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## Managing Daily Activities Energy Conservation and Work Efficiency

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### LIVING BETTER

A diagnosis of Lung Cancer may result in a variety of symptoms such as **shortness of breath, limited activity tolerance, and fatigue**. These symptoms may, in turn, impact on your lifestyle – your ability to carry out normal, day-to-day routines such as looking after yourself – getting washed, getting dressed, managing basic homemaking tasks, working or enjoying leisure activities with family and friends.

Understanding **energy conservation** principles and implementing appropriate strategies can assist you in managing some of these symptoms, and achieve that delicate balance between rest and activity, enabling you to participate in those activities which you enjoy and which are meaningful to you.

### Getting Started – Understanding your abilities

- 1. Examine Your Lifestyle** – “walk” through a typical day for you and itemize those activities which you find difficult or which tend to increase your symptoms. For example:
  - getting up from a low surface such as a chair, toilet, bed or sofa
  - bending to reach low surfaces or to get dressed
  - standing or walking for any period of time
- 2. Identify Problem Activities** – review and try to find a common theme. For example:
  - getting up from any surface lower than \_\_\_ inches.
  - any bending activity, or activity which limits your lung expansion
  - standing or walking for longer than \_\_\_ minutes
  - any activity which causes you to hurry
  - specific times during the day when you feel more tired or when the activities seem more difficult

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## Lung Cancer Report Card

### CANADIAN CANCER SOCIETY STATS - 2009

**Lung cancer remains the leading cancer killer for both men (28.3%) and women (26.3%).** (p. 11)

**The estimated deaths for Lung Cancer are still greater than for Prostate, Breast and Colorectal combined.**

“Lung cancer incidence may be leveling off among women with an estimated 10,700 new cases being diagnosed in 2009 (approximately 600 fewer than in 2008). However, lung cancer continues to be the leading cause of cancer mortality among women with an estimated 9,400 deaths occurring in 2009 (approximately 200 more than in 2008).”

“Lung cancer will remain the leading cause of cancer death in Canadian men in 2009; the estimated 11,200 lung cancer deaths far exceed the 4,900 deaths due to colorectal cancer, the second leading cause of cancer death in men. Prostate cancer is third in mortality, causing 4,400 deaths.” (p. 11)

Lung cancer incidence rates are highest in Quebec and lowest in British Columbia among men. Nova Scotia is predicted to have the highest rate of lung cancer among women. (p.15)

During the course of his lifetime, one in 11.4 men will develop lung cancer and one in 12.6 will die from it.

During the course of her lifetime, one in 15.7 women will develop lung cancer and one in 18.4 will die from it.

#### LIFETIME PROBABILITY OF DEVELOPING OR DYING OF CANCER

MALES	DEVELOPING	DYING	FEMALES	DEVELOPING	DYING
Lung	8.8%	8.0%	Lung	6.4%	5.4%
Prostate	13.6%	3.7%	Breast	11.1%	3.6%
Colorectal	7.4%	3.7%	Colorectal	6.5%	3.3%

pp. 54-55

All statistics from Canadian Cancer Society's Steering Committee:  
**Canadian Cancer Statistics 2009. Toronto: Canadian Cancer Society, 2009.**

## Contact Information

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1896A Avenue Road, Toronto, Ontario M5M 3Z8  
416-785-3439 (Toronto) 1-888-445-4403 (Toll-free)  
416-785-2905 (Fax)

[www.lungcancerCanada.ca](http://www.lungcancerCanada.ca) info@lungcancerCanada.ca  
Charitable Registration Number: 872775119 RR0001





## MIRACULOUS RECOVERY "TWICE"



**Around the end of 2002 Gina Machado started feeling pain in the chest as well as coughing.**

She visited her family Doctor who mentioned it is from smoking. She also went to walk in clinics twice, got some antibiotics, but no one agreed to have an x-ray taken. On January 2003, she decided to go to the emergency department at Sunnybrook Hospital.

After thorough examination, x-ray and other tests, she was told she may have lung cancer stage 3. She was referred to Dr. Yee Ung, Radiation Oncologist who requested more tests and by March it was confirmed that she had lung cancer. Gina's first reaction was that she did not want to go home. However, luckily enough she also did not want to give up and was determined to fight and live.

A treatment of 36 radiation sessions and chemotherapy were performed. She obviously had great difficulty with the reaction of the chemotherapy but her determination helped her overcome all the inconveniences.

She also had one lymph node removed. Following treatment which started in June 2003 she was relatively fine and this was the first miracle.

A new set-back occurred at the the beginning of December 2003, with very strong dizzy spells which forced her to be taken to Scarborough Hospital. This hospital admitted her but immediately contacted and sent her to Sunnybrook Hospital, where she was diagnosed with brain cancer. At Sunnybrook she had 10 sessions of radiation in January 2004 to treat the secondary cancer in the brain. By the end of treatment the cancer in the brain was gone and this was the second miracle.

She continued to see Dr. Ung regularly until November 2008 when he announced to her "so we can say Gina is cured" and can be seen only once a year.

Gina quit smoking from day one in 2003, she exercises and goes for long walks regularly and is definitely leading a normal life free from cancer.



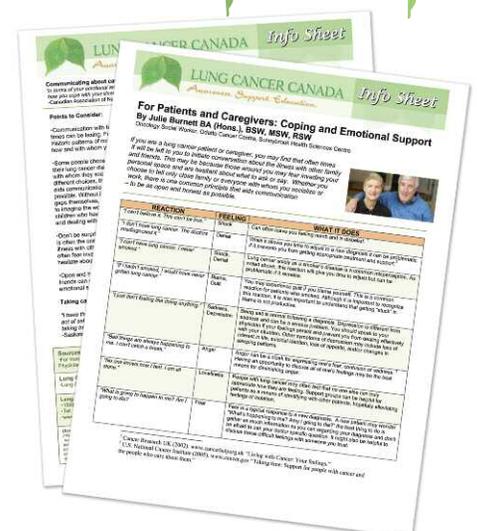
Special admiration is due to Gina's daughter, her twin sister and her brother-in-law. Congratulations to our champion survivor, who is an incredible lady. We wish her continued good health and happiness.

## Info Sheets

**Lung Cancer Canada Information Sheets are available.**

Please call the Lung Cancer Canada office to order the following info sheets:

- Questions to Ask Your Oncologist When You've Been Diagnosed With Lung Cancer
- Lung Cancer and the Use of Oxygen Therapy
- How to Prepare for Lung Cancer Surgery When You Smoke
- Nutrition and Lung Cancer
- For Patients and Caregivers: Coping and Emotional Support



## Is a Ban on Asbestos Coming?

The use of asbestos for residential and industrial construction has been banned in Canada for several years. Readers will no doubt be aware that inhaling asbestos can cause lung cancer, mesothelioma and other respiratory diseases. As far as we know developed countries have the same ban in effect. Lung Cancer Canada continues to support this ban.

A Private Members Bill has recently been introduced in Parliament to ban the mining of asbestos in Canada. Unfortunately this is likely to be a lengthy process. In the meantime asbestos is being mined in Canada and exported to certain countries in the developing world where it is being used in construction. Regrettably, in these countries, the controls and standards regarding the use and handling of asbestos by workers may not be sufficient to prevent them from inhaling loose particles of the substance.

It is our fervent hope that countries currently importing asbestos will understand the devastating effects on workers handling it and introduce a ban prohibiting its importation and use in residential and industrial construction.

Show your support for this bill by signing the online petition at: [http://www.rightoncanada.ca/take\\_action/](http://www.rightoncanada.ca/take_action/)

## Lung Health Framework

As reported in the September 2007 edition of our Newsletter Lung Cancer Canada is a member of the Interim Steering Committee and on the Executive Committee of the National Lung Health Framework. Through the leadership of the Canadian Lung Association who initiated this important effort interested stakeholders from across Canada have participated. This will lead to a coordinated approach to prevent and manage respiratory diseases in Canada.

An announcement was made in Ottawa on April 23, 2009 by the Federal Health Minister Leona Aglukkaq to provide \$10 million in funding, over three years, to launch the National Lung Health Framework Action Plan.

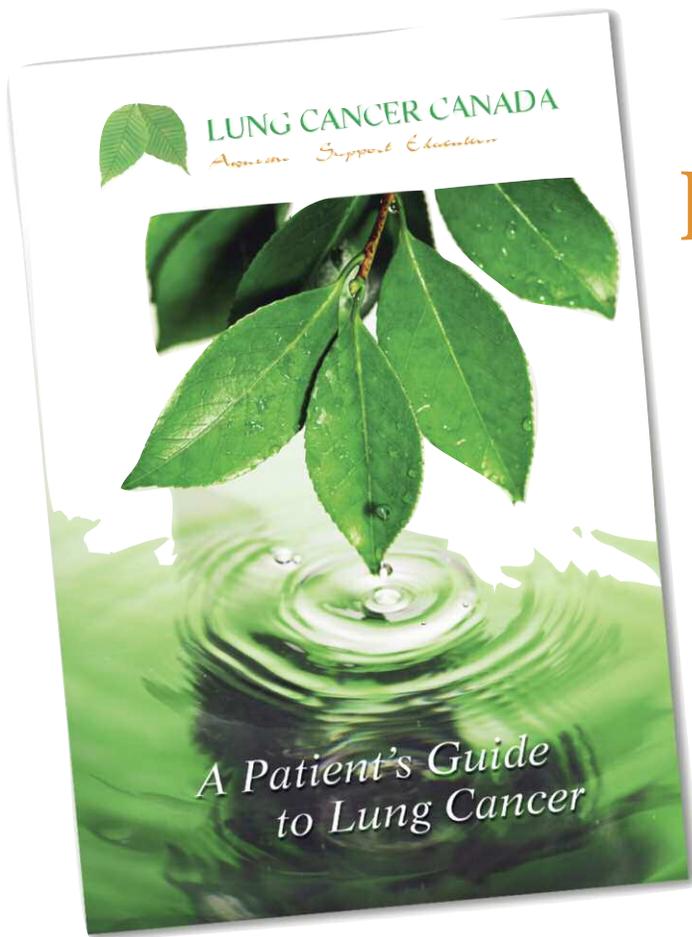
The announcement of funding is excellent news for the six million Canadians suffering from lung cancer, COPD, sleep apnea and other respiratory diseases. Everyone in Canada is at risk for respiratory disease- this makes lung health the business of every Canadian, and every policy maker, nationwide. This investment will allow work to begin immediately on critical projects and research that will help Canadians to breathe more easily.

The 10 million is a first step- the total cost of the National Health Framework is \$150 million over five years. Work will continue with the federal government to secure additional funding because Canadians need long-term action and health care reform to improve breathing conditions.

*The main points of the Framework are:*

- To build awareness and education campaigns designed to engage Canadians on the whats, the whens and the hows of managing, treating and preventing lung disease.
- Health promotion and awareness are key to ensuring we lower hospital and emergency room visits.
- Vulnerable populations need accessible information and programs designed to lower their risks of lung disease. The lung Health Framework will do that by engaging trusted stakeholders to build education and programming pieces that will make a real difference in the lives of those living with lung disease.
- The National Lung Health Framework combines the best aspects of our health care system with a more aggressive health promotion strategy: collaborating among health practitioners, utilizing best practices, building 21st century infrastructure to ensure knowledge is shared nationwide, educating the Canadian public, and working with other health strategies and partners to ensure public policy options and investments are in line with protecting the lung health of Canadians.

Lung Cancer Canada recognizes how important this initiative is to the lives of Canadians nationwide and will continue to contribute as work continues.



# English & French second edition now available **FREE** to patients and caregivers.

## Booklet Order Form

"A Patient's Guide to Lung Cancer" is a Lung Cancer Canada publication designed to meet the educational needs of lung cancer patients and their family. **English and French second edition now available.**

*To order your copy today please complete and return this order form to Lung Cancer Canada.*

English \_\_\_\_\_  
 French \_\_\_\_\_  
*Please specify the quantity*

### FREE FOR INDIVIDUAL PATIENTS AND CAREGIVERS

I. **NUMBER OF BOOKS ORDERED** \_\_\_\_\_ @\$5.00 each = \_\_\_\_\_ (Total Cost)

II. **PAYMENT INFORMATION**  VISA  MASTERCARD  CHEQUE (Please make cheque payable to Lung Cancer Canada and send to the mailing address below)

### III. FOR PAYMENT BY CREDIT CARD

Name of Card Holder: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_  
 Expiry Date: \_\_\_\_\_ Signature: \_\_\_\_\_

### IV. MAILING INFORMATION

Name: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

You are:  Patient  Caregiver  Healthcare Professional

*If you are a healthcare professional please indicate your title and the name of your hospital, treatment centre or cancer support organization.*

Hospital/Treatment Centre/ Cancer Support Organization: \_\_\_\_\_

Professional Title: \_\_\_\_\_ Date: \_\_\_\_\_

**Lung Cancer Canada – 1896A Avenue Road, Toronto, ON M5M 3Z8 • [info@lungcancercanada.ca](mailto:info@lungcancercanada.ca)**



## What Might Help?

### 1. Alter your Environment

- a) If surfaces are too low, consider using an extra cushion on a favourite chair or in the car.
- b) Try to use chairs with armrests.
- c) Elevate the chair or sofa with blocks.
- d) Install a hand-held shower so you can control the direction of the water. Some people find the constant stream of water from a fixed shower head increases their feeling of breathlessness.
- e) Organize drawers or storage areas so that frequently used items are within easy reach.

### 2. Utilize Self-Care Equipment

- a) Elevate a low toilet with a raised toilet seat with armrests, or install a comfort-height, energy-efficient model. A toilet frame or wall-mounted safety bar are other options to consider if the seat height is adequate.
- b) Shower from an adjustable height bath chair or bench, set at an appropriate height for you. While washing, sitting is easier and safer for you and your caregiver.

### 3. Plan and Organize daily or weekly schedules

- a) Plan each day to include only what you can realistically accomplish. Try to recognize your abilities and limitations. Stop before you become too tired or short of breath.
- b) Alternate heavy tasks, or those requiring more energy, with light tasks.

- c) Consider the best time of the day for you to carry out a task, including social activities and visiting with friends.
- d) Incorporate rest periods – frequent, shorter rests during activities are of greater benefit than fewer, longer rest periods. Learn your tolerance for sitting, standing or walking.

### 4. Set Priorities

Look at your activities for the day and put them in order of importance. Only you can make the decision about what your priorities will be.

### 5. Pace Yourself

Allow sufficient time to complete a task or activity. Avoid rushing.

### 6. Eliminate Unnecessary Tasks

- a) Plan ahead, organize supplies or work space to reduce extra trips
- b) Minimize stair climbing- store items on the same floor on which they will be used most often. Complete tasks on one floor before going downstairs/upstairs.

### 7. Modify your routines gradually

Start easily. Try to do a little more each day. If you are tired or not feeling well after a change, do a little less for a day or so.

Utilizing energy conservation principles and strategies is essentially a common sense approach to living. It will help you to maintain control over your life and activities, rather than the symptoms deciding what you can and cannot do.

## Donation Card

### You can help make a difference...

For a donation by Visa or MasterCard, please complete the following information and mail it to the address shown below.

Visa     MasterCard

Name of card holder: \_\_\_\_\_ Card Number: \_\_\_\_\_

Address: \_\_\_\_\_ Exp: \_\_\_\_\_

\_\_\_\_\_  
Signature: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Amount \$

For a donation by cheque, please make cheque payable to **Lung Cancer Canada** and mail it to the address below:

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All donations are greatly appreciated. A tax receipt is issued for an amount of \$25.00 or more.



LUNG CANCER CANADA  
Awareness. Support. Education.

