



Cancer Support Services

NEWSLETTER

Issue 3 | August 2020



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Finding A New Normal

*Mr. Barry Tudor, J.P.,
Chairman of the Board,
Cancer Support Services*

As the world battles with the COVID-19 pandemic, I find myself casting my mind back to January 1, 2020. At the start of a new year, most of us will often devote a significant amount of time to reflecting on the year past - whether it be with gratitude, sadness, or any number of emotions in between. We also spend time looking to the year ahead - setting work targets, personal goals, dreaming up new hopes and wishes for our lives.

But here we all are, a mere five months into the new year, two months into a national lockdown of one form or another, and for some of us, it feels as though the year is over before it has begun. What about all those best laid plans? So much has changed already; and so quickly. For many of us, those January goals may be gradually slipping through our fingers as we lose sight and grip of reality in this fog of COVID-19. We lose a basic sense of perspective - What day is it? Will I still have a job afterwards? How do I cope with homeschooling? And perhaps the greatest of these challenges is - how do I care for those whom I love without being able to see them or touch them?

At the same time, people are succumbing to this disease by the thousands all over

the world; many are jobless; some will be homeless by the time this is all over. How easily our own worries and sorrows can melt away when we start to consider the global tragedy of this pandemic.

Part of the lesson here is, inevitably, don't put off until tomorrow what we can do today. What more could I have done, or should I have done, in January and February, that I now cannot do? But as with all things, we make our peace with it, because... how could we have known?

As a teacher in the secondary school system, I am immediately confronted with the many inequalities that afflict large pockets of our tiny society. We like to believe that we are all equal, with equal access to equal shares of the pie. In reality, there are some of us for whom there is no room at the table; and for others of us who may be at the table, we have no utensils with which to partake in the meal. Meeting a child in a physical classroom can often be a one dimensional experience. All we know of that child is what we see on any given day. We usually do not know if that child has had breakfast that day; if they have more than one school uniform; what their home conditions are like; if a parent is there to check their homework at night and then tuck them into bed; and so on. And sadly for many of

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Upcoming Events

Saturday September 19 - Men It's Your Day - PSA Screening at Cancer Support Services, 10am -1pm no appointment necessary.

Saturday October 3 - Fundraising Tea Party at Mahogany Ridge, St. Thomas 12.30pm (more information to come)

Saturday December 5 - Breakfast (more information to come)

our children, much of this is lacking.

Living through this pandemic has exposed many of our most closely guarded vulnerabilities. We are all exposed in the most unforgiving ways as we struggle to cope with our new realities - uncertain as they may be. COVID-19 is an affliction of the sick and of the well, of the proud and of the meek. Similarly, it challenges the faith of both the sick and the well.

As our Nation prepares to undertake this great experiment of a "phased re-opening", I encourage us all to see the world through fresh eyes. On top of the fear of disease,

some of us find ourselves lonely, unemployed, hungry, depressed, and in despair. Let us dig deep within ourselves to find the compassion to show to that brother or that sister who may be standing at the edge of the cliff in one way or another. Our suffering is not always visible to the naked eye, but as sure as we are human, it is surely there.

May God continue to cover the members and patrons and service providers of this great organization with His mercies and blessings.

With very best wishes from me and mine, to you and yours.

Healthy Eating With Cancer

Ms. Alexia Edwards, MS, RDN.

While you have cancer (and may be undergoing treatment) it is extremely important that you avoid weight loss and focus on getting enough important nutrients in your body. Below are some key nutrients to focus on during this time.

1. Protein

Benefits – Maintains lean body mass, helps to strengthen immunity & fight infection, and maintains balance of body fluids.

Sources – Eggs, nuts, nut butter, legumes (ie. chickpeas & beans), fish, poultry and lean meats, cheese, whole milk, yogurt.

2. Healthy Fats

Benefits – Excellent source of energy and fatty fish provide omega-3 fatty acids, which are anti-inflammatory.

Sources – Fish: wild salmon, mackerel, herring, tuna, anchovy, blue fish, etc; nut butters, avocado, olive, sunflower or avocado oil.

3. Cruciferous Vegetables

Benefits – Rich in vitamins (A, K, & C); rich in phytonutrients, which help lower inflammation.

Sources – Arugula, bok choy (Chinese cabbage), broccoli, brussel sprouts, cabbage, cauliflower, collards, kale, radish, watercress.

4. Whole Grains

Benefits – Excellent source of energy and (fiber) promotes healthy digestion.

Sources – Oatmeal, whole wheat bread or pasta, quinoa, popcorn, bulgur, millet, barley, etc.

5. Water

Benefits – Regulates body temperature, prevents infections and delivers nutrients to cells.

Sources – Water, Unsweetened tea or coffee; Fresh fruit juice in moderate amounts.

Cancer may have started the fight, but you will finish it...and win!



Health Tidbit



CANCER SUPPORT SERVICES

Boswellia has anti-inflammatory properties and may help reduce joint pain. Boswellia does have anti-cancer properties similar to Turmeric/Curcumin. There is a study also showing how Boswellia extract (up to 4000 mg per day in divided dosing) can reduce brain swelling.

DR. DANIEL KELLMAN, ND, FABNO, IFMCP
CANCER TREATMENT CENTERS OF AMERICA



Health Tidbit



CANCER SUPPORT SERVICES

Various forms of ginger may help reduce nausea associated with cancer treatments. This can include ginger tea, ginger candies, and potentized ginger capsules. Ginger is also an excellent anti-inflammatory and may help reduce pain and inflammation.

DR. DANIEL KELLMAN, ND, FABNO, IFMCP
CANCER TREATMENT CENTERS OF AMERICA

June 2010 Changed My Life and Views on Health and Living...

I was prepared in a sense for the results of the biopsy. I had heard about Cancer; I knew people who had it and I did a lot of reading on it.

Based on the reading I did and what I heard from others I prepared myself for the cancer news from the doctor.

I called my son from the doctor's office and he came immediately along with Runako Padmore my nephew he is a strong man.

My mother...My England Rose...my confidant was miles away and I told her and she comforted me.

After talking to myself over the next few days I accepted that I can overcome this cancer in the Lymph nodes. I thought about my son, beautiful grandchildren and close friends who I wanted to see more of. I truly believe that Cancer is not a death sentence or prison...it is a journey...just don't panic...I wanted to live.

2011-2012 was when the chemotherapy started- it was stressful at first but I adjusted to attending the Queen Elizabeth Hospital every week for treatment for ten weeks straight. It had nothing to do with the Radiotherapy which I had from Monday-Friday every week for five weeks.

In 2016 the cancer returned...therapy was every three months and then it came down to every two months.

My support came from Cancer Support Service- this began in 2012. The family at Belmont Road was there for me. I am grateful to Jan Lynton, David Howard and Jennifer Boyce. During group therapy I attended seminars, church services, cake sales and I also participated in the Victorious Ladies activities with my Debbie Gittens ...my good friend...I am also grateful for the support of Dian Sobers who provided emotional help.

During this time I grew closer to God... many persons prayed for me... I did my daily devotions and my strength got stronger. People must believe that Cancer can be conquered.

I refuse to lay down and feel sorry for myself. I am a fighter...my father fought it, so can I.

I love my animals (three dogs, a stray cat, four fish, some chickens and wild birds) and my garden is good exercise... I even plant vegetables and herbs. My mind is at rest and I am smiling more...

Q in the Community is my time of relaxation. (During Covid with no Q) I listened to internet namely Facebook and enjoyed calypso, gospel and oldies.

Ten years later and I am living not just surviving!!

C is for Cancer... C is for Christ...I chose the better one!! Christ anytime!!

M.P.



So what can an individual do to feel safe during this time?

Dr. Daniel Kellman, ND, FABNO, IFMCP

Of course, prevention strategies such as social distancing, masking, washing hands and using hand sanitizers are all recommended to help lessen the spread. In addition, one should get physical exercise regularly, receive adequate sunlight and fresh air, eat healthy and fresh food, and a get good night's sleep.

Some Naturopathic strategies for keeping a healthy immune system are reducing sugar intake, staying hydrated, and including foods such as ginger, garlic, turmeric, and fresh fruits and vegetables.

Naturopathic supplements that may help with immune function and have been shown to have anti-viral effect are astragalus, echinacea, elderberry, licorice root, golden seal, green tea, pomegranate and lemon balm.

My family and I wish to express gratitude and sincere thanks for the timely help and support given to my wife, even though she is at a critical stage in her illness, we greatly appreciate the immense help and benevolence under such circumstances.

The loving care and humanitarian service received through Cancer Support Services has been instrumental in alleviating some of the stress and burdens under which our family was placed.

The prompt service and listening ear extended to us

had not gone unnoticed and therefore, we express our heartfelt thanks and God's continued blessings on the organization.

Special thanks go to Ms. Jan Lynton and Mr. David Howard for their outstanding empathy and immense kindness to my family.

Again on behalf of my family and myself I say a heartfelt thank you and pray that God's grace be upon the entire organization.

K.G.

is carried away and excreted from the body.

The immune system is a complex one comprising white blood cells, antibodies, the complement system, the thymus, the spleen, the lymphatic system and the bone marrow. These systems and organs coordinate attacks on any foreign matter in the human body deemed to be a threat, be it bacteria, a virus, a chemical, even food. The intruding entity is recognized and one or several things take place to eliminate it as a threat; it may be trapped, walled off, or simply destroyed. The coordination of these different parts of the immune system requires communication between the different cells analogous to an army coordinating an attack on an intruding enemy. PEMF therapy stimulates cells generating micro-currents which run along neural pathways and enhances this intercellular communication rendering the immune system more efficient in its function. PEMF also leads to faster cellular and tissue regeneration. This fact is shown by the results of many studies on a variety of tissues, including bones, spine, cartilage, intestines, blood vessels, nerves, brain and muscles many of these tissues are affected in a viral illness. This means a faster and more robust recovery from any damaging process be it viral bacterial physical chemical or otherwise.

So we see PEMF therapy can make our immune system stronger so we are more resistant to diseases including viral infections and if we succumb our recovery would be faster. PEMF has an anti-inflammatory effect. It reduces inflammatory fluids and allows an increase in blood flow, therefore increasing oxygen intake. This helps the cells heal faster with less swelling, pain and bruising. In the human body that means less symptoms from the infection –i.e. less pain less swelling and blockage and a faster recovery. Not only is the benefit of PEMF therapy limited to viral illnesses but it is also noted in autoimmune disorders and even cancer. In the case of autoimmune disorders, (for example rheumatoid arthritis, systemic lupus erythematosus: SLE) where the immune system is attacking the cells of the body PEMF therapy has the effect of reducing this effect by correcting the over activity of the immune system, in essence it helps reverse the damage caused and relieves the symptoms like swollen joints pain and lack of energy.

I have used the PEMF technology in Barbados since 2018. The advantages of the technology is that it is very safe, has minimal side effects, it is effective and it actually aids in healing, hence it assists in repairing damaged tissues, drugs on the other hand quell symptoms but often do not effect tissue repair. People who are allergic or sensitive to drugs, people who don't want to take drugs and people who have tried drugs with poor outcomes have an option in treating their various health concerns.

PEMF has been used in my practice for sciatica, osteoarthritis, rheumatoid arthritis, spinal stenosis, spondylolisthesis, peripheral neuropathy low back pain, neck pain, dizziness, soft tissue injuries, trigger finger, tennis elbow, tendonitis, fibromyalgia, anxiety, migraine, endometriosis, fish poisoning, idiopathic orthostatic hypotension, sinusitis, carpal tunnel syndrome, Parkinson's disease. These conditions have responded well to the therapy with good outcomes in most cases and remarkable outcomes in others. Patients who needed a cane to walk, now walk without assistance. Patients who have had unrelenting pain have found relief. A point to note is that in several cases, I would have had no options to assist these patients as the conventional medical options had been exhausted. It is also important to note that PEMF therapy by its mode of action can be used as an adjunct to conventional medicine. In other words PEMF can be used in conjunction with conventional medicine, be it drugs or physiotherapy. In fact it is being studied as an adjunct to chemotherapy and radiotherapy in treating cancer. Some alternative practitioners have used PEMF therapy with good success in treating various cancers.

PEMF therapy is safe effective and modality of improving health and alleviating pain and other symptoms. It can be used as an adjunct alongside conventional medicine and is safe enough for anyone to use as means to enhance their health and wellbeing. The Barbados experience has been hugely positive with many people having a benefit and an improvement of their quality of life. It is also shown to boost the immune system and may form part of persons' defense against viral invasions like COVID 19.

I would have made contact with Cancer Support Services after being referred one Monday. David, Ms. Lynton and I spoke about our current situation as we were seeking assistance for my sister. The doctors were ready to discharge her from the hospital but the requirement was to have oxygen before this could happen.

On Wednesday morning I emailed the documents to Cancer Support Services and by 1pm that afternoon the delivery was being made.

My family and I truly appreciate the rapid response and care for the health of my sister along with the assistance given. Cancer Support Services helped us to create more memories which will last a lifetime.

V.S..



CANCER SUPPORT SERVICES

MEN IT'S YOUR DAY

PROSTATE SPECIFIC ANTIGEN (PSA) SCREENING

Saturday September 19, 2020, 10am - 1pm

at Cancer Support Services, Dayrells Road, Christ Church, BB14030

ONLY \$50

TEL: (246) 228-7081

NO APPOINTMENT NECESSARY JUST WALK IN

cancersupport@caribsurf.com www.css.org.bb

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Cancer Support Services are a must have service if you or a family member has a diagnosis of cancer in Barbados.

They provide many free services to support you on this life altering journey.

They are your partner.

They provide valuable information about:

- diet and nutrition,
- spiritual support, and
- education about the disease process.

Dr. SW (USA).

Creative Closure

Anderson Kellman,
Counsellor and Executive
Director, Evergreen
Associates

The funeral serves the purpose as a ritual for closure. Closure is defined in this context as the act of saying goodbye which brings to an end the physical presence of the love one. It does not necessarily bring to an end the longing for the person to return but it creates a concrete and unrepeatable event that gives perspective even though emotions may say otherwise. The act of closure often heightens and focuses the expression of grief and sets the pathway for healing.

In recent years the blended and re-blended families have led to disputes that have caused some persons not to be welcomed at the funeral service. At other times in the case of drowning or abduction there may not be the presence of a body to facilitate closure. These realities have caused people helpers to rethink the issue of closure.

The recent pandemic Covid-19 has also impacted

the process of closure. The social distancing protocol has resulted in some persons not being able to attend the funeral. This is further compounded when the deceased may have died abroad and there is no way of attending the funeral since the borders of many countries are closed as well as there is restricted flying of most airlines.

The question then is, 'Can we still have closure?' The answer to this question is a resounding yes. Being present at the funeral is the ideal but there are some substitutes that can be therapeutically effective.

When the death occurs at home, persons could attend the viewing where appropriate social distancing could be observed. This allows individuals not able to attend the funeral to file past and say goodbye to their love one. The viewing also allows family members intimate moments with the deceased in case there are any relational issues with the deceased that need to be processed while there still is a physical presence of the person. There may

have been a conflict issue or other unresolved problem necessitating the asking of forgiveness or the venting of emotions that may be inappropriate at the funeral service.

Another such closure event is the virtual funeral; that being an arrangement to stream the funeral live. This is being facilitated by many funeral homes and can be utilized for both local as well as overseas mourners. Where the technology allows the individual may participate live in the funeral proceedings or have uploaded a brief tribute that is either read or televised at the actual service. Sometimes the note after it is read could be placed in the casket as an individual act of goodbye. Occasionally some persons may purchase a funeral spray and have someone lay it on the grave on their behalf.

In circumstances when no electronic link is available, the grieving family could create a similar memorial service at the same time as the current funeral or at another time. This too could be useful in helping persons to bring closure. The releasing of balloons or doves could be a useful

climax to such a ceremony and thus create a cathartic moment.

Another act that is gaining widespread usage is the sharing of ashes or the utilization of ashes in the memorial service just described. This is usually accompanied by a large photo of the deceased. Families may have the ashes displayed in some appropriate place in the house or interred at the specially designed receptacle in the cemetery for urns. This may act as a closure ritual for some.

It may still be many months from now before we get to say goodbye to our love ones in the traditional way. As for deaths overseas the cost of air travel may be prohibitive and the Covid-19 legacy may normalize some of these creative ways that have been discussed. The choice of the closure ritual may be determined by cost as well as what appeals to mourners locally and abroad. But one thing is for sure, persons need to say goodbye, and that should be factored in by those planning the last rites.

From the moment I walked through the doors of Cancer Support Services I felt comfortable enough to share my story...The atmosphere was warm and loving and the smile on the face of Jan Lynton, is one I would never forget. I felt safe and comfortable and I was welcomed with open arms.

They assisted whenever I called and would always make sure my children and I were comfortable. I was able to fight and defeat a very hard battle because of them.

I met some of the most wonderful, strong and amazing people some of whom I've also lost. But they taught me how to fight and never give up.

Thank You Cancer Support Services for always being there and for the amazing support.

S.B..



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Our Mission

Cancer Support Services is committed through a spirit of volunteerism to the care of persons with cancer and to bring comfort and support to the affected relatives and dependants.



CANCER SUPPORT SERVICES

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