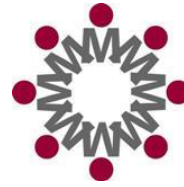

Newsletter

February 2017



Myeloma Alberta
Support Society

February 4th Support Meeting

MASS annual general meeting will be held at 10 am followed by an open forum. Open forum topic: *If Only They Had Told Me . . .* Everyone has a unique experience with multiple myeloma and everyone has different learnings from their experiences. Share your experiences and learn from each other to help one another on your multiple myeloma journey.



BEST OF ASH 2016 WEBINAR

*What Patients and Caregivers
Need to Know
Featuring Dr Arleigh McCurdy*

Join online from the comfort of your own home! All you need is a computer, tablet or smart phone and an internet connection, and you're all set!

Tuesday, February 7th, 2017 @ 5 PM

Register now it's free:
<http://events.r20.constantcontact.com/register/event?oeidk=a07edn2qn51d361fd38&llr=58tye8hab>

MASS CASINO VOLUNTEERS NEEDED

We are in urgent need of volunteers for the MASS casino. Please contact Sybilla Heinemann, at Sybilla@shaw.ca or by phone 780-739-0715 as soon as possible if you are able to volunteer. The following positions and shifts are available.

Friday, April 7th

Cashier 10pm to 4am

Alternate Countroom-11pm - 4am

anyone who wants to be an alternate

Saturday, April 8th

Count Room person 11pm - 4 am

anyone who wants to be an alternate

MASS Casino is April 7 & 8, 2017 at the Grand Villa Casino, Edmonton (the new casino in the new Rogers Arena complex).

MASS currently is assigned one casino every two years, casino funds are vital source of funding our organizational goals and approved membership activities.



PO Box 76135 Southgate, Edmonton, AB, T6H 5Y7

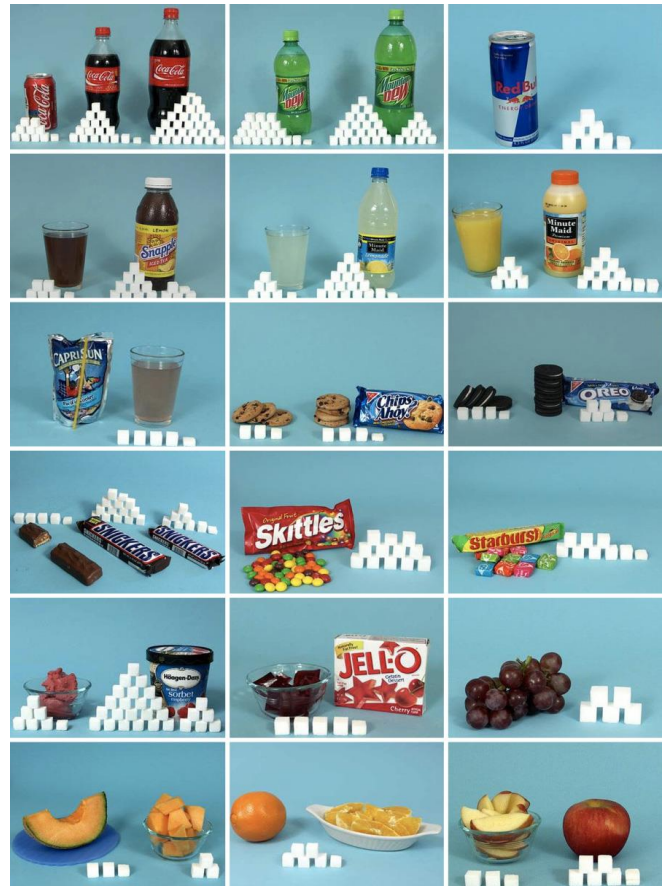
Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

Facebook: <https://www.facebook.com/MyelomaAlbertaSupportSociety/>

CUT YOUR SUGAR CONTENT

Like most of us, you likely consume too much sugar. Studies from the Centre for Disease Control show that many of us add an additional 19 teaspoons of sugar (or more) to our diet daily. To limit our sugar intake, women should eat no more than 25 grams of added sugar per day (that’s roughly five teaspoons or 100 calories), and men should eat no more than 38 grams of added sugar per day (about nine teaspoons, or 150 calories). The photo on the right shows the amount of sugar in some common snacks. Each cube is one teaspoon



How to reduce sugar intake

When in doubt, write it out: Write down everything you eat for three consecutive days. This will help to pinpoint your largest source so you can start making healthy substitutions.

Hide and seek: Some sugar occurs naturally in the foods we eat like fruits, veggies and dairy products. However, most sugar we eat is added to processed foods.

Sugar by any other name: Always read nutrition labels if your goal is to reduce your sugar intake. Most people don’t know that 74 per cent of packaged foods like pasta sauce, protein bars, and low fat foods contain additional sweeteners. When reading food labels, look for different names for added sugar including corn syrup, lactose, sucrose, invert sugar, dextrose and glucose. Knowing what to look for on food labels can help you to make healthy choices.

**MARK YOUR CALENDARS
IMPORTANT DATES**

Feb 4	MASS Annual General Meeting* followed by Open Forum – <i>If Only They Had Told Me ...</i>
Mar 4	Support Meeting* Radiation Oncology – Dr. Nijjar
Apr 1	Support Meeting* Open Forum – Topic TBD

*Support Meetings held at Holy Spirit Lutheran Church, 11223-51 Avenue, 10:00 am – 12:00 noon.