



British Columbia Blood Cancer Resource Guide

Update: August 2010



The mission of The Leukemia & Lymphoma Society of Canada is to 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 affected by blood cancers (patients, family or other 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 welcomed.

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, please let others know what you need! This includes family members, as most organizations provide services for patients and their immediate family.

If during your search for services, you cannot find what you need, please inform staff about the need anyway. 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 in my own words, based on my 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.

With sincere best wishes,

Sharon Paulse RSW, CCLS
Patient Services Manager

The Leukemia & Lymphoma Society of Canada, BC/Yukon Region
310-1682 West 7th Ave. Vancouver, BC V6J 4S6 *email me if you need an electronic copy of this guide
604.733.2873 extension 30 (Toll-free 1.866.547.5433) sharon.paulse@lls.org

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The Leukemia & Lymphoma Society of Canada (LLSC)

www.LLS.org/wes 604.733.2873 extension 30 (Toll-free 1.866.547.5433)

Patient Services Programs include:

- Comprehensive **Printed Materials** regarding the various blood cancers, their treatments and related topics; see next pages for partial listing. Additional materials are available including topics regarding children with cancer.
- In-person **Education Programs** for patients/family members and for healthcare professionals. **Telephone Education Sessions** (upcoming schedules and archives on website)
- **First Connection**. A peer mentor support program, connecting people who are newly-diagnosed or having a new treatment with someone who has faced a similar situation. Also for family members or other caregivers.
- **Family Support Groups**. In-person, telephone or online support groups to share information and support with others affected by blood cancer. Online support groups or chat groups <http://LLS.org/onlinesupport>
- Advocacy and partnership with other groups, working toward improved cancer care.
- **Information Resource Centre. 1.800.955.4572**, a phone line based at our USA affiliate which 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.
- **TrialCheck®**. An online service for finding clinical trial information for blood cancer. <http://www.trialcheck.org/cancertrials/help/membership.aspx?memid=4255>

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 local and international information and events:

- **Local:** To receive electronic newsletters about activities in the BC/Yukon Region, click on **Chapter Report** (or for those reading a paper version of this guide, contact our office to have the link emailed to you).
- **International:** Electronic newsletters with disease and treatment updates are accessed on the www.LLS.org/wes homepage, in the bottom, right hand corner.

Disease Information Booklets

Understanding Leukemia

http://www.leukemia-lymphoma.org/attachments/National/br_1172501426.pdf



Acute Lymphocytic Leukemia (ALL)

http://www.leukemia-lymphoma.org/attachments/National/br_1209387080.pdf



Acute Lymphocytic Leukemia: A Guide for Patients and Families

http://www.leukemia-lymphoma.org/attachments/National/br_1208873736.pdf



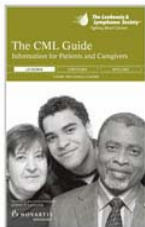
Chronic Myelogenous Leukemia (CML)

http://www.leukemia-lymphoma.org/attachments/National/br_1255378803.pdf



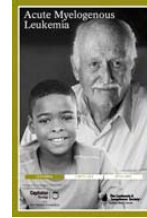
Chronic Myelogenous Leukemia: A Guide for Patients and Families

http://www.leukemia-lymphoma.org/attachments/National/br_1249307735.pdf



Acute Myeloid Leukemia (AML)

http://www.leukemia-lymphoma.org/attachments/National/br_1272904739.pdf



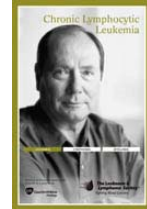
Acute Myeloid Leukemia: A Guide for Patients and Families

http://www.leukemia-lymphoma.org/attachments/National/br_1212758579.pdf



Chronic Lymphocytic Leukemia (CLL)

http://www.leukemia-lymphoma.org/attachments/National/br_1251488373.pdf



Chronic Lymphocytic Leukemia: A Guide for Patients and Families

http://www.leukemia-lymphoma.org/attachments/National/br_1247151099.pdf



Myelodysplastic Syndromes

http://www.leukemia-lymphoma.org/attachments/National/br_1218469496.pdf



Myeloma

http://www.leukemia-lymphoma.org/attachments/National/br_1255378614.pdf



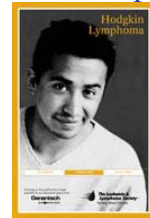
Myeloma: A Guide for Patients and Families

http://www.leukemia-lymphoma.org/attachments/National/br_1243956734.pdf



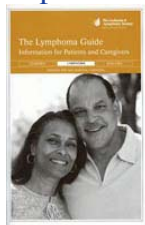
Hodgkin Lymphoma

http://www.leukemia-lymphoma.org/attachments/National/br_1255379758.pdf



Lymphoma: A Guide for Patients and Families

http://www.leukemia-lymphoma.org/attachments/National/br_1245695068.pdf



Non-Hodgkin Lymphoma

http://www.leukemia-lymphoma.org/attachments/National/br_1255377088.pdf



Treatment Booklets

Understanding Drug Therapy and Managing Side Effects

http://www.leukemia-lymphoma.org/attachments/National/br_1264707261.pdf

Blood Transfusion

http://www.leukemia-lymphoma.org/attachments/National/br_1144786293.pdf

Blood and Marrow Stem Cell Transplantation

http://www.leukemia-lymphoma.org/attachments/National/br_1203086953.pdf

Understanding Clinical Trials for Blood Cancer

http://www.leukemia-lymphoma.org/attachments/National/br_1162487596.pdf

Understanding Lab and Imaging Tests

http://www.leukemia-lymphoma.org/attachments/National/br_1216925469.pdf

Support Booklet: Each New Day

http://www.leukemia-lymphoma.org/attachments/National/br_1231879984.pdf

Fact Sheets

Cord Blood Stem Cell Transplantation

http://www.leukemia-lymphoma.org/attachments/National/br_1208891905.pdf

Cancer-Related Fatigue Facts

http://www.leukemia-lymphoma.org/attachments/National/br_1248707407.pdf

Mantle Cell Lymphoma

http://www.leukemia-lymphoma.org/attachments/National/br_1172589724.pdf

Cutaneous T Cell Lymphoma

http://www.leukemia-lymphoma.org/attachments/National/br_1163608564.pdf

Integrative Medicine & Complementary and Alternative Therapies

http://www.leukemia-lymphoma.org/attachments/National/br_1255354043.pdf

Immunotherapy

http://www.leukemia-lymphoma.org/attachments/National/br_1255708961.pdf

Angiogenesis

http://www.leukemia-lymphoma.org/attachments/National/br_1098117747.pdf

Essential or Primary Thrombocythemia

http://www.leukemia-lymphoma.org/attachments/National/br_1178803674.pdf

Polycythemia Vera

http://www.leukemia-lymphoma.org/attachments/National/br_1178803767.pdf

Idiopathic Myelofibrosis

http://www.leukemia-lymphoma.org/attachments/National/br_1190656475.pdf

Chronic Myelomonocytic Leukemia (CMML) and (JMML)

http://www.leukemia-lymphoma.org/attachments/National/br_1230046533.pdf

Pain Management

http://www.leukemia-lymphoma.org/attachments/National/br_1233590224.pdf

Waldenstrom Macroglobulinemia

http://www.leukemia-lymphoma.org/attachments/National/br_1222440267.pdf

Hairy Cell Leukemia

http://www.leukemia-lymphoma.org/attachments/National/br_1178803535.pdf

Long-Term and Late Effects of Treatment in Adults

http://www.leukemia-lymphoma.org/attachments/National/br_1219931278.pdf

Fertility

http://www.leukemia-lymphoma.org/attachments/National/br_1192020700.pdf

Food & Nutrition

http://www.leukemia-lymphoma.org/attachments/National/br_1208892066.pdf

Sexuality & Intimacy

http://www.leukemia-lymphoma.org/attachments/National/br_1253042774.pdf

Lymphatic System Diagram



*(Additional topics and pediatric materials/ resources are also available.)

The BC Cancer Agency (BCCA)

www.bccancer.bc.ca Check about the services in your region on the BCCA website.

The BC Cancer Agency is the overall cancer treatment agency in BC and the Yukon. In addition to the physicians, nurses and technicians who are on the front-lines of cancer treatment, there are many others on the healthcare team who can assist you with information and support. **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 etc.

Online Support Groups are available, phone 1.800.663.3333 ext 4966 to find a group suited for you.

Return to Work Information and Counselling

<http://www.bccancer.bc.ca/PPI/copingwithcancer/emotional/Work+Related+Issues.htm>

The **BCCA website** is an excellent source of information about coping with cancer, education events, research, treatment, clinical trials, etc. There are many excellent brochures which can be downloaded including a **Resource Guide written in Chinese**.
http://www.bccancer.bc.ca/NR/rdonlyres/7CCFB161-512A-4F12-9788-0532912516F2/25157/BCCA_ResourceGuideforChinesePtAug607FINALVersionFu.pdf

CAMEO - Complementary Medicine Education & Outcomes Program

The goal of this service is to evaluate complementary and alternative medicine research and to help people make informed decisions about options in cancer care.
<http://www.bccancer.bc.ca/RES/ResearchPrograms/cameo/default.htm>

Rix Family Library

604.675.8001 toll free 1.888.675.8000 ext 8001 675 W. 10th Ave, Main Floor Vancouver

BC Cancer Agency has patient education materials in various locations and a full library in Vancouver. Librarians can help you find printed materials and websites.

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

<http://www.bccancer.bc.ca/RES/ResearchPrograms/LymphoidCancers/default.htm>

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 their 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.

Every April, the CLC team hosts a lymphoid cancer education day geared for patients and families. It is well attended and very informative. To receive notification of this education day and other CLC activities, email clc@bccancer.bc.ca and request the electronic newsletter.

Leukemia/BMT Program of BC – Vancouver General Hospital

www.leukemiabmtprogram.com 604.877.6000

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 which 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, volunteer drivers for medical appointments, emergency financial aid, 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. Cancer Information Specialists are available to answer questions and direct you to services in the community.

Blood Cancer Support Groups in BC

General Blood Cancer Support Group (Surrey)

2nd Wednesday of each month 7:00-8:30 pm 604.733.2873 ext 30

Contact: Sharon Paulse, Patient Services Manager, LLSC

Leukemia and Myelodysplastic Syndrome Support Group (Vancouver)

4th Saturday of each month 10:30 am - noon 604.733.2873 ext 30

Contact: Sharon Paulse, Patient Services Manager, LLSC

Lymphoma Networking/Support Group (Vancouver)

2nd Wednesday of each month from 10:30 am- noon. 604.877.6000 local 2194

Offered at BC Cancer Agency, in the John Jambor Room. 600 West 10th Ave

Lymphoma/Leukemia Support Group (Victoria)

1st Thursday of each month, 7-9pm at Begbie Hall, 2101 Richmond Rd.

Contact: Glyn Williams 250.598.8166 Glyn_Williams@telus.net

Myeloma Vancouver

<http://www.myelomavancouver.ca/> Contact: Francesca Plaster 604.468.0184

Vancouver Island Multiple Myeloma Support Group (Victoria)

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

Contacts: Donna Dickenson 250.656.9362 or Lillian Barton 250.743.2693

The North Island Multiple Myeloma Support Group (Campbell River)

Contact: Linda Latham 250.286.1955

Waldenstrom's Macroglobulinemia Foundation of Canada

dennischarlene.kornaga@shaw.ca

Canadian Blood Services and One Match

<http://www.bloodservices.ca/> and <http://www.onematch.ca/> 1.888.236.6283

Please encourage friends, family and associates to donate blood at Canadian Blood Services, and register on One Match, the stem cell registry, if eligible.

The Bruce Denniston Bone Marrow Society

<http://www.dennistonsociety.org/> 1.877.485.8488

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

Holistic Health Cancer Services

InspireHealth (Vancouver)

<http://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, covered by BC Medical Plan, and a variety of services including naturopathy, acupuncture, massage, nutrition classes, yoga etc. These additional services have fees attached to them. For those who are interested in pursuing integrative medicine approaches, you may wish to pay for their in-depth 2 day seminars or if finances are a barrier, ask about their bursary program for this workshop.

Callanish Healing Retreats Society (Vancouver)

<http://www.callanish.org/> 604.732.0633

Callanish is a registered charity, located in the Kitsilano area of Vancouver and serves cancer patients. 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.

The Vancouver Friends For Life Society (Vancouver)

<http://www.friendsforlife.ca/> 604.682.5992

Located in the West End of Vancouver, Friends for Life serves people affected by life-threatening illness offering a variety of complementary and alternative services.

Helpful Tips for Newly-Diagnosed

Getting Quality Patient Care: What you can do, what you should know

http://www.partnershipagainstcancer.ca/sites/default/files/Quality_care_English.pdf

A Survivor's Compass

<http://www.cancerconsultants.com/a-survivor%e2%80%99s-compass/>

Sample questions to ask at medical appointments

<http://www.cancersurvivors.org/Resources/questions.htm>

BC Resources

HealthLink BC

<http://www.healthlinkbc.ca/kbaltindex.asp> 811

A 24 hour a day phone access to a dietitian, nurse, or pharmacist by simply dialing 811. There is access to dietitians who specialize in cancer nutrition information. Translators in over 130 languages can be accessed by this service.

Enquiry BC

EnquiryBC@gov.bc.ca 1.800.663.7867 604.660.2421 (Vancouver)

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

Positive Coping with Health Conditions: A Self-Care Workbook

<http://www.comh.ca/pchc/> 778.782.7671

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

Advance Care Planning – Fraser Health Authority

http://www.fraserhealth.ca/your_care/planning_for_your_care/workbook 1.877.825.5034

Advance care planning is about communicating your wishes about the medical interventions that you would want, in the event that you could not speak for yourself. Knowing your wishes in the event of a health care crisis can be reassuring for all. These Advance Care Planning materials are well-produced and staff can be consulted.

BC Coalition of People with Disabilities

<http://www.bccpd.bc.ca/> 604.875.0188

This group advocates for people with any type of disability in BC. One of their services is to help people complete federal and provincial disability applications or appeals. If cancer or its treatment has caused a permanent disability, this service could be very helpful in finding out how the disability system works and how to access it.

Blood Cancer Information

The Aplastic Anemia & Myelodysplasia Association of Canada

(Also paroxysmal nocturnal hemoglobinuria, PNH)

<http://www.aamac.ca/> 1.888.840.0039 or info@aamac.ca

CLL

<http://clltopics.org>

CML Society

<http://www.cmlsociety.org/> 1.866.912.7575

International Waldenstrom's Macroglobulinemia Foundation

<http://www.iwmf.com>

Lymphoma Foundation Canada

<http://www.lymphoma.ca/> 1.866.659.5556

Myeloma Canada

<http://www.myelomacanada.ca/default.aspx> 514.570.9769

Myeloproliferative Disorders

<http://www.mpdinfo.org/index.html>

Understanding Emotional Issues of Cancer

The Emotional Facts of Life with Cancer

<http://www.capo.ca/eng/docs/bookletREVISED.pdf> 1.416.968.0207

The Emotional Facts of Life with Cancer booklet was produced 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.

Clinical Trials Information

TrialCheck® <http://www.trialcheck.org/cancertrialshelp/membership.aspx?memid=4255>

Or The Leukemia & Lymphoma Society Information Resource Centre 1.800.955.4572

The above methods are two ways 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.

Caregiver Information

If you are providing assistance to someone with a blood cancer, inquire about caregiver services at each of the agencies you encounter to learn what can be done to support everyone, including yourself. BCCA agency now offers an online support group exclusively for caregivers.

BC Ministry of Health Services. Caregivers: A Shared Journey

<http://www.health.gov.bc.ca/caregivingjourney/> 1.800.663.7867 or 604.660.2421

This new website provides information about services for caregivers. If you do not have access to a computer, you can contact Enquiry BC at 1.800.663.7867 or 604.660.2421.

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

This book offer insight into the experience of cancer and common challenges to help supporters provide sensitive care.

Financial Information and Resources

BC Cancer Agency –Financial Information for Cancer Patients

<http://www.bccancer.bc.ca/PPI/copingwithcancer/practical/financial.htm>

Financial aid information is available on this website link or you can request a printed copy from your regional treatment centre. Topics include tax information, medical costs, accommodations, homecare, childcare etc. Very important information!

Travel Assistance Program

http://www.health.gov.bc.ca/msp/mtapp/tap_patient.html

If you need to travel to non-emergency medical appointments outside of your home community, by ferry, airplane etc., check to see if some of your travel expenses can be reduced through this BC Ministry of Health program.

Canadian Cancer Society

www.cancer.ca 1.888.939.3333

The Emergency Financial Aid program has an application process for people requiring short-term financial aid for expenses related to transportation to medical appointments, accommodations or symptom management medications.

Drug Coverage

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

A guide to provincial coverage of various medications. If some medications are not covered, inquire as to whether the pharmaceutical companies have a compassionate access program for which you could be eligible.

Other Cancer Resources – Canada

Look Good...Feel Better

www.lgfb.ca

This organization demonstrates skin care techniques, cosmetic application and wig/scarf-use to enhance the natural beauty of women and adolescents affected by cancer. These group gatherings are upbeat and are offered in various locations.

CancerChatCanada

Online Support Groups for patient or caregivers are available, phone 1.800.663.3333 ext 4966 to find a group suited for you.

Cancer View Canada

<http://www.cancerview.ca/portal/server.pt?open=512&objID=448&mode=2>

A service for linking Canadians to cancer information and services.

Living Well with Cancer

<http://www.livingwellwithcancer.com/>

Empower the Patient

<http://www.empowerthepatient.com/>

Princess Margaret Hospital

<http://caringvoices.ca/en/>

Online Resources

Lotsa Helping Hands

<http://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, childcare etc. One person who acts a “volunteer coordinator” puts the information into the website, so that others who want to know “how they can help” can log in and sign up for tasks. Reminders are sent to people who have signed up for an activity. It is a quick, efficient way to receive the help that you need without a lot of phone call coordination.

CarePages

<http://www.caringbridge.org/>

Caring Bridge

<http://www.carepages.com/>

These online services provide templates for posting photos and text updates. It is great way to provide updated information and stay connected to people, when and how you want, especially if you are undergoing treatment. One or the other service may fit your needs to share your story with those who you would want to give the pass-code to your personal site.

ACOR – Association of Cancer Online Resources

<http://www.acor.org/>

Cancer information and chat rooms to ask questions or connect with others. Archived information and suggestions for dealing with many aspects of cancer care, for example, tips for reducing a side-effect, swallowing medications, etc.

Fertility

Fertile Hope

<http://www.fertilehope.org/>

This website is dedicated to informing people of the fertility issues and options related to cancer and cancer treatment. Essential information, depending on your age and life goals.

Pacific Centre for Reproductive Medicine

<http://www.pacificfertility.ca/> 604.422.7276 or toll free 1.866.481.7276

Genesis Fertility Centre

<http://www.genesis-fertility.com/> Beth Taylor, MD, btaylor@genesis-fertility.com

Young Adults

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

Tuesdays from 5:50-7:30 PT [Register Now](#)



This chat group is for young adults (ages 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

<http://www.callanish.org/>

A BC young adult group which meets at Callanish Society.

Young Adult Cancer Canada

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

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 through CancerGoaltender.ca. Definitely worth checking out!

Chasing Rainbows

<http://www.chasingrainbowsproduction.com/>

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

Vital Options International

<http://www.vitaloptions.org/youngadultswithcancer.html>

This organization is based in the USA, but they have access to all information and other organizations dedicated to young adults with cancer.

I'm Too Young For This!

<http://www.imtooyoungforthis.org/>

Planet Cancer

<http://www.planetcancer.com/>

Young Cancer Spouses

<http://www.youngcancerspouses.org/>

Recognizing the needs of spouses of young adults with cancer. Practical tips and connections with others who are caring for themselves, while caring for others.

Explaining Cancer to Children

My Anything But Ordinary Cancer Journey

<http://www.cancerinmyfamily.ca/#/landing-page>

A new **BC Cancer Agency** interactive website for children to explore and address questions and feelings related to having a parent or other family member diagnosed with cancer.

The Children's Club

Contact your nearest **BC Cancer Agency** location to inquire if their Patient and Family Counselling Department has a Children's Club scheduled. BCCA has a book for ages 6-12 called *Time for Me: An activity books for kids when someone in the family has cancer*. Another book to order through BCCA is *Reaching out to Your Children When Cancer Comes to Your Family*.

Kids Konnected

<http://www.kidskonnected.org/>

This website offers a list of information and tips for children who have experienced a cancer diagnosis of a parent.

Books:

When a Parent is Sick: Helping Parents Explain Serious Illness to Children. Joan Hamilton (Contact Sharon Paulse if you would like to have a copy of this book.)

When a Parent has Cancer: A Guide to Caring for your Children.
Wendy Schlessel Harpham, MD

How to Help Children through a Parent's Serious Illness. Kathleen McCue

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

Cancer Survivorship Information

Picking Up the Pieces

Sherri Magee and Kathy Scalzo: Raincoast Books
<http://www.pickingupthepiecescancer.com/>

This is a BC book which has become a very well respected resource for helping people understand the experiences of people following cancer treatment.

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://www.cancervive.org/>

An organization dedicated to the experience of people following cancer treatment. Online resources, books, and DVDs to learn how others have found meaning and purpose in the “new normal” of life after cancer.

Livestrong- Lance Armstrong Foundation

<http://www.livestrong.org/>

An organization dedicated to enhance strength, power and attitudes of people affected by cancer. A lot of printed information and resources on the topic of life after cancer.

Nutrition and Fitness Information

Meals on Wheels

<http://www.mealcall.org/canada/british-columbia/index.htm>

This long established 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

<http://www.bettermeals.com> 1.888.838.1888

If food preparation is a problem, this BC company may be worth checking out. There is a \$20.00 minimum purchase for food delivery, but there are no contracts needed. This is a “for profit business” with soup, entrée and dessert for approx \$6.00. The delivery schedule is once a week in freezer ready containers. Available from Mid-Vancouver Island to Victoria area and from the Okanagan to Vancouver area.

Cancer Nutrition Info

<http://www.cancernutrition.com/>

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

<http://www.dietandcancerreport.org/>

Fitness and Cancer Information

http://www.uofaweb.ualberta.ca/physedandrec_2007/pdfs/exforhealthguidebook.pdf

Fitness for people with cancer is becoming a specialty area and there is now some research becoming available, especially related to breast cancer. This Guide Book was written for breast cancer patients but may be of interest. As with any exercise program, please consult your doctor to ensure that your fitness plans are appropriate for your situation. Find exercise programs and fitness specialists who are familiar with cancer care.

Palliative Care and Grief Resources

Canadian Virtual Hospice

http://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.

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

bcbh@telus.net 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.

Health Information –Canadian Government

MedEffect Canada

<http://www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php> 1.866.234.2345

This Health Canada website is designed to give Canadians access to information regarding safety of drug products and health supplements. Health Canada wants to ensure that they have all data regarding adverse reactions to medications. Please be aware that you can report any adverse reactions to medications to the phone number listed above. Advisories and recalls are also listed on this website.

Canadian Health Network

<http://www.canadian-health-network.ca/>

A comprehensive website with information about general health information and specific illnesses.

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/>

Another federal government website with health information and updates. Search for topics of interest. You can also sign up for monthly electronic newsletters.

Cancer Organizations – Canada

Canadian Partnership Against Cancer

<http://www.partnershipagaincancer.ca/> 1.416.915.9222

This website is the place to start if you are wanting to know what is happening in cancer care in Canada. It includes reports, details of projects, conferences and links to partners across Canada.

CAREX Canada

<http://www.carexcanada.ca/> 604.822.0837

This group of researchers at the School of Environmental Health at UBC has posted information regarding known and suspected carcinogens. Their mission is the “surveillance of environmental & occupational exposures for cancer prevention.”

Campaign to Control Cancer (C2CC)

<http://www.controlcancer.ca/> 1.514.481.7408. ext 228

If you want to know how you can get involved in Canadian cancer control advocacy efforts at the local or national level, contact the Campaign to Control Cancer to see what you can do.

Canadian Cancer Action Network

www.canceraction.ca 1.866.378.1986

Cancer Advocacy Coalition

<http://www.canceradvocacy.ca/newsarchives.html> 1.877.472.3436

Canadian Association of Psychosocial Oncology

<http://www.capo.ca/eng/index.asp>

Professional multi-disciplinary organization of health professionals who focus on the psychosocial issues in oncology. (Listed earlier in this guide for their publication, *The Emotional Facts of Life with Cancer*.)

Canadian Association of Provincial Cancer Agencies

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

Canadian Association of Nurses in Oncology

<http://www.cano-acio.org/>

Canadian Blood and Marrow Transplant Group

<http://www.cbmtg.org/home/>