

## A Message From Our Chair

Dear community member,

As we head into Thanksgiving weekend across Canada, we are grateful for all of the volunteers, supporters and medical teams that contribute to our sarcoma community. We hope that this weekend you are able to spend time with loved ones - the family, friends and neighbours that make up your own community of support. Holidays can be a busy time and it's important to focus on your own self-care. Karmen Moore, a registered dietitian with Princess Margaret Cancer Centre gives us some tips on how to maintain a healthy diet while going through treatment and living with sarcoma. The main consideration is to do what works best for you. Go easy on yourself and talk to your team about how to enjoy the foods you love and find simple to prepare. Our goal is always to add nourishment, not stress, to your plate.

We also have an update from Michelle Hughes in PEI, who celebrated the coming together of thousands this year at her annual Fun Run. Congratulations to Michelle and her team of volunteers on their ongoing work to raise funds that support critical sarcoma research. If you're interested in a fundraiser big or small, please reach out to us for support. We can help with events in your home, work or school community of all sizes. Every little bit helps us get closer to our goals for providing resources to patients and families and supporting world-leading research teams in Canada.

Wishing you a Thanksgiving full of gratitude for time together and the opportunity to honour memories of those we have lost.

With thanks,

Diana Arajs  
Founder & Chair  
SCFC

Eating well is not always easy when you have cancer and are undergoing treatment. With the help of registered dietitians, you can learn about eating well during and after treatment. Karmen More, MD, is an RD with The Princess Margaret Cancer Centre who specializes in sarcomas and other cancers. In this issue, she identifies how treatment can impact appetite, how your nutrition requirements change during treatment, and how you can combat side effects.



**Q: Are certain foods or diets better for those in treatment for sarcoma?**

A: During cancer treatment, it is important to get enough energy (calories) and protein to keep your weight stable, protect your muscles, and support recovery. If possible, have a variety of different foods in your diet to get a mix of nutrients, similar to what you see in **Canada's Food Guide**. If you struggle to eat enough or are losing weight, try eating more times in a day, using oils liberally, and choosing dairy that contains at least 2% milk fat. For the best protein absorption, include animal proteins (ie. meats, seafood, eggs, and dairy), and top up with plant protein foods (ie. legumes, soy, nuts and seeds).

**Q. Are there specific foods that should be avoided during treatment?**

A. The immune system is weaker during treatment, and you may be at a higher risk of getting sick from bacteria in food. For food safety, wash fresh fruits and vegetables under cold, running tap water. Avoid unpasteurized products such as unpasteurized juice, manuka honey, or raw milk. Avoid deli meats, smoked salmon, and soft cheeses (e.g. Brie, Havarti, feta) unless you cook these foods until they are steaming. Make sure you fully cook meats and seafoods to safe temperatures, and cook eggs until they are not runny. Store ingredients and leftovers promptly. For further information, visit **Food Safety | Health Topics** or watch these videos on **Food Safety for People with Weakened Immune Systems**

**Q. What dietary changes may happen with chemo or other treatments?**

A. Depending on the treatment plan and your body's response to it, you may experience side effects that impact your eating. Some examples include: low appetite, fatigue, nausea, vomiting, swallowing and/or taste changes, and changes to your digestion. Take medications as prescribed by your oncology team to help manage these side effects, and keep your team updated. If you need to make changes to your diet to help manage side effects, try not to limit too many foods, as this will make it hard to get enough nutrition. Unless recommended by your oncology team, you do not need to follow a special diet.

**Q. How you can eat healthy and not put too much pressure on yourself while living with sarcoma?**

A. There is no one perfect healthy diet. Eating well with sarcoma can look different for everyone. Managing energy levels, full schedules, and side effects can make it more difficult to prepare meals. Consider using grocery or meal delivery services, eating takeout or ready-made foods, and reaching out to friends and family for support with meal planning. Keep the parts of your usual diet that still work for you, and adjust what you need to nourish your body. Your usual diet will likely include foods most affordable, convenient, and that you enjoy, making it easier to eat well.

**Q. Is there a way to manage side effects like nausea or appetite loss?**

A. Cutting out foods to manage side effects often leads to unhealthy weight loss and an unbalanced diet. Since side effects are treatment and/or disease-related, they are more effectively managed with medications prescribed by your oncology team. Speak with your team if you have questions about the safety or effectiveness of your medications. Try to change your diet only if necessary, and choose foods that you tolerate. For example, some people find lemon, ginger, and mint flavours easier with nausea. If you find it hard to eat, it is helpful to eat more times in the day to keep up your strength, even if it is smaller portions at a time. For more resources, see links at the end of this article.

**Q. When should I ask my oncology team for a referral to a dietitian?**

A. You should ask your oncology team for a referral if:

- If you are eating and/or drinking less than usual
- If you are losing weight without trying
- If you have side effects that make it harder to eat
- If you have difficulty swallowing
- If your oncology team recommends that you follow a special diet

For more information on eating well and managing side effects, visit:  
**Eating Well When You Have Cancer | Canadian Cancer Society  
Cancer Treatment and Nutrition – Nourish**

For recipe ideas, visit:

**ELLICSR Kitchen  
Healthy Cooking for People Affected By Cancer | Cook for Your Life**

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## **Upcoming Event**



**CanSaRCC**

# Sarcoma Community Meet-Up

***Inaugural Virtual Meet-Up for  
Sarcoma Survivors, Patients, & Families***



**MODERATED BY: Dr. Jon Hunter**

*Dr. Hunter is a psychiatrist who works at Mount Sinai  
with a focus and expertise in psychosocial care of  
patients with sarcoma*

**DATE:**

**October 22nd, 2025**

**TIME:**

**6:00PM - 8:00PM**

**LOCATION:**

**Virtual - link will be sent after registration**

**PLEASE REGISTER AT**

<https://www.cansarcc.ca/sarcomameetup>

**OR SCAN THE QR CODE BELOW:**



**Just Live Fun Run: A Celebration of Resilience**



On August 24th 2025, thousands came together in Cornwall, PEI to commemorate Michelle Hughes' four-year cancer-versary for the third annual Just Live Fun Run, a date that signified her unyielding battle against Stage 4 Incurable Cancer.

Thanks to the generous support of all sponsors, participants, donors, and merch purchases in 2025, over \$50,000 was raised! As always, SCFC is matching donations that will go towards EHE research that is already underway.

In 2021, Michelle faced the daunting diagnosis of an exceptionally rare sarcoma cancer called Epithelioid Hemangioendothelioma, or EHE for short. Her body bore the burden of innumerable tumors, and in response, she embarked on a daily regimen of cancer treatment in pursuit of stabilizing her condition for as long as possible.

Michelle's incredible journey took an unexpected turn in January 2022, just five months after giving birth and four months post-diagnosis. With no prior running experience, she decided to embrace this new challenge as a means of setting herself up for success.

Michelle now runs a blog (link below to follow along!) in which she shares her cancer journey with over 100,000 followers, sharing how important it is to 'just live' despite a cancer diagnosis.



[My Journey to Just Live](#)

## Fundraising in Your Community

Fundraising for charity isn't just about raising money—it's about building community and supporting causes

that matter to us. The great news is that anyone can get involved, no matter their skills, time, or resources! Some people volunteer to help organize events or spread the word online, while others share professional talents.



Whether you're cooking for a bake sale, designing posters, or lending a hand with logistics, even small contributions of time and energy can have a big impact.

There are many ways you can take part in sarcoma fundraising, so you can choose what feels most enjoyable and meaningful:

- **Events and Activities:** Classic options like fun runs, auctions, or quiz nights bring people together. They're social, lively, and create lasting memories.
- **Personal Challenges:** Many people set fundraising goals tied to something personal, like completing a marathon, climbing a mountain, or even giving up chocolate for a month. Friends and family often love to sponsor these efforts.
- **Community Initiatives:** From bake sales and car washes to raffles and neighborhood fairs, these grassroots activities are simple, fun, and accessible to everyone.
- **Workplace Giving:** Offices often run dress-down days, team challenges, or donation drives. Some employers even match contributions, doubling the support.
- **Online and Virtual Fundraising:** Digital platforms make it easy to start a fundraising page, join a crowdfunding campaign, or take part in social media challenges that reach people far and wide.

Every fundraiser, big or small, helps SCFC to continue our work and make a difference. Whether you're donating, volunteering, or organizing something yourself, you're contributing to positive change. Most importantly, fundraising builds stronger connections in our sarcoma communities—reminding us that when we work together, our efforts can go further than we ever imagined!

## Meal Prep Recipes to Make Your Life Easier

Meal prepping is the ultimate way to get ready for the week. Instead of cooking daily, set aside time once or twice a week to prepare meals to be eaten at a later time, saving time, effort, and money.



## Naked Chicken Burrito Bowls

### Ingredients:

- 1 tbsp olive oil
- 1 onion
- 2 garlic cloves, crushed
- 2 chicken breasts, cubed
- 1 pinch salt
- 1 pinch pepper
- 1 tsp. paprika
- 2 cans black beans, drained and rinsed
- 1 jar salsa
- 200g brown rice, cooked
- To serve: lime wedges, fresh coriander

### Instructions:

Heat the olive oil in a large non-stick pan and then add the onion. Fry for a few minutes to soften and then add the crushed garlic.

Add the cubed chicken to the pan, season with salt, pepper, and paprika, then stir well.

Cook for 5-10 minutes until the chicken is completely cooked through and no longer pink.

Add drained black beans and salsa, mixing well to combine in the pan. Leave to cook through for a few minutes and then portion with the cooked rice.

Garnish with fresh coriander and a lime wedge.



## Vegan Lentil Bolognese

### Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- salt & pepper
- 2 tbsp tomato puree
- 120 red lentils (dry weight)
- 1 tin chopped tomatoes
- 300 ml water
- 1 vegetable stock cube
- Serve with: penne pasta & fresh basil

### Instructions:

Heat the olive oil in a large pan and fry the onion. Fry for a few minutes to soften, then add carrot and celery, cooking for 5 minutes before adding garlic. Stir to combine, season generously, and cook for another 2-3 minutes.

Stir in tomato puree, lentils, and chopped tomatoes. Carefully add the water to the pan, making sure to cover everything, then stir on vegetable stock cube. Leave to simmer over low heat for 20 minutes, until lentils have absorbed water.

Serve immediately on a bed of cooked pasta and garnish with fresh basil. Portion remaining servings to enjoy later in the week.

[View Full Recipe](#)[View Full Recipe](#)

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## Help Make an Impact

When you give to SCFC you add your voice to the growing community working to raise awareness, fund crucial research, and ultimately eradicate sarcoma. One of the easiest ways to make your voice heard is to consider setting up a small monthly donation in 2025. Setting this up takes less than 2 minutes, but every donation made, no matter how small, makes a big impact on the Canadians and their families going through a sarcoma diagnosis and treatment.

[Donate Today](#)

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