



British Columbia Blood Cancer Resource Guide

Contact:
The Leukemia & Lymphoma Society of Canada
BC & Yukon Region
303-1401 West Broadway, Vancouver, BC V6H 1H6
604.733.2873 Toll-free 1.866.547.5433
www.llscanada.org

Updated: July 2019



*The mission of The Leukemia & Lymphoma Society of Canada is:
Cure leukemia, lymphoma, Hodgkin's disease and myeloma,
and improve the quality of life of patients and their families.*

This resource guide has been developed to make it easier for those of you affected by blood cancers (patients, families and caregivers) to access a complex healthcare and social service system and find the services to match your individual situation and style. This guide is a work in progress, not a complete list, and your comments and suggestions are always welcome.

Knowing what you need and expressing those needs are the first steps in finding information and support. A cancer diagnosis can bring a sense of vulnerability and some people feel uncomfortable asking for assistance. However, **you are not alone in this experience**, so please let others know what you and your family members need, as most organizations provide services for both patients and their immediate family.

If during your search for services you are unable to find what you need, please inform me and I will research the topic on your behalf. Identifying needs is the way to raise awareness and create change. Even if a particular organization does not offer a service, staff may be able to connect you with others who are working toward the same goals.

Please be an informed consumer and evaluate these services according to your own situation. The summaries of these resources are written in our own words, based on current information and may require updates or changes. Your feedback is important to help make this a useful guide for people affected by blood cancers in the BC & Yukon Region.

Thank you,

Megan Norrish
Community Engagement Manager
604-733-2873, ext. 5191
Megan.Norrish@lls.org

If you have a paper copy of this resource guide, please contact LLSC at 604.733.2873 or toll-free at 1.866.547.5433 to request the electronic version and to receive information about education and support events.

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The Leukemia & Lymphoma Society of Canada (LLSC)

www.llscanada.org/bc Phone: 604.733.2873 (Toll-free 1.866.547.5433)

Patient Services Programs include:

- Comprehensive **Printed Materials** regarding the various blood cancers, their treatments and related topics (see pages 2, 3 & 4).
- In-person **Education Programs** for patients/family members and for healthcare professionals. Schedules on the website.
- **First Connection**. A peer support program, connecting people who are newly-diagnosed or having a new treatment with a trained volunteer survivor who has faced a similar situation. Also available to family members and other caregivers.
- **Support Groups**. Telephone, online support groups and in-person groups to share information with and receive support from others affected by blood cancer. Online support groups or chat groups <http://www.lls.org/support/online-chats?src1=21156&src2=> (through LLS in the U.S.). For information on local support groups, held on most first Tuesdays of the month from September through June, please contact Elaine Webb at elaine.webb@lls.org.
- **Information Resource Centre - 1.800.955.4572**. A phone line based at our U.S. affiliate that answers questions and provides the latest information about blood cancers, their treatments and clinical trials. Staff at the Information Resource Centre can access a translator service with over 140 languages. Twelve hematology/oncology expert Information Specialists respond to nearly 2,000 inquiries per month.
- **Clinical Trial Support Centre (CTSC) - 1.800.955.4572**. Highly trained nurses provide education about clinical trials to patients. In addition they conduct a professional, detailed, *individualized* search to discuss with their Healthcare Professional. They do follow-up throughout the process, speaking to trial sites, the healthcare providers and pharmaceutical companies regarding the trials. There is a personal connection that develops between the patient/family and the CTSC nurse.

All patient services are provided **free of charge** through the generosity of individual and corporate donations. Two of our key campaigns, **Light the Night** www.lightthenight.ca and **Team In Training** www.teamintraining.ca also offer opportunities for people affected by blood cancers to get together and create a sense of community or to participate in fitness activities.

Here are two ways to keep up-to-date with regional and international information and events:

- **Local**: To be included in the database and receive information about BC & Yukon events, contact our regional office at elaine.webb@lls.org or 604.733.2873 ext. 5198 or toll free 1.866.574.5433.

Advocacy:

Are you interested in adding your voice to the process of bringing new treatments to patients as quickly as possible? If so, sign up at <https://www.lls.org/be-an-advocate> or email AdminCanada@lls.org and indicate that you are interested in advocacy initiatives. Please include your full name, contact information, whether you are a patient, family member, or have another connection, the type of diagnosis and if you are over 18-years-old.

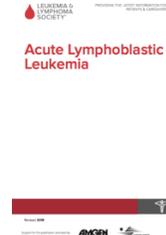
DISEASE INFORMATION BOOKLETS

Link to Leukemia booklets: <http://www.lls.org/resource-center/download-or-order-free-publications?language=English&category=Leukemia>

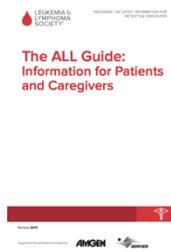
Understanding Leukemia



Acute Lymphoblastic Leukemia (ALL)



Acute Lymphoblastic Leukemia: Information for Patients and Caregivers



Chronic Myeloid Leukemia (CML)



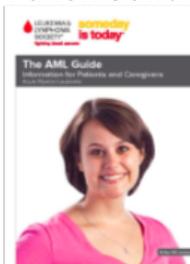
Chronic Myeloid Leukemia: A Guide for Patients and Families



Acute Myeloid Leukemia (AML)



Acute Myeloid Leukemia: A Guide for Patients and Families



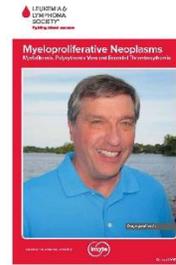
Chronic Lymphocytic Leukemia (CLL)



**Chronic Lymphocytic Leukemia:
A Guide for Patients and Families**



Myeloproliferative Neoplasms



Link to Myelodysplastic Syndromes booklets: <http://www.lls.org/resource-center/download-or-order-free-publications?language=English&category=Myelodysplastic+Syndromes>

Myelodysplastic Syndromes



The MDS Guide



Link to Myeloma booklets: <http://www.lls.org/resource-center/download-or-order-free-publications?language=English&category=Myeloma>

Myeloma



**Myeloma:
A Guide for Patients and Families**



Link to Lymphoma booklets: <http://www.lls.org/resource-center/download-or-order-free-publications?language=English&category=Lymphoma>

Hodgkin Lymphoma



**Lymphoma:
A Guide for Patients and Caregivers**



Non-Hodgkin Lymphoma



Coping with Cancer-Related Fatigue

<http://www.llscanada.org/sites/default/files/National/CANADA/Pdf/LLSC%20Coping%20with%20Cancer%20Related%20Fatigue%20Booklet%20-%20English.pdf>

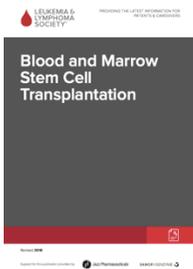
Coping with Chemo Brain

<http://www.llscanada.org/sites/default/files/National/CANADA/Pdf/LLSC%20Coping%20with%20Chemobrain%20Booklet%20-%20English.pdf>

GENERAL LINK TO DISEASE INFORMATION BOOKLETS:

<http://www.lls.org/resource-center/download-or-order-free-publications>

Blood Marrow and Stem Cell Transplantation



Blood Marrow and Stem Cell Transplantation Guide



Understanding Clinical Trials for Blood Cancers



Understanding Lab and Imaging Tests



Understanding Side Effects of Drug Therapy



Knowing All Your Treatment Options

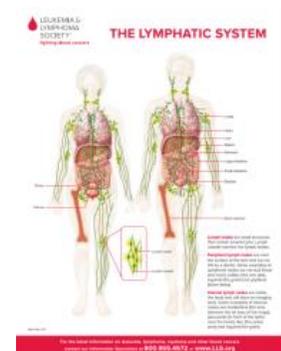
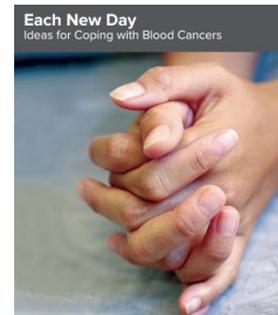


Each New Day

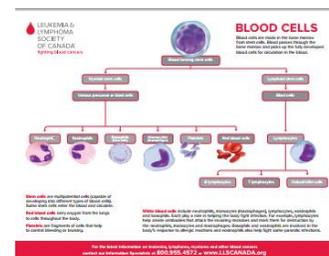


- A Medication Resource for Myeloma Patients
- Acute Promyelocytic Leukemia Facts
- Advocacy Brochure
- Amyloidosis Information Sheet
- Back to School Resources
- Blastic Plasmacytoid Dendritic Cell Neoplasm Information Sheet

- **Blood Cells/Lymphatic System**
- **Blood Transfusion**
- **Blood and Marrow Transplant (BMT): An Introduction to Allogeneic BMT**
- **Cancer and Your Finances**
- **Cancer Molecular Profiling**
- **Cancer-Related Fatigue Facts**
- **CAR T-Cell Therapy Process**
- **Caregiving During Treatment**
- **Caring for Yourself**
- **Chimeric Antigen Receptor (CAR) T-Cell Therapy Facts**
- **Chronic Myelomonocytic Leukemia (CMML) and (JMML)**
- **Chronic Neutrophilic Leukemia Facts**
- **Choosing a Blood Cancer Specialist or Treatment Center**
- **Clinical Trial Support Center (CTSC) Bookmark**
- **CML Tracker Pages**
- **Co-Pay Assistance Program**
- **Communicating as a Caregiver**
- **Communicating With Your Healthcare Team: Needing Additional Treatment**
- **Communicating With Your Healthcare Team: Newly Diagnosed**
- **Communicating With Your Healthcare Team: Survivorship**
- **Communicating With Your Healthcare Team: Treatment**
- **Coping With Childhood Leukemia and Lymphoma**
- **Cord Blood Stem Cell Transplantation Facts**
- **Cutaneous T Cell Lymphoma**
- **Dental and Oral Complications of Cancer Treatment Facts**
- **End of the Caregiver Role**
- **Essential Thrombocythemia**
- **Facts 2017-2018**
- **Facts About Blastic Plasmacytoid Dendritic Cell Neoplasm (BPDCN)**
- **Facts About Chimeric Antigen Receptor (CAR) T-Cell Therapy**
- **Fertility Facts**
- **Financial and Legal**
- **Firefighters and Cancer Risk**
- **Food & Nutrition Facts**
- **Graft-Versus-Host Disease**
- **Hairy Cell Leukemia Facts**



- **Healthy Behaviours**
- **Help With Finances**
- **Here to Help**
- **Immunotherapy Facts**
- **Integrative Medicine & Complementary Therapies Facts**
- **Introduction to Caregiving**
- **Know Your NHL Subtype**
- **Knowing All Your Treatment Options**
- **Learning & Living With Cancer**
- **Long-Term and Late Effects of Treatment for Childhood Leukemia or Lymphoma Facts**
- **Long-Term and Late Effects of Treatment in Adults Facts**
- **Lymphoma Guide: Information for Patients and Caregivers**
- **Lymphatic System and Blood Cells Chart**
- **Managing Stress: How stress affects you and ways to cope**
- **Mantle Cell Lymphoma Facts**
- **Monoclonal Gammopathy of Undetermined Significance (MGUS)**
- **Myelofibrosis Facts**
- **Myeloma Oral Treatment Adherence Facts**
- **Nutrition**
- **Pain Management Facts**
- **Palliative Care Fast Facts**
- **Patti Robinson Kaufmann First Connection Program**
- **Peripheral T-Cell Lymphoma Facts**
- **Personalized Nutrition Consultations**
- **Personalized Support**
- **Pictures of My Journey**
- **Polycythemia Vera**
- **Post-Transplant Lymphoproliferative Disorders (PTLDs)**
- **Resistant Chronic Myeloid Leukemia: A Guide for Patients & Caregivers**
- **Sexuality & Intimacy Facts**
- **The Stem Cell Transplant Coloring Book**
- **Treatment-Free Remission for Chronic Myeloid Leukemia Patients**
- **Waldenstrom Macroglobulinemia**
- **Watch and Wait Fast Facts**
- **When Your Child Has Cancer**
- **Where do Blood Cancers Develop?**
- **Young Adults and Cancer**



The BC Cancer Agency (BCCA)

www.bccancer.bc.ca Home Page

The BC Cancer Agency is the overall cancer treatment agency for BC and Yukon. In addition to the physicians, nurses and technicians, there are others on the healthcare team to assist you.

Patient and Family Counsellors work in the regional treatment centres and offer a variety of one-to-one or group services regarding living with cancer, financial and practical issues, communicating with children about cancer, relaxation training, support groups, return to work etc. To find support services in your region <http://www.bccancer.bc.ca/RS/VancouverCentre/support-programs.htm>

Pain & Symptom Management

<http://www.bccancer.bc.ca/our-services/services/pain-symptom-management>

Resources for emotional support

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support/resources>

Resources for practical support

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support/resources>

Resources, translated in Chinese

<http://www.bccancer.bc.ca/coping-and-support-site/Documents/2011NavigationeGuide.pdf>

Provide face-to-face and phone interpreting for patients and families whose English skills are limited or absent.

Resources for First Nations community:

<http://www.fnha.ca/wellnessContent/Wellness/Cancer-and-First-Nations-Peoples-in-BC.PDF>

Return to Work Information

<https://www.cancerandwork.ca/>

CancerAndWork is a website designed by BC Cancer and McGill University to provide cancer survivors with information and resources regarding their work experience regardless of where in their cancer experience they find themselves. Although most legal information and resources are Canada focused, this is the most extensive website with work resources around the globe.

BCCA Libraries

www.bccancer.bc.ca/Library

604.675.8001 or toll free 1.888.675.8000 ext. 8001

BC Cancer Agency has patient education materials in various locations and a full library at 675 West 10th Ave. in Vancouver. Librarians can help you find printed materials and websites.

The **BCCA website** is an excellent source of information about coping with cancer, education events, research, treatment, clinical trials, etc. To find more information on the different types of cancer: <http://www.bccancer.bc.ca/health-info/types-of-cancer>

CAMEO - Complementary Medicine Education & Outcomes Program

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/complementary-alternative-therapies>

Evaluate complementary and alternative medicine (CAM) research to make informed decisions about options for cancer care.

The Provincial Drug Information Telephone Line

1.800.663.3333, local 67-6275 or email your question to: druginfo@bccancer.bc.ca

Learn more about the medication you are prescribed and check about any drug interactions of “natural health products”.

Centre for Lymphoid Cancer (CLC) at the BC Cancer Agency

<http://www.bccrc.ca/dept/cflr>

The Centre for Lymphoid Cancer conducts cutting-edge research to learn more about the various causes, unique characteristics and clinical treatment directions for lymphoma, myeloma and lymphocytic leukemia. This program is known world-wide for its research activities. One interesting study examines family history of lymphoid cancers. If two or more direct relatives in your family have been diagnosed with a lymphoid cancer, please contact the project coordinator at 604.675.8172 for details of this study.

Leukemia/BMT Program of BC – Vancouver General Hospital

www.leukemiabmtprogram.com 604.875.4863

The Leukemia/Bone Marrow Transplant Program of BC is a large inpatient and outpatient treatment centre for leukemias and other blood disorders. This is the facility for adults requiring stem cell transplants in the province. The large multi-disciplinary team includes hematologists, researchers, nurses, social workers, physio and occupational therapists. The Hematology Clinical Trials Unit brings leading-edge treatments to patients through clinical trials. The Leukemia/BMT Program also does regular **outreach clinics** at regional cancer centres in Kelowna, Prince George, Abbotsford, and Victoria. See website for additional information.

St. Paul’s, Royal Columbian, Burnaby General, Kelowna, Victoria, Surrey, Abbotsford and other regional facilities

There are numerous physicians, hospitals and clinics that treat people with blood cancers across the province. Hematologists, oncologists and other physicians and staff are connected to each other through professional conferences and consultations. The BC Cancer Agency is responsible for ensuring standards of care for cancer treatment. Inquire at your treatment centre about all the people on their health care team; i.e., social workers, psychologists, nurse educators, physiotherapists, pharmacists, spiritual care leaders, etc., who can help optimize your treatment and your adaptation to the illness. Let staff know what you need.

Accommodations in Vancouver

A challenge for some families who are required to travel to Vancouver for treatment can be finding (and affording) short or longer-term accommodations. In this event, you can contact the Canadian Cancer Society (see below) or the social worker at the hospital where you will be receiving treatment to find the best options for your situation.

The Canadian Cancer Society (CCS)

www.cancer.ca 1.888.939.3333

The Canadian Cancer Society addresses all types of cancer and has offices throughout Canada, with regional offices across BC. Staff and volunteers offer a wide range of services including: *CancerConnection* - a peer support program (*currently under review*)

(<http://www.cancer.ca/en/support-and-services/support-services/connect-with-our-online-community/?region=qc>), volunteer drivers for medical appointments, financial support program, lodge accommodations and a wig program.

Prevention, screening, public awareness, advocacy and funding research are other key activities of the CCS. The Canadian Cancer Encyclopedia located on their website is a source of information and statistics regarding cancer incidence and care in Canada. The Cancer Information Service provides credible information about cancer including prevention, early detection, diagnosis and treatments. Staff can also direct you to resources in your community. This bilingual confidential service is available Monday to Friday, 9 am to 6 pm. Interpretation service is available in over 100 languages.

Blood Cancer Support Groups in BC

Patient Education and Support Group Events (Vancouver)

LLSC now offers monthly events (usually on the first or second Tuesday of the month – check website for dates and location) that focus on general information for all types of blood cancer, specific diagnosis developments and opportunities for people to meet in smaller discussion groups with people with similar diagnoses. Everyone is welcome.

Myeloproliferative Neoplasm Support Group (Vancouver)

For people affected by Idiopathic Myelofibrosis, Essential Thrombocythemia, Polycythemia Vera. Contact: Elaine Webb, Patient Education & Support Manager, LLSC 604.733.2873 ext 5198

Vancouver Myeloma Network

Contact: Linda Loverock or Kerry McKeen at vancouver-support@myeloma.ca

The North Island Multiple Myeloma Support Group

Contact: Linda Latham at 250.204.9055 or at lindalathamcr@gmail.com

Surrey & District Multiple Myeloma Support Group

Contact: Kundan Uppal-Dublinksy at gkdub@shaw.ca or 604 551-7042 or Sherrie Stockley by email at shebmc@shaw.ca or phone: 604 837-0743

Multiple Myeloma Vancouver Island Support Group

<http://www.myelomavancouverisland.ca/about-us.html>

This Victoria based group offers education, awareness, and assistance to individuals affected by Myeloma.

The Lymphoma Network/Support Group (Vancouver)

Meetings are held at the BCCA, 600 West 10th Avenue, John Jambor Room, Ground Floor on the second Wednesday of the month from 10:30-noon. Patient and Family Counseling Service Telephone: 604-877-6000

Lymphoma Support Group (Victoria)

Meetings are held at the Royal Jubilee Hospital at the corner of Richmond and Coronation Streets, Woodward Room - Begbie Hall on the first Thursday of the month from 7 pm to 9 pm.

Contact: Glyn Williams at 250-598-8166 or Glyn_Williams@telus.net. Linda Wiebe at 250 655-0232 at lwiebe@inetex.com

Aplastic Anemia & Myelodysplasia support group

Contact: Fiona Lewis at 1-888-840-0039 or bcsupport@aamac.ca

Canadian Blood Services and One Match

www.blood.ca 1.888.236.6283

For information on the process of searching for an unrelated stem cell donor, please contact Canadian Blood Services' Patient and Transplant Liaison Specialist at 1-888-236-6283.

Please encourage friends, family and associates to donate blood and register as a stem cell donor with Canadian Blood Services.

The Bruce Denniston Bone Marrow Society

www.dennistonsociety.org 1.877.485.8488

This organization raises awareness and assists in meeting the needs of those affected by blood-related illnesses. They provide some assistance for people undergoing a stem cell transplant.

Holistic Health Cancer Services

InspireHealth (Vancouver, Victoria and Kelowna)

www.inspirehealth.ca 604.734.7125

InspireHealth offers an integrative approach to cancer care for those who wish additional physical and emotional support beyond the conventional cancer treatment. InspireHealth offers medical consultation with a physician and a variety of services including naturopathy, acupuncture, massage, nutrition classes, yoga, etc. Consultations and services are offered free of charge to all Canadians. For those who are interested in pursuing integrative medicine approaches, you may wish to pay for their in-depth 2-day seminars.

Integrative Naturopathic Medical Centre

<https://integrative.ca/programs/cancer-program/> 604.738.1012

The Integrative Naturopathic Medical Centre aims to educate and empower patients through intake forms, downloadable handouts, and appointments with specialized practitioners.

Callanish Healing Retreats Society (Vancouver)

www.callanish.org 604.732.0633

Callanish is a community that creates a healing space for people who have been irrevocably changed by cancer. Among its services are retreats, support groups, nutritional information, art, music, and a caring environment. Visit their website or phone to learn about their holistic approach to the experience of cancer. Some people report that these retreats and programs are a life-changing experience. Callanish also hosts the **Young Adult Cancer Network**, (YACN) a group for young adults affected by cancer.

Healing and Cancer

www.healingandcancer.org

Find online information, tools, and education to support a healing spirit for those affected by cancer, as well as some in-person retreats and workshops around the country.

Memorial Sloan Kettering Cancer Center

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>

About Herbs is a database for the public and healthcare professionals that offers help to figure out the value of using common herbs and other dietary supplements by the Memorial Sloan Kettering Cancer Center.

CAM Cancer

<http://cam-cancer.org/en>

An authoritative web resource providing health professionals with evidence-based information regarding complementary and alternative medicine.

Helpful Tips for Newly Diagnosed

Treatment and Support Resources

<https://www.partnershipagainstcancer.ca/browse-topics/>

Ottawa Personal Decision Making Tool

<http://decisionaid.ohri.ca/decguide.html>

A tool developed at Ottawa Hospital to help people make treatment or other personal decisions.

Canadian Cancer Society – Recently Diagnosed

<https://www.cancer.ca/en/cancer-information/cancer-journey/recently-diagnosed/?region=on>

This part of the Canadian Cancer Society website answers questions and offers support for those who have been recently diagnosed.

Cancer Chat Canada

<https://cancerchat.desouzainstitute.com/resources>

Cancer Chat Canada At the De Souza Institute offers various resources for those who are looking for support.

BC Resources

HealthLink BC

www.healthlinkbc.ca/kbaltindex.asp or Dial 811

This 24-hour-a-day phone line is to access health professional information. Simply dial 811. There is even a dietitian who specializes in cancer nutrition information. Translators in over 130 languages can be accessed by this service.

Enquiry BC 1.800.663.7867 604.660.2421 (Vancouver)

<https://www2.gov.bc.ca/StaticWebResources/static/gov3/html/contact-us.html> \

A provincial government information service which helps people navigate government services to locate the appropriate individuals or level of government for a particular need or concern.

Positive Coping with Health Conditions: A Self-Care Workbook

www.comh.ca/pchc/ 604.809.4173

This workbook is produced by the Consortium of Organizational Mental Healthcare through Simon Fraser University.

Disability Alliance BC

<http://www.disabilityalliancebc.org/> 604.875.0188

Advocacy group for people with any type of disability which can assist people with federal and provincial disability applications or appeals. If cancer and/or has caused a long-term disability, this organization could be very helpful in understanding the disability system.

Nidus

<http://www.nidus.ca/> 604.408.7414, Toll Free 1.877.267.5552

A non-profit resource center to inform people about health and personal care, legal and financial affairs, and to help people understand and make arrangements for representation agreements, power of attorney, advanced directives and estate planning.

My Voice Guide

<http://www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf>

The My Voice Guide has Information and resources from the provincial government to help people plan and communicate their wishes in the event of a medical emergency.

Legal Help for British Columbians

http://wiki.clicklaw.bc.ca/index.php/Legal_Help_for_British_Columbians

Resource lists including employment, housing, debt, immigration, welfare, and other topics.

Blood Cancer Information

Blood Cancer Clips

<https://bloodcancerclips.wordpress.com>

Excellent short videos created by medical student Julia Pon.

The Aplastic Anemia & Myelodysplasia Association of Canada

www.aamac.ca/ 1.888.840.0039 or info@aamac.ca

CLL Canada

<http://cllcanada.ca/2010/index.htm>

An important CLL resource for Canadians.

CLL

www.mycllcompass.ca/

CLL Patient Advocacy Group

<http://cllpag.ca/>

A valuable patient advocacy group for new treatments. Also hosts CLL conferences every 3 years ; the largest CLL conference in the world.

International Waldenstrom's Macroglobulinemia Foundation

www.iwmf.com

Lymphoma Canada

www.lymphoma.ca/ 1.866.659.5556 or info@lymphoma.ca

Myeloma Canada

www.myelomacanada.ca 1-888 798-5771 or contact@myeloma.ca

Myeloproliferative Neoplasms

<http://mpninfo.org/mpns>

Understanding Emotional Issues of Cancer

The Emotional Facts of Life with Cancer

<https://www.capo.ca/The-Emotional-Facts-of-Life-with-Cancer> 1.416.968.0207 or support@capo.ca

The Emotional Facts of Life with Cancer by the Canadian Association of Psychosocial Oncology.

Read this booklet online or phone for a printed booklet. The goal of the booklet is to inform people of some of the issues related to cancer diagnosis and the type of counselling and support services that can be accessed. A questionnaire in the booklet gives greater understanding of the range of reactions to cancer diagnosis and to know when, how and where to access these types of support services.

Life after Cancer Treatment

http://www.grhosp.on.ca/assets/documents/life_after_cancer_treatment_en_may2013.pdf

A guide designed by the Canadian Cancer Society to help cancer survivors once cancer treatment is over.

Cancer And Work

<https://www.cancerandwork.ca/survivors/cancers-impact-on-return-to-work/emotional-psychological/>

The Emotional and psychological impact page of CancerAndWork aims to teach people about the emotional impact that cancer can have and how to handle these feelings in order to return to work.

Lymphoma Canada – Coping and Emotions

<https://www.lymphoma.ca/lymphoma/support/coping-and-emotions>

Canadian Cancer Society – Emotions and Cancer

<https://www.cancer.ca/en/cancer-information/cancer-journey/recently-diagnosed/emotions-and-cancer/?region=on>

Caregiver Information

CancerChatCanada <http://cancerchatcanada.ca/> 1.844.725.2476 or

cancerchat@desouzainstitute.com

Ask about the start date of the next online support group for caregivers.

CancerCare

https://www.cancercare.org/publications/1-caregiving_for_your_loved_one_with_cancer#!introduction

An American resource that gives caregivers helpful tips that can be searched for if they need assistance.

Carers Canada

<https://www.carerscanada.ca/>

Carers Canada aims to improve the quality of life for caregivers and offers resources to help carers through this experience.

Canadian Cancer Survivor Network

<http://survivornet.ca/learn/health-concerns-for-cancer-patients/caregivers/>

The caregivers section offers resources and videos especially for caregivers.

BC Ministry of Health Services - Caregivers: A Shared Journey

1.800.663.7867 or 604.660.2421

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors>

Family Caregivers of British Columbia

<https://www.familycaregiversbc.ca/> 250.384.0408

Book – *Help Me Live: 20 Things People with Cancer Want you to Know*, by Lori Hope

<https://www.amazon.com/Help-Me-Live-Revised-Things/dp/158761149X>

<http://lorihope.com/helpmelive/abouthelpmelive/purchase/>

An insightful book to help provide sensitive care for those living with cancer.

Clinical Trials Information

<https://clinicaltrials.gov/>

A way to get some preliminary information about whether there are clinical trials available for your situation. Please speak with your physician for additional information and the suitability of the trials for your unique situation.

<http://www.bccancer.bc.ca/our-research/participate/clinical-trials/questions>

This provides a general overview of the different parts of a clinical trial.

<http://www.canadiancancertrials.ca/>

This tool helps you find possible available clinical trials for your specific situation.

Financial Information

The financial impact of a cancer diagnosis can be overwhelming. Save receipts and keep records of travel and other expenses, as soon as possible. It can be difficult to track down all of the tax breaks, travel discounts and other information that might apply to your situation. If needed, speak with a social worker or counsellor at your cancer centre to learn more.

BC Cancer Agency – Financial Information for Cancer Patients

<http://www.bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/financial-information-websites>

This excellent overview of financial topics includes employment insurance, tax information, medical costs, transportation, accommodations, homecare, childcare etc. This is important information!

BC Cancer Agency – Non-profit Financial Support Programs

<http://www.bccancer.bc.ca/coping-and-support-site/Documents/Non-profit%20financial%20support%20programs.pdf>

A list of organizations that offer financial support for patients and their families.

Canada Revenue Agency: Medical and Disability Related Tax Information

<http://www.cra-arc.gc.ca/E/pub/tg/rc4064/README.html> 1.800.959.8281

The following link is for a more readable booklet format of tax breaks for people dealing with medical crises or long-term disabilities: <http://www.cra-arc.gc.ca/E/pub/tg/rc4064/rc4064-16e.pdf>

Travel Assistance Program 604.683-7151 (Vancouver) or 1.800.663.7100

<http://www.health.gov.bc.ca/tapbc/>

If you need to travel to non-emergency medical appointments outside of your home community by ferry, airplane, etc., see how to reduce travel expenses through this BC Ministry of Health program.

Canadian Cancer Society 1.888.939.3333

<http://www.cancer.ca/en/support-and-services/support-services/financial-help-bc/?region=bc>

The Canadian Cancer Society's Financial Support Program offers limited, short-term financial support towards accommodation at our lodges and transportation and partner with BCCA to establish eligibility for a Symptom Management Drug Program.

Medication Access and Coverage

Drug Coverage BC

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage>

Other Cancer Resources – Canada

CancerChatCanada

<http://cancerchatcanada.ca/> 1.844.725.2476 or cancerchat@desouzainstitute.com

Find a patients or caregiver online support group suited for you.

Canadian Partnership Against Cancer

<https://www.partnershipagainstcancer.ca/browse-topics/>

A service linking Canadians to cancer information.

Look Good Feel Better

<http://lgfb.ca/en/> - 1-800-914-5665 or info@lgfb.ca

This organization demonstrates skin care techniques, cosmetic application and wig/scarf use to help women manage the appearance-related side effects of cancer and its treatment. Two-hour workshops are delivered in 100 cancer treatment centres across Canada and welcome 10 women (accompanied by a family member or guest if they wish) to participate.

Online Resources

Lotsa Helping Hands

www.lotsahelpinghands.com

This is a volunteer coordination website suitable for families who are busy, under stress, and in need of a simple method to inform their friends/family how they could help with some of their daily routines of cooking, laundry, appointment driving, child care, etc. It is a quick and efficient way to receive the help you need without a lot of phone call coordination.

International Cancer Information Service Group

<https://icisg.org/resources/other-languages/>

This is a comprehensive professional website for cancer information specialists, and on this link is a listing of multi-lingual cancer information from around the world.

Fertility

Oncofertility Referral Network

<https://cancerkn.com/oncofertility-referral-network/>

Links patients, physicians, and fertility clinics and provides fertility options for young cancer patients.

Government of Canada

<https://www.canada.ca/en/public-health/services/fertility/cancer-fertility.html>

Learn more about cancer and fertility.

Fertile Future

www.fertilefuture.ca 1.613.440.3302

This is a Canadian website with valuable information regarding fertility issues and options for men and women diagnosed with cancer. Check their services and assistance with costs related to fertility services.

BC Cancer – Fertility Preservation Resources

<http://www.bccancer.bc.ca/coping-and-support-site/Documents/Fertility%20Preservation%20Resources%20for%20Cancer%20Patients.pdf>

Young Adults

- Please note that there is a more complete **Adolescent and Young Adult (AYA) Resource Guide** available. Contact elaine.webb@lls.org or 604.733.2873 ext. 5198 to receive a copy.

YAconnect: Young Adults Living with Leukemia, Lymphoma and Myeloma (LLS) 1.800.955.4572

<http://www.lls.org/childhood-blood-cancer/about-childhood-blood-cancer/teens-and-young-adults>

A chat group for young adults (age 18-39) to discuss any issue related to living with a blood cancer: a new diagnosis, treatment decisions, relapse, treatment side effects, emotional toll, fatigue, interpersonal relationships, clinical trials, living with uncertainty and other survivorship issues.



Young Adult Cancer Network

www.callanish.org 604.732.0633 or info@callanish.org

A BC young adult group which meets at Callanish Society.

Young Adult Cancer Canada 1.877.571.7325 or connect@youngadulthoodcancer.ca

<http://www.youngadulthoodcancer.ca/our-programs/we-get-it/#Independence>

A Canadian organization for young adults affected by any type of cancer. They offer information, retreats, workshops, support during treatment, goal-setting strategies for life after treatment and connection to other young adults. Definitely worth checking out!

Chasing Rainbows

www.chasingrainbowsproduction.com

A BC documentary film about the experience of young people diagnosed with cancer.

Stupid Cancer

<http://stupidcancer.org>

Cancer Knowledge Network – Young Adults

<https://cancerkn.com/category/living-with-cancer/young-adults-living-with-cancer/>

Livingoutloud.life

<https://livingoutloud.life/>

A space in which young adults and teens share their stories about living with advanced illness.

Explaining Cancer to Children

Facts 4 Teens Website

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/facts-4-teens#Questions>

Provides answers to questions teens may have about their family member's cancer diagnosis.

The Children's Club

Contact your nearest **BC Cancer Agency** location to inquire whether their Patient and Family Counselling Department has a Children's Club scheduled.

Start the Talk

<https://startthetalk.ca/>

This website is for "educators and health professionals" to support children when a family member has cancer. However, the information is excellent for any adult explain cancer concepts to children.

Kids Get Blood Cancers, Too

<https://www.llscanada.org/kids-get-blood-cancers-too>

Childhood Cancer Family Support

<http://ccfsupport.com/resources/>

Childhood Cancer Family Support offers different resources – from facts to literature – to help families of children who have been diagnosed with cancer.

Books

When a Parent is Sick: Helping Parents Explain Serious Illness to Children: Joan Hamilton
[When A Parent is Sick by Joan Hamilton - indigo.ca](#)

When a Parent has Cancer: A Guide to Caring for your Children: Wendy Schlessel Harpham, MD
<https://www.amazon.com/When-Parent-Has-Cancer-Children/dp/0060740817>

How to Help Children through a Parent's Serious Illness. Kathleen McCue
<https://www.amazon.com/Children-Through-Parents-Serious-Illness/dp/B0044KN0TK>

In Mommy's Garden: A Book to Explain Cancer to Young Children. Neyal J. Ammary CancerCare
1.800.813.4673 www.cancercare.org

Spider-Mable vs. Leukemia. Leukemia & Lymphoma Society of Canada
<https://www.llscanada.org/sites/default/files/National/CANADA/Pdf/InfoBooklets/Spider-Mable%20activity%20book%20for%20Web.pdf>

Zoe and Leukemia. Sarah-Eve Philippe-Beauchamp
<https://www.llscanada.org/sites/default/files/National/CANADA/Pdf/InfoBooklets/2018%20Mission%20Pediatric%20Zoe%20Photobook%20FINAL.pdf>

Fatigue

HealthLinkBC – Cancer: Home Treatment for Fatigue

<https://www.healthlinkbc.ca/health-topics/tv4154spec>

Cancer And Work

<https://www.cancerandwork.ca/survivors/cancers-impact-on-return-to-work/effects-fatigue/>

CancerAndWork offers interactive tools to help patients track their fatigue and how it is affecting them.

Private practice website of Dr. Mike Evans with information, with an engaging video and interactive tool on how to address cancer fatigue.

<http://www.evanshealthlab.com/cancer-fatigue/>

Cancer Survivorship Information

Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus

Daniel Silverman and Idelle Davidson

<http://www.amazon.com/Your-Brain-after-Chemo-Practical/dp/0738212598>

Cancervive

<http://cancervive.org.uk/>

Canadian Cancer Survivorship Information

<https://survivomet.ca/>

The Canadian Cancer Survivor Network offers various resources – like blogs, e-letters and seminars – to cancer survivors across Canada.

Nutrition and Fitness Information

Meals on Wheels

<http://mealcall.org/canada/cities/?state=BC>

This hot meal delivery program is available to seniors or to those requiring temporary assistance during illness. Different regions have some variation in services and costs of the program.

Better Meals

www.bettermeals.ca 604.299.1877 or 1.888.838.1888

If food preparation is a problem, this BC company may be worth checking out available from Mid-Vancouver Island to Victoria area and from the Okanagan to Vancouver area.

Cancer Nutrition Info

www.cancernutrition.com/

Food, Nutrition, Physical Activity, and the Prevention of Cancer

www.dietandcancerreport.org/

Resources for exercise support:

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/exercise-support>

Resources for nutrition support:

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/nutrition-support>

Cannabis

HealthLinkBC Medical Cannabis

<https://www.healthlinkbc.ca/medications/medical-cannabis>

HealthLinkBC touches on the basics of cannabis, such as what it is, how it can be used, and the risks of medical cannabis.

Canadian Cancer Society

<http://www.cancer.ca/en/cancer-information/diagnosis-and-treatment/complementary-therapies/medical-cannabis-and-cannabinoids/?region=bc>

The Canadian Cancer Society's website offers information regarding how cannabis and cannabinoids can be used for medical purposes, and how these substances can help with both symptoms and side effects of cancer treatment.

National Cancer Institute

<https://www.cancer.gov/about-cancer/treatment/cam/patient/cannabis-pdq>

This website offers a patient version of the effects of Cannabis and Cannabinoids and provides answers to frequently asked questions regarding these.

Pain BC

<https://www.painbc.ca/health-professionals/webinars/cannabis-question-culture-science>

This is a webinar held by clinical pharmacist Terri Betts in which she touches on how cannabis can be prescribed to deal with chronic pain and addresses other known pharmacology, such as the effects and the evidence behind dosing.

Palliative Care and Grief Resources

Canadian Virtual Hospice

www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

This website has a wealth of information and access to professionals to answer questions related to comfort care in advanced illness and end of life. Practical information, spiritual care, symptom management, decision making, nutrition, communication and other concerns are addressed by this service.

MyGrief.ca

www.MyGrief.ca

An online resource for grieving adults launched by the Canadian Virtual Hospice in 2016. MyGrief.ca helps you to understand and work through your grief because losing someone is hard.

KidsGrief.ca

www.kidsgrief.ca

A free online resource to provide guidance to parents on how to support children who are grieving the dying or death of someone in their life. It equips parents with the words and confidence to help their children grieve losses in healthy ways. Launched in November 2017.

British Columbia Hospice Palliative Care Association

<http://www.hospicebc.org/> 604.267.7024

An association dedicated to the provision of quality end-of-life care for British Columbians. It is a good place to find local information and resources.

The BC Bereavement Helpline

contact@bcbh.ca 604.738.9950 or 1.877.779.2223

Trained personnel are available to assist bereaved callers with understanding responses to loss and to inform them of community resources, as appropriate.

BC Children's Hospital – Grief and Loss

<http://www.bcchildrens.ca/health-info/coping-support/grief-loss>

This site offers various resources for children and parents.

Lower Mainland Grief Recovery Society

<http://lmgr.ca/>

A non-for-profit organization that offers programs for those who have experienced a loss. Also offers resources that fit different situations.

Living through Loss

<https://livingthroughloss.ca/resources/> 604.873.5013 or info@livingthroughloss.ca

Living through Loss is part of the Counselling Society of BC, and they offer resources and support groups for people going through difficult times.

Health Information – Canadian Government

MedEffect Canada

www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php 1.866.225.0709

Health Canada gives Canadians access to information regarding safety of drug products and health supplements and tracks data regarding adverse reactions to medications. Patients themselves can also report any adverse reactions to medications.

Public Health Agency of Canada

www.phac-aspc.gc.ca

Cancer Organizations – Canada

Canadian Partnership Against Cancer

www.partnershipagainstcancer.ca 1.877.360.1665

This website is the place to start if you want to know about cancer care in Canada.

CAREX Canada

www.carexcanada.ca 778.782.3433

Researchers at UBC have posted information regarding known and suspected carcinogens. Their mission is the “surveillance of environmental & occupational exposures for cancer prevention.”

Campaign to Control Cancer (C2CC)

www.controlcancer.ca

Canadian Cancer Action Network
www.ccanceraction.ca info@canceraction.ca

Canadian Association of Psychosocial Oncology
<http://www.capo.ca/>

Canadian Association of Provincial Cancer Agencies
www.capca.ca

Canadian Association of Nurses in Oncology 604.874.4322
<http://www.cano-acio.ca/>

Canadian Blood and Marrow Transplant Group 604.874.4944
<https://www.cbmtg.org/>

Canadian Cancer Survivor Network
<http://survivornet.ca/en/>



**303-1401 West Broadway, Vancouver, BC V6H 1H6
| 604.733.2873 | 1.866.547.5433 |**