, unless your healthcare team told you otherwise.

### What can I do to reduce the symptoms of hand-foot syndrome?

#### Lotions

- Put on lotions gently. Avoid rubbing your skin.
- If you get blisters or sores, use a fragrance-free lotion.
- Your doctor may prescribe a special ointment.

#### Pain Relievers

- Over-the-counter pain relievers like acetaminophen (Tylenol<sup>®</sup>) may help to reduce pain. Check with our team for the right dose.
- Do not use pain relief or allergy (Benadryl<sup>®</sup>) creams. They can irritate your skin.

### When should I contact my healthcare team?

- If you notice that your palms or the soles of your feet become red or tender, tell your healthcare team right away.
- These signs usually happen first before the hand-foot syndrome gets worse and starts to peel or blister.

## COVID-19 Updates

- ✓ Make sure you are using a good quality alcohol-based hand sanitizer. It should contain at least 70% alcohol to help you avoid getting sick and spreading germs.
- ✓ At this time, visitors are not allowed in the Chemotherapy Unit, but caregivers can accompany patients who require physical or emotional support. Please speak to your Chemotherapy nurse to discuss this option.

## Partner News: Dundas County Hospice

Founded in 1992, Dundas County Hospice offers a variety of services to anyone suffering from a terminal or life-threatening illness.

The team supports clients and caregivers through all stages of illness, including grief and bereavement support after death. The services complement those that also exist in Dundas County. All services are free.



## Victoria's Quilts



Would you like to order a Victoria's Quilt for someone going through cancer treatments? Call 613-843-9212 or visit [www.victoriasquiltsCanada.com](http://www.victoriasquiltsCanada.com).



Anyone can make a referral, including healthcare and social agencies, nurses, physicians, clergy, friends, the person who is ill or their families. Clients must reside in Dundas County.

Dundas County Hospice provides grief and bereavement support sessions that can be customized to your needs - in group or one-on-one formats. To learn more about all of the services, visit [www.dundascountyhospice.ca](http://www.dundascountyhospice.ca).



**Thank you for reading  
WDMH CANCER TALK.  
If you have any questions or  
comments, please contact  
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