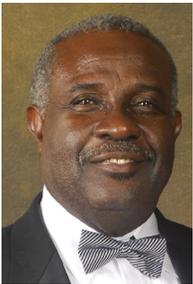


# NEWSLETTER

Issue 1 | September 2019

## A Message From Our President Mr. Henderson Griffith



Cancer Support Services (CSS) is in its 23rd year of existence; providing services and support to our society. We are a grassroots organization and we strongly believe in the emotional well-being and the quality of life of our clients. Our mission is to relieve the fear of persons entering our offices seeking help after a cancer diagnosis, that they leave with the ability to cope with the diagnosis.

A Cancer diagnosis affects the person diagnosed, their family members, their friends and their caregivers. Cancer knows no boundaries; it will directly or indirectly impact just about every member of our families and our society, in all socioeconomic groups. Cancer is the concern of every member of our society; and all of us are in this race together.

Many patients journeying with cancer depend on CSS for help during a very stressful and emotional period. We assist our clients with consulting services for patients, family members, and nurse practitioners; On home palliative/hospice care; supply equipment at home and other necessary items for patients receiving in home care; Prostate Specific Antigen (PSA) tests; colon cancer screening; oxygen for patients in need; in-kind support to patients during periods of reduced income; Conquering Men and the Victorious Ladies provides men and women with confidential, sympathetic and emotional support; our support team of volunteers visits ward C12 weekly to help hospitalized patients through

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a very emotional period; hosts educational symposiums that raise awareness of cancer to the public; our Annual Conference provides participants with the latest advances and other education relating to cancer.

The Memorandum of Understanding with the Queen Elizabeth Hospital, formalized the partnership between the entities, enhanced communications and authorized the Charity to continue support to ward C-12.

We are a volunteer organization and we are heavily dependent on the support of our members, friends and families. We are especially grateful to all donors and our business partners who continue to give generously to CSS ensuring that we can execute our vision at limited or no costs to our clients.

"Hands to Share, Hearts to Care" is not just a slogan; rather it is a commitment by our members to give of their God given time and talent to reach out and help those in our society, who are beginning or journeying with this dreaded disease, we know as cancer.

## A Guide to Dealing with Fatigue in Cancer Treatment

*Daniel Kellman, ND, FABNO*

One of the most common side effects that patients report to me in a Naturopathic Oncology consult is fatigue. Addressing fatigue is very integral to helping patients manage conventional therapies, as chemotherapy, radiation, surgeries, and targeted agents all have fatigue as a challenge.

If one can improve their energy level, they are more able to engage in healthy activities and prevention, such as exercise, hobbies, spiritual pursuits, relaxation techniques and optimizing diet through preparing and cooking healing foods.

It is important to address any nutritional deficiencies through blood work

analysis. If one has iron deficiency anemia, vitamin D3 deficiency, or a need for vitamin B12, then these are simple fixes to fatigue by merely supplementing with these common nutraceuticals.

Other strategies could be to take L-Carnitine liquid at 3000 mg once or twice daily, take Vitamin B12 (1000

micrograms) under the tongue once or twice daily, or take a B complex to help combat stress. B vitamins, by the way, also offer support to the nervous system. Energy level can also be improved by drinking plenty of pure water throughout any treatment. I recommend aiming for half your body weight (in ounces) of water daily. For a 150 pound person, 75 ounces

or just over a half-gallon of water per day is about right. American ginseng has been recognized as beneficial to cancer related fatigue and research was presented at the American Society of Clinical Oncology several years ago. I recommend this to patients, but please make sure your blood pressure is managed well and you

speak to a physician before using this herbal medicine. To be safe, wait a few days after chemotherapy to take this supplement and discontinue the day before the next treatment cycle.

Moving your body and keeping circulation intact helps address fatigue. Exercise, yoga,

tai chi, dance and other movement therapies can make a huge difference in combating fatigue, and many cancer studies that incorporate exercise show improvements in progression free survival and overall survival.

Finally, by seeking spiritual pursuits, releasing

emotional blocks, and connecting to others socially and in the community one is able to gain motivation, encouragement, and the will to continue fighting and living each day fulfilled. All of this can set someone in a "new gear" and improve overall outlook and energy level.

## How the Palliative Care Nursing Enrichment Programme is Beneficial

*Virginia Leandre-Broome  
RN, PHON, Cancer care*

This program was an exceptionally informative program, resensitising us of the importance why palliative care specialist need to work as a team, in facilitating communication amongst the team with discussions focusing on the goals for the patient and maintaining the best possible quality care.

This program helped us develop critical thinking and the importance of

family centered care to our clients. The many animated teaching sessions by the Cancer Support Services team, reiterated the fact that what the patient considers to be important to them should always be incooperated in their plan of care. For example, our enrichment coach Pastor Leacock revealed that most healthcare workers have a fear in working with dying or chronically ill patients, and most of us have theoretical knowledge about the dying process, with our care often

focused on the physiological aspects, yet our patients and their families are more often concerned about emotional, financial and spiritual needs.

It reminded me amidst the very trying day to day aspects of our job that when we work with chronically ill patients the traditional roots of nursing has always been an integral role in healing with our touch, providing comfort by holding a hand, a smile to heal fear. Simply being is just as important as doing. Nurses are authentically present, enabling, sustaining quality and quantity care. It is not long ago that children who had a diagnosis of leukemia faced certain death, thankfully, that is no

longer the case. Similarly, people with heart disease can now be treated with the help of incredible surgical procedures.

I am extremely thankful that I was apart of this training session and want to continue a professional relationship with Cancer Support Services for their continuous education of Nurses and willingness to put us at the forefront of their Career Development service. After undergoing the program we reevaluated our services and reemerged energized, recommitted to being each other's keeper and motivated to provide optimum healthcare to our patients.

### How Counseling Benefitted Me

1. *Counselling gave me hope to see life ahead if we do what is helpful to achieve better outcomes.*
2. *Counselling gave me the ability to assist others in similar circumstances.*
3. *Counselling encouraged me to become a member to impact others to benefit the organisation.*

*K.J*

# PEMF Pulsed Electromagnetic Frequency Therapy

Dr. Sean Russell MBBS  
CCNM

This is a non drug approach to health and is considered energy medicine.

In order to appreciate this treatment modality we need to shift our paradigms.

Consider up until the late 15th century the going consensus was that the world was flat. Everyone knew that if one sailed past the horizon one would fall off the edge, no doubt perishing in a bottomless abyss. We in the 21st century know that these people were uninformed. Contemplate now that we in the Western world firmly believe that the delivery of health is largely through the ingestion of chemicals – that is drugs, and for those more inclined to nature, herbs. Hence the prospect of lying on mat or being exposed to certain kinds of light seems to be heresy with just as successful an outcome as sailing past the horizon. Unlike the days when Christopher Columbus sailed on blind faith having no hard evidence that he would not meet his end, we in the here and now, have thousands of clinical studies proving the efficacy of PEMF, Red light therapy and other forms of energy medicine, yet we remain skeptical.

PEMF is where a pulsed electromagnetic field is used to have a healing effect on the body. It has been proven we human beings are dependent of the Earth's magnetic field to maintain good health. It has also been shown that the Earth's magnetic field is

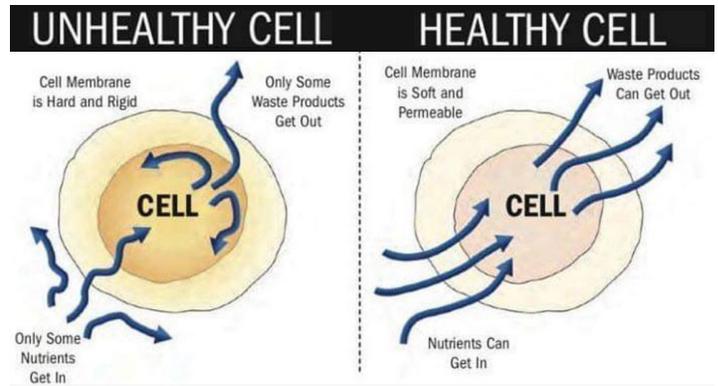
weakening, and that we are becoming more and more insulated from it, also we are being exposed to harmful electromagnetic frequencies which have a negative effect on our health.

## How does PEMF work?

Basic biology tells us that our bodies are made up of cells, these cells carry out all the functions the body requires, breathing, digestion, seeing, feeling etc. In order for the cells to do their work they need energy. More advanced analysis shows that the cells have electromagnetic fields of energy and that immersion of those cells in an electromagnetic field of certain frequencies will deliver energy to the cells enabling them to function better. There is better circulation, there is better function of the white blood cells to fight infection, there is better function of the cells in the immune system and hence improved modulation of the immune response. The immune response is involved in practically all disease processes in the body.

## Who will benefit from using PEMF?

Anyone using PEMF will benefit from its use. There are a few contraindications like those with pacemakers and certain metal implants. That being said PEMF has been shown to be of benefit in artificial hip replacement, particularly in bonding the implant to the recipient bone and that is shortly after surgery and in cases later on where the implant starts to separate from the bone.



Healthy people will be better able to maintain good health and resist disease and those with various ailments will have improvement in their conditions, some will be less dependent on medication or indeed not require medication at all.

## What conditions can PEMF treat?

PEMF has been helpful in a wide range of medical conditions. It is extremely safe and has minimal side effects. It can be used in conjunction with traditional medication and in some cases may be able to enhance the effect of allopathic therapies or reduce the unpleasant side effects of these therapies for example in the case of cancer where toxic chemicals and radiation is used to kill the cancer cells. Let us look at some of the conditions which can be treated with PEMF, we will go by system

### Musculoskeletal

Rheumatoid arthritis, osteoarthritis, herniated disc, osteoporosis, bone fracture including non union, dislocations and sprains, ligament injuries, tendonitis, carpal tunnel syndrome, frozen shoulder, tennis elbow, psoriatic arthritis, fibromyalgia

### Circulatory

Hypertension, Arrhythmia, angina, arteriosclerosis, varicose veins, leg ulcers, Raynaud's syndrome

### Gastrointestinal

Diabetes, pancreatitis, Crohn's disease, dental and oral diseases

### Respiratory

Bronchitis, pneumonia, asthma, tuberculosis

### Nervous system

Headaches including migraines, sleep disorders, tinnitus, lumbago, sciatica, stroke, Alzheimer's disease, Parkinson's disease, multiple sclerosis (MS), Amyotrophic lateral sclerosis (ALS), spinal cord injuries, hyperactivity, attention deficit syndrome

Other conditions: Cancers, Hepatitis, Systemic Lupus Erythematosus (SLE), Psoriasis, Glaucoma, Chronic pelvic pain, endometriosis, erectile dysfunction .

## What is involved, how does it work?

PEMF therapy is done using various devices to deliver the magnetic field to the body. The device typically comprises of an electronic module often with preset programmes as well as user set programmes. This unit is connected to the actual

delivery device which is often a mat, a pad or a ring, however there are variations on that. There are also a number of different brands each promoting their particular advantage over the others. In the case of the mat the person will lie on the mat, in the case of the ring, it is placed to encircle the particular body part requiring treatment. It is painless and practically nothing to feel except a sense of relaxation, some people even fall asleep. Treatment time is typically 20 minutes but in can vary depending on the protocol used to treat the ailment.

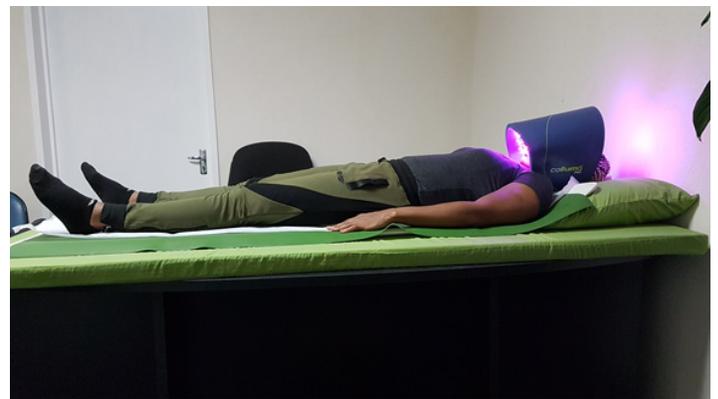
### Safety and side effects

PEMF is extremely safe with minimal safety concerns and nearly impossible to overdose, side effects are uncommon and typically mild from tingling

to headaches or initial aggravation of symptoms before they subside.

### The Barbados experience.

PEMF is available in Barbados and we have done over 500 treatments at Wellness Retreat Ltd. The conditions most treated are the chronic painful conditions oftentimes resistant to medication, physiotherapy and other treatment modalities. These include arthritis mostly of the back but also the neck hips and knees. Sciatica, fibromyalgia, anxiety, dizziness, sinusitis. Also pains form soft tissue injuries and tendonitis including tennis elbow and carpal tunnel syndrome. We got very good result with chronic severe migraine and endometriosis. Overall the majority of patients have a positive outcome,



some dramatic, immediately following the first treatment, some requiring several sessions in order realize significant benefits. What some people notice is additional benefits separate and apart for what they sought treatment for.

In summary PEMF is a non-drug, non-invasive, safe, effective treatment modality that treats a wide of conditions and assists in maintaining good health

all of this with minimal side effects. It can be done on it's on or in conjunction with conventional medical care.

*For more information contact Dr. Sean Russell at 2289351 or email [info@wellnessretreatld.com](mailto:info@wellnessretreatld.com) go to [www.wellnessretreatld.com](http://www.wellnessretreatld.com)*

Dr. Sean Russell is a practicing Family Physician and is also Board certified by the American Alternative Medicine Association.

## Healthy and Unhealthy Fats



*Alexia Edwards, RD*

Fat has gotten a bad rep, but recently it's been getting the credit it deserves. The key is knowing which fats are better.

1. Unsaturated fats (the 'better fats' or 'healthy fats') are generally plant-based (ie. olive oil and canola oil) and liquid at room temperature. The exception to this rule is fish oil, which is animal-based.
2. Saturated fats (the 'worse' fats or 'unhealthy fats') are generally animal-based (ie. shortening, butter and lard) and solid at room temperature. The exceptions to this are palm and coconut oil\* which are plant-based.

To focus on getting more unsaturated fat in your diet, cook with plant-based oils such as avocado oil, sesame oil, sunflower oil, and safflower oil which are all great for cooking at higher temperatures (baking, sautéing, pan-frying, roasting and grilling). If you prefer to eat your healthy fats versus cooking with them, try adding more nuts like pistachios, Brazil nuts, almonds, or sunflower seeds and adding more fatty fish like salmon and mackerel to your diet.

\*A note on coconut oil: While coconut oil is a plant-based oil, it still largely functions as a saturated fat and should be used in limited quantities.

## Counseling and Pastoral Care: A Safe Mind Space to Recuperate



The role and efficacy of counselling and pastoral care in the therapeutic treatment of persons diagnosed with life threatening illnesses should never be understated as often is the case for several reasons:

1. The impact of a diagnosis of cancer registers strongly in the minds of those who are so determined though the malady is felt in the body. Questions abound:
  - a. What does it mean for my life?
  - b. What is the state of my life and well being?
  - c. What of longevity and quality of life?
  - d. How will I cope with the effects on my body?
  - e. How will my significant relationship be affected?
  - f. Financial considerations (loss of income, ongoing expenditure, costs of treatments, mortgage, rent, college etc.)

All these will take on new urgencies in the mind of the one newly diagnosed or with reoccurrence.

2. The important urgent decisions that confront the person affected are overwhelming to the psyche requiring a means of separating urgencies from emergencies. For example:
  - a. Lumpectomy versus Mastectomy
  - b. Surgery versus Chemotherapy
  - c. Radiation therapy or Nutritional therapy
  - d. Holistic care or Conventional treatments

All these new and foreign terms and procedures require an ear that can listen empathetically to the fears and concerns which they raise for the person to whom they are directed. counselling and pastoral care is designed to share such frightful, unfamiliar paths with the one whose feet turn into them.

3. The insights that pastoral care and counselling give enables the person in treatment to separate the "wheat from the chaff" Away from complex medical language, tests, machines and personnel, the person is better able to identify the latent factors that are reference by the current presenting issues. They are better able to recognise past influences which may cloud the present and emerging issues arising out of the new experiences. Fears communicated by family, friends, and the misconceptions of the client both male and female can be confronted. Hopes, dreams, aspiration, prayers and other spiritual matters can be discussed without judgment and religious bias taking the person's own beliefs and philosophies into account respectfully.

Consequently, counselling and pastoral care of persons diagnosed with a serious illness is an indispensable part of the therapeutic treatment of persons. Among all the modalities involved, the psycho-social and spiritual care which pastoral care gives, must never be excluded if only for the safe space it provides for the mind to recuperate.

### 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.



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