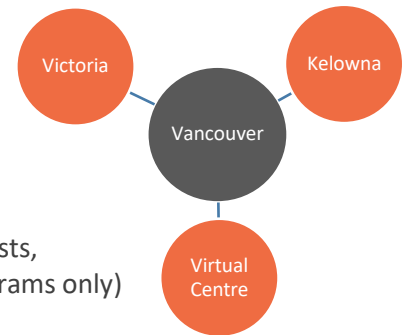


InspireHealth Supportive Cancer Care Information Sheet for Healthcare Providers

Who we are

- Not-for-profit healthcare organization founded in 1997
- Partially funded by the B.C. Ministry of Health
- InspireHealth centres located in Vancouver, Victoria and Kelowna as well as Online
- We rely on donations from the community to fund our programs
- Clinical team includes Physicians (MD), Clinical Counsellors, Exercise therapists, Registered Dietitians (consultations) and Nutritionists (group classes & programs only)
- **No patient fees**



What we do

- **Person-centred supportive cancer care focusing on the activated patient**
- **Self-Management:** we support people with cancer & their families to play an active role in their own care
- **Quality of Life:** all programs & services emphasize evidence-based lifestyle approaches that support health & well-being
- Think of this as an oncology rehabilitation program...like a healthy heart/cardiac rehabilitation program
- No minimum level of participation required



Diagram 2

The InspireHealth Supportive Cancer Care Model (left) is applied to a hypothetical Cardiac Rehabilitation program (right).

Programs and Classes	LIFE Program	Clinical Consultations	Online
<ul style="list-style-type: none"> -Nutrition workshops -Cooking Classes -Fitness and Exercise -Yoga -Laughter class -Art therapy classes -Support groups -Meditation -Acupuncture for chemotherapy side effects 	<p>2-day educational & interactive workshop</p> <p>1-day educational community outreach workshop</p> <p>Facilitated by our Clinicians</p>	<p>In person, by phone, or by videoconference</p> <ul style="list-style-type: none"> • 90 min Physician (MD) • 90 min Registered Dietitian • 90 min Clinical Counselor • 90 min Exercise Therapist <p>Follow-up 30 min consultations available</p>	<ul style="list-style-type: none"> -LIFE Webinar series -Nutrition webinars -Online recipes -Exercise webinars -Online Meditation class -"Live" class schedule -E-newsletter -Research Updates -Virtual clinical consultations

Why Bother?

Cancer: Principles and Practice of Oncology,

10th edition, 2015; Devita, Hellman & Rosenberg

Chapter 6: Inflammation

“...almost 50% of all cancers can be prevented based on what we know today.

All the studies summarized previously suggest that inflammation is closely linked to cancer and the incidence of most cancers can be reduced by controlling inflammation.

All of these studies indicated that an anti-inflammatory lifestyle could play an important role both in the prevention and treatment of cancer.”

Yet.....Survivorship Statistics Indicate:

- Only 15 – 19% of cancer survivors meet the minimal standards for a healthful diet (5 or more servings of fruits and vegetables per day)
- Only 30 – 47% meet minimum activity targets
- **Only 5% meet minimum standards for diet, exercise and smoking**

Evidence suggests that...

- Stress reduction
- Exercise
- Eating a healthful diet
- Having a positive support network

Can at the very least improve quality of life and may even optimize recovery and survival.

What do InspireHealth Physicians Discuss?

- Serious illness conversations (understanding patients' care goals)
- Basic support for understanding treatment
- Decipher medical terminology
- Role of oncologist & oncology team; Helpful questions to ask
- Advance care planning
- MAiD
- Healthful nutrition and life choices
- Exercise and cancer
- Mind-Body practices and sleep hygiene
- Emotional issues , stress and coping strategies
- **Myth busting:** supplements , medicinal cannabis, alternative treatments and cancer
- Helpful websites and resources

Who is Eligible?

- A **current or past cancer** diagnosis
- Age 16 and over
- A personal health number (PHN)
- Any cancer type, at any stage
- Family & supports encouraged to participate
- Patients at high genetic risk
- Can attend before, during, after cancer treatments - or when curative treatment is not an option

Patients may self-register - by telephone, drop in, online

No fee and no referral necessary - please tell your patients