

First Nations Cancer Survivorship Care Plan



BC Cancer Agency
CARE + RESEARCH

An agency of the Provincial Health Services Authority



northern health
the northern way of caring

First Nations Cancer Survivorship Care Plan

This plan is prepared for:

[Patient name]

on:

[Today's date]

by:

[Name of overseeing HCP]

[Contact information]



a place of mind



Acknowledgments:

This care plan was created for First Nation cancer survivors living in rural and remote communities in northern British Columbia. The purpose of this care plan is to provide information to survivors and improve communication between health care professionals and patients. This care plan does not substitute health care services or advice provided by professionals.

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Disclaimer

The views expressed in this publication do not necessarily represent the views of the Public Health Agency of Canada.

This care plan links to third-party information. As of April 13 2012, all links to other websites are correct. It cannot be guaranteed that links to external sites will work at all times.

The pictures used in this care plan were taken in Northern First Nation communities in Canada; the cover page is a picture of Takla Lake, British Columbia.

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+ Indicates words defined in the Glossary at the end of this care plan

Part 1: Medical & Treatment History

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MY PATIENT INFORMATION

MY HEALTH CARE TEAM

MY TREATMENT HISTORY

Surgery

Systemic Therapy (Chemotherapy, hormonal therapy, or targeted therapy)

Radiation Therapy

Radiation Site

Traditional Medicine Therapies

Part 1: Medical & Treatment History

You and your health care team should fill out this section together. Keep a copy to help you and your team to ensure you are well looked after. **Health care professionals should copy pages 3-5 for their records.**

My Patient Information

Name:	DOB:	
PHN:	Phone:	
Status Card Number:		
Cancer Diagnosis:		
Centre(s) that treated:		
Date of diagnosis:	Age at diagnosis:	
Have you filled out a health care directive: <input type="checkbox"/> Yes <input type="checkbox"/> No		
If yes, where is it kept?		
Disease status at the end of treatment: (check all that apply)		Next of Kin:
<input type="checkbox"/> All evidence of disease was gone		Emergency Contact Information:
<input type="checkbox"/> Possible recurrence based on Imaging		Name:
<input type="checkbox"/> Evidence of persistent/recurrent disease ⁺		Phone Number:
		Address:

My Health Care Team

	Name	Phone Number
Family Physician		
Community Health Representative		
Primary Nurse Contact		
Aboriginal Patient Liaison		
Aboriginal Cancer Care Coordinator		
Traditional Healer		
GP- Oncology (GPO)		
Radiation Oncologist		
Medical Oncologist		
General Surgeon		
Pharmacist		
Dietitian		
Psychologist		
Physiotherapist		
Occupational Therapist		
Massage Therapist		
Counsellor (i.e. mental health)		
Social/Support Worker		
Advocate		
Interpreter		

My Treatment HistoryTreatment was: Intent to cure Palliative**Surgery**

Date (yyyy/mm/dd)

Systemic Therapy (Chemotherapy, hormonal therapy⁺, or targeted therapy)Pre-operative treatment: Yes NoPost-operative treatment: Yes NoTreatment on clinical trials: Yes No If yes, name(s):

BCCA Chemotherapy protocol(s):

Dose Delays Yes NoDid you receive hormonal therapy? Yes No If yes, which one(s): [drug name] Start date: (yyyy/mm/dd) End date: (yyyy/mm/dd) [drug name] Start date: (yyyy/mm/dd) End date: (yyyy/mm/dd) [drug name] Start date: (yyyy/mm/dd) End date: (yyyy/mm/dd)**Systemic Therapy Notes:**Were any of the above stopped early because of toxicity⁺? Yes No

Were you hospitalized for toxicity?

 Yes No

Systemic therapy notes:

Radiation TherapyDid you receive radiation? Yes No

Completion date (yyyy/mm/dd)

Radiation intents:

 Curative Adjuvant Palliative Other: _____

Radiation notes:

Radiation Site

Dose

Date

Traditional Medicine Therapies

Other medications and procedures:

Additional medical information:

Coordination and Communication Tool

Navigation team	Contact Information



Part 2: Cancer Follow-up and Side Effects

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WHO PROVIDES CARE?

MEDICAL FOLLOW-UP

Your Cancer Follow-up Schedule

Medical Side Effects

Fatigue

Memory, Concentration and 'Chemo-Brain'

RECURRENCE

GENETIC COUNSELING

RESOURCES



Part 2: Cancer Follow-up and Side Effects

After cancer treatment many survivors experience a wide range of emotions, thoughts and concerns both medical and otherwise. Excitement, for example, can be mixed with anxiety and uncertainty about your future. You may also have many questions about your health and other issues. This care plan will make this time of transition easier – helping you know what to expect in the months and years ahead.

This information is not specific to your type of cancer, but references to resources for specific cancer types are available in Part 5.

Who Provides Care?

Changing health care providers once treatment is over can be challenging and unsettling. Many patients come to rely on their oncologist, for example, and are nervous about leaving his or her care. This transition is necessary, however, to ensure you are cared for in a timely manner. Depending on the situation, you may continue to see an oncologist for follow-up visits, but your long-term care should be managed by your local health care team.

Medical Follow-up

Medical follow-up includes appointments with medical professionals, physical exams, and various tests (such as CT scans or blood tests). The main goal is to detect new or recurrent disease. Another goal is to determine the effectiveness of the treatments you have already had, or look for side effects. Follow-up provided to patients depends on type of cancer, and the stage.

The BC Cancer Agency provides recommendation for follow-up on their website: www.bccancer.bc.ca

Follow-up should be discussed with your health care professional and often consists of three main categories, though depends on the type of cancer and stage:

Your follow up may include:

- Physical examination (e.g. breast and armpit exam, colonoscopy)
 - Blood work (e.g. tumour markers such as CEA)
 - Diagnostic imaging (e.g. mammogram)
-

Your Cancer Follow-up Schedule

The schedule should be based on BCCA follow-up guidelines – use the list on the left-hand side to navigate (www.bccancer.bc.ca/HPI/CancerManagementGuidelines/default.htm), and advice from your oncologist. The dates are a suggested timeline, which your physician may adjust to fit your needs.

Stage and recurrence risk level: _____

	Procedure/Test	Recommended Schedule	Target Date
Year 1			
Year 2			
Year 3			
Year 4			
Year 5			
Beyond			



Medical Side Effects

Treatment for cancer is rapidly changing. With the development of new medications and therapies, it is hard to keep up with all the long-term side effects. Further, every person is unique and so is the side effects that each will experience. Be an active participant in your care and share news of any changes in your health with any member of your health care team. This section covers common side effects, and provides a location for your health care provider to enter anticipated side effects.

Treatment-Specific Side Effects

Most cancer patients and survivors experience mild, short-term side effects – rarely all of them. Below is a list of the potential side effects from surgery, radiation and/or chemotherapy. To determine if you are at risk of developing these, or other side effects, talk to your health care provider or refer to the BC Cancer Agency Website.

Surgery: side effects depend on location and type of surgery, but some general risks include:

- Infection
- Bleeding
- Pain
- Nerve damage⁺
- Functional change (e.g. change in bowel movements, decreased arm mobility)
- Cosmetic change (e.g. breast removal, neck scar)

Chemotherapy: side effects depend on type and dose of chemotherapy, but may include:

- Tiredness
- Risk of infection
- Hair loss
- Nausea/vomiting
- Organ damage (e.g. kidney, heart)
- Very rare risk of second cancer (e.g. leukemia)

Radiotherapy: side effects depend on where radiotherapy is targeted and the dose, but may include:

- Skin irritation
 - Hair loss in area of treatment (e.g. armpit)
 - Pain
 - Fatigue
 - Very rare risk of second cancer
-

Fatigue

Fatigue is the feeling you may experience when you are mentally or physically tired. Fatigue is one of the more common side effects of cancer treatment. Friends and family may expect your energy levels to return to normal once treatment is over. Fatigue can have many causes and you should be aware of changes in your energy level. If you experience new or worsening symptoms talk them over with any member of your health care team. Fatigue can also be caused by dehydration, diarrhea, anemia, fever, infection, nausea, vomiting, pain and depression.

To help manage your fatigue, try planning your days in advance and avoid busy schedules. If you are going to have a full day, be sure to set time aside to eat and rest between activities. Light exercise can also help improve energy levels and enhance your quality of life. Most instances of fatigue will improve with time.

Sudden or severe fatigue can be caused by an infection or it could be due to the cancer treatment you received. If you suffer from this type of serious fatigue, be sure to discuss it with your health care team.

Resources

Getting Help for Fatigue

www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-031607.pdf

Fatigue www.nlm.nih.gov/medlineplus/ency/article/003088.htm

Memory and Concentration

Memory or concentration problems are less common side effects of cancer treatment. Some survivors do notice minor changes. Trouble remembering can also be due to the fatigue and stress caused by the cancer treatments. These issues should be discussed with any member of your health care team.



Possible Causes of Memory Problems:

Medications

Chemotherapy drugs that weaken your immune system⁺ (Immunosuppressive drugs), antibiotics, steroids⁺, pain management drugs, nausea/vomiting drugs, and other cancer-related symptoms can affect your memory and ability to think clearly. Symptoms caused by these medications can improve over time.

Metabolic Problems

Certain cancers can produce hormones⁺ that affect the brain. The thyroid gland, liver and kidneys can affect mood and mental ability if they are not working properly. Pay attention to your body and discuss any concerns you have with your health care team so that they may help alleviate some of these symptoms.

Unhealthy Diet

A well balanced diet is an important part of feeling well and being healthy. Making sure you are eating well can help eliminate some factors that contribute to memory and concentration problems.

Symptoms of Memory Problems in Cancer:

- Difficulty understanding complex information
- Easily distracted
- Exhausted by tasks requiring concentration
- Not remembering what you are talking about
- Forgetting what you are doing
- Forgetting phone numbers
- Asking questions only to repeat them 15 minutes later

For information and tips on memory & concentration see Appendix A

All of the above side effects are just examples of potential side effects. Your health care provider will provide a list of side effects you could experience, and we encourage you or your health care provider to fill out the tables below. You can also refer to Part 5 of this document to find resources specific to your type of cancer.

Current Side-Effects	
My current side effects	My side effect management plan
1.	1.
2.	2.
3.	3.

Recurrence

It is important to discuss recurrence and/or attend follow-up appointments with a member of your health care team. If you are concerned about cancer returning, your health care team member will answer your questions or you can call the health link BC line that is available 24 hours a day, 7 days a week. Dial **8-1-1**.

If you experience a second cancer in the same area as the first, this is called a recurrence. When a recurrence of the original cancer occurs in a new area, it is called a metastasis. If the recurrence shows up in multiple areas, it is known as metastases.

Cancer can reoccur in different areas, depending on the type and stage of your cancer. You may ask your health care provider to discuss your risk.

What is the chance I will have a recurrence?

Your oncologist, or another member of your health care team, will evaluate your risk for recurrence which depends on factors such as your age, the stage of your cancer, and the treatment you received. Discuss these risks with a member of your health care team. Signs and symptoms of recurrence depend on the location, which you should discuss with your health care provider, and then fill out the following:



Signs and Symptoms to Watch for and When to Seek Advice

Sign/Symptom	Who to Contact
1.	1.
2.	2.
3.	3.



Genetic Counseling

Some tumors are considered as hereditary cancer meaning they can be passed down from family member to family member. Talk with your doctor about hereditary cancer and whether genetic testing is needed for you or your family.

The following criteria indicate the possibility of a hereditary cancer:

- Unusually early age of cancer diagnosis
- Multiple cancers in a single individual
- The same cancer type diagnosed in close relatives
- Cancers occurring in multiple generations of a family
- Occurrence of rare tumors
- Uncommon tumor histology*
- Rare cancers associated with birth defects
- Geographic or ethnic populations known to be at high risk of hereditary cancers

For information on Genetic Counselling please visit: BC Cancer Agency - www.bccancer.bc.ca/PPI/Prevention/Hereditary/default.htm



Resources

(Hard copies of these resources should be available from your health care team)

Treatment Specific Side Effects

- BC Cancer Agency – www.bccancer.bc.ca/PPI/CancerTreatment/default.htm
- BC Cancer Agency (By Cancer Type) – www.bccancer.bc.ca/PPI/TypesofCancer/default.htm
- BC Cancer Agency – *Drug Index*
www.bccancer.bc.ca/HPI/DrugDatabase/DrugIndexPt/default.htm

Additional Websites

- Native American Cancer Research – www.natamcancer.org
 - Canadian Partnership Against Cancer – www.cancerview.ca
 - Canadian Partnership Against Cancer – www.partnershipagainstcancer.ca/
 - Canadian Partnership Against Cancer – First Nations, Inuit and Métis Resource - www.cancerview.ca/cv/portal/Home/FirstNationsInuitAndMetis?_afLoop=481720985412000&_afWindowMode=0&_adf.ctrl-state=9m8hdh00q_4
 - First Nations, Inuit and Métis Action Plan Against Cancer - www.partnershipagainstcancer.ca/wp-content/uploads/Partnership-Report-2011-ENGLISH-November-15-520-pm.pdf
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Part 3: Quality of Life and Healthy Living After Cancer

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LIVING BEYOND CANCER

Stress, Anxiety and Depression

Returning to Community

FAMILY RELATIONSHIPS

SPIRITUALITY

HEALTHY EATING

Managing Some of the Side Effects of Cancer and its Treatment

Alcohol

PHYSICAL ACTIVITY

SUN EXPOSURE

CLEANSING CEREMONIES



Part 3: Quality of Life and Healthy Living After Cancer

This section includes information on factors that affect your quality of life including the emotional and psychological effects of cancer and cancer treatment and lifestyle factors such as diet, physical activity and tobacco use. Additional information on this subject is included in the resource section.

Living Beyond Cancer

You finally made it! You survived your treatment and are ready to continue with your 'normal' life. Many patients and their loved ones expect life to return to normal. You may have gone through a physically, emotionally, and perhaps spiritually changing experience. As time passes, your side effects and symptoms will lessen and you will be able to start returning to a more normal routine.

"There are other people who went through cancer: How did they live their life? Because, I know some people have these kinds of things like me and I just want to know how did they do it? How and what did they do? Did they go back to work? Did they go back to their normal way of life? Stuff like that. Things like that I want to know."

It is important for you, and for those around you, to realize, however, that this takes time. As time goes on you will continually gain your strength. You may have to make some changes to daily living, work or how you spend your free time, but this is not necessarily a bad move. You are not alone and there are many resources and support services to help.

Stress, Anxiety and Depression

Stress

Stress can affect you in many different ways - physically, emotionally, spiritually and/or mentally. Review the list of symptoms on the next page and ask yourself if any of the listed symptoms are having a negative effect on your life. When they affect your day-to-day living, you should speak with a member of your health care team.

"Cancer drains you physically, mentally, emotionally and spiritually. It's very stressful. You deal with it for long and when you come back to the community there's nothing or no one there to help you."

For information on how to deal with stress see appendix B

Physical	Emotional	Mental	Spiritual
Muscle tension Cold sweaty hands Facial ticks Fatigue Tension headaches Indigestion High blood pressure Heart palpitations Back pain Jaw tension Nervous stomach Nausea Diarrhea Teeth grinding Appetite change Sleep disturbance Physical violence	Anxiety Fear Irritability Hopelessness Helplessness Impatience Depression Nervousness Feeling overwhelmed Loss of concentration Anger Sadness Disbelief Indifference Forgetfulness Decline in activity Indecisiveness		Misuse of alcohol/drugs Misuse of caffeine Misuse of tobacco Use of addictive methods of coping such as: Gambling Hoarding Over spending Social withdrawal Frustration Loss of connection Loss of identity

Anxiety

Ongoing physical problems associated with cancer can result in anxiety. Anxiety often stems from feelings of loss of control, feeling alone and uncertain about your health. These feelings can be handled by using helpful tools and seeking support when needed. Many survivors experience problems with scheduling appointments when travelling out of community, causing anxiety and stress. It is helpful to work with your health care team to develop and confirm a plan before leaving the community for appointments. You may find the table below helpful when organizing your follow-up appointments.

Travel Planning				
Travel Items	Description	Confirmed? (Yes/No) Who confirmed travel?	Date Needed (dd/mm/yy)	Comments
Medical Appointment				
Accommodation				
Transportation				

Feelings of anxiety during treatment may continue into survivorship. Survivors can feel frustrated with travel, isolation, accommodation, financial strain, and other stressors. A member of your health care team is able to help with these problems.

We all experience anxiety at some time in our lives and there are ways to reduce and manage it. Identifying anxiety is the first step. From there, you can learn the cause of your anxiety and decide on ways to cope. Counseling, support groups and relaxation techniques can also be helpful. Anti-anxiety medication may be another option to talk over with your health care team.



Sadness

Your views on how your cancer has affected aspects of your life may create feelings of sadness. It is important to work through your emotions and express them rather than keeping them to yourself. Identify supportive people in your life whom you feel will be helpful in sorting through your emotions with you.

Normal Sadness

- Is common during your illness as you experience losses
- Can impact sleeping and eating
- Comes and goes
- Doesn't stop your ability to look forward to the future and enjoy life
- May create temporary isolation from friends and family
- May create temporary loss of identity

For information on self-esteem see appendix C



Depression

You may experience symptoms of depression. It can last longer than usual sadness. If so, speak with a member of your health care team. If you experience any number of these symptoms, contact your health care professional or call the **CRISIS LINE 1-800-784-2433**

Symptoms of Depression

- Persistent sad, anxious, or 'empty' mood
- Feelings of guilt, worthlessness, helplessness
- Don't feel like your usual self
- Nothing cheers you up or lifts your mood, feelings of hopelessness
- Loss of interest or pleasure in hobbies, activities and relationships you enjoy
- Decreased energy or increased fatigue
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Restlessness, irritability
- Thoughts of death or suicide, suicide attempts

Depression can reduce your quality of life. The stage at which you were diagnosed with cancer and treatment you received both have an effect on your risk of depression.

If you feel any of these symptoms, see any one of your health care team to learn how you can better manage them. You may just need someone to talk with who will help you explore your emotions and provide suggestions to help you cope. The **BC Crisis Line** is also available for 24 hours a day, 7 days a week **1-800-784-2433**.

"Then I can share my stories, like, what I'm going through. Maybe when I'm going through a hard time they could tell me, "No, you could do it this way" or "try this"."

"I feel the support team helped in that way. And that way people don't get down and depressed because we're able to talk about it. And we can laugh and talk about what we're going through and realize it's normal. And when you have a doctor sitting in there or a, a trained nurse who would know and be able to reassure us, "Yes, it is all part of it"."

Returning to Community

For some cancer survivors, returning to their community is the most important part of their cancer journey. Patients and family have been through a difficult experience and it is important to acknowledge them as they transition back to their everyday lives.

Although many communities will honour their cancer survivors and families in different ways, suggestions have been made such as hosting a community gathering or feast to acknowledge the family and to give them the opportunity to discuss their journey. Speaking with your local health care team about opportunities to organize such an event is a great place to start.

A few things to consider before organizing a community event are:

- 1) Ensure that the cancer survivor and family are ready to participate in an event. There may be physical or mental challenges that the family is going through that should be respected.
 - 2) Ensure that the event is flexible and held at a time that is appropriate for the cancer survivor and family.
 - 3) Ensure healthy foods are provided.
 - 4) Ask the family the best time of day to host an event as energy levels for the cancer survivor may vary throughout the day.
 - 5) Have fun! This is a great opportunity to acknowledge an individual, family and community and to empower everyone to come together to support one another during a difficult time.
-

Family and Community Relationships

You may find support with your survivorship needs through relationships with your family and community. These relationships are quite commonly a source of strength for survivors. In some cases, family members do not talk about the effects of the treatment in an effort to protect their loved ones. It is important that you talk openly about your experience. This will help your relationships so that you can work towards recovery together. The BCCA Centre for the North Patient and Family Counseling are also available at 1-855-775-7300. Cancer Chat is another resource for you and they can be reached at 1-800-663-3333 extension 4965 or 4966.

"I needed help for my little girl because it was really hard for her to see me going through my treatment. I'm glad that I could connect with someone over the phone to talk with. It helped us a lot."

How to move forward every day:

- Be honest and caring with each other, laugh often
- Keep a regular time and place or outing when you don't discuss cancer
- Talk about each other's goals and dreams
- Find ways to exercise together
- Relax together and do activities that you both enjoy
- Try something new



Spirituality

Cancer may leave you with a new outlook on life. You might find yourself searching for meaning and wanting to make the best of your life. There are many ways to bring new meaning to your life and to help make sense of what you have gone through. Some people find spirituality helpful. Reconnecting with your culture, traditions and getting out on the land can help survivors move forward. Expressing yourself through Potlatch and/or traditional ceremonies is helpful for some survivors.

Healthy Eating

Making positive changes to your lifestyle and diet are important to help you better manage the side effects of cancer treatment, improve your energy and quality of life and gain more personal control. Healthy eating also helps prevent or manage health conditions such as heart disease and diabetes and decreases your risk of cancer recurrence. Research shows that the most important lifestyle changes you can make include achieving and maintaining a healthy body weight, increasing physical activity, and limiting or avoiding alcohol.



Many people question whether their diet played a role in their cancer diagnosis. Cancer is a complicated disease – and the risk of developing it is related to many factors some of which may be dietary. Certain cancers have been linked to obesity, alcohol consumption and possibly a higher fat diet from processed foods. At the same time, diet does not account for all of the cancer risk factors. Individuals with healthy diets can still develop cancer.

This section includes an overview of the healthy eating habits you can use to reduce the risk of cancer returning and to improve your overall health. These suggestions are intended for people who have recovered from treatment and are interested in healthy eating. If, however, you are dealing with side effects that limit what you can eat, the suggestions below may not be the right choice until your symptoms are gone.

Some side effects of cancer treatment include a change in appetite or taste in food, nausea, vomiting, and trouble digesting or eating certain foods. If you are dealing with side effects that affect your ability to eat a healthy diet, talk with your doctor or local health clinic (also see the resources below). You may also want to call a dietitian at HealthLinkBC (Dial 811) or read the Canadian Cancer Society's "Eating Well When You Have Cancer" for help in regaining your appetite right after treatment. Their publication, "Eat Well, Be Active, What You Can Do" provides advice for when you are feeling well enough to start improving your diet. You can also speak with one of their Cancer Information Specialists (1-888- 939-3333).

Many of these resources do not talk about traditional food and the health benefits of eating a traditional diet. It would be useful to review the "Eating Well with Canada's Food Guide: First Nations, Inuit and Métis" for information on culturally appropriate foods.

Resources:

Eating well with Canada's Food Guide: First Nations, Inuit and Métis
www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php



The following suggestions are not intended to replace advice from your health care team. Do not hesitate to discuss nutrition related concerns with your health care team or dietitian.

Food First

Some foods are rich in anti-cancer qualities such as vitamins, minerals and dietary fiber. Include the following as part of your diet one at a time so it is easier to manage. The following are a few examples, and does not include all recommended traditional foods.

- Eat less processed foods
- Eat more berries, plants and root vegetables which are high in vitamins
- Eat healthy fats that are found in fish such as salmon, trout, halibut and cod
- Fish heads and bones are an excellent source of calcium
- Fish skin and eggs are good sources of protein and vitamins
- Save smoked or dried fish for snacks for travelling
- Moose meat is an excellent source of protein and B vitamins and a good source of iron
- Moose meat and other wild animals are lower in fat than domestic animals such as beef, pork and chicken
- Small animals such as beaver, ground squirrel, groundhog (marmot) and rabbit meat are an excellent source of protein, iron and B vitamins
- Wild duck, ptarmigan and geese are a good source of iron
- Eat whole wheat baked bannock instead of fried, enriched flour bannock
- Use seaweed and ooligan grease

About one-third of all cancers are linked to diet. Early research suggests that some of the same foods that protect against cancer are also the best choices for cancer survivors.

We recommend using *Eating Well with Canada's Food Guide: First Nations, Inuit and Métis*. This guide lists the number of servings and portion sizes for foods within each food group - according to age and gender to meet the nutritional needs for good health. Using the Internet, you can create your own food guide using the "my food guide" feature of *Eating Well with Canada's Food Guide: First Nations, Inuit and Métis*.



The Dietitians of Canada website also features the *Eatracker* tool (See www.eatracker.ca) which allows you to enter your daily food intake to help track your food choices and exercise to help meet your goals. A dietitian can also help you create a specific plan to meet your specific needs (call 811 or you may want to visit www.healthlinkbc.ca). If you do not have internet access, any member of your health care team can provide you with hard copies of these resources.

Although you may not have a dietitian directly in your community, there are tele-health services available and registered dietitians will work with you to create a plan to improve your health. There is also a cancer dietitian based in Prince George that provides tele-health services throughout Northern BC. Any member of your health care team can put you in contact with these dietitians. If you have internet access, you can also use the 'find services tool' within HealthLinkBC (www.healthlinkbc.ca/servicesresources) to contact these dietitians.

Managing Some of the Side Effects of Cancer and its Treatment

Body Weight

Achieving and maintaining a healthy body weight is important for all Canadians not just cancer survivors. A healthy body weight lowers your risk of cancer recurrence and reduces the risk for many other diseases including heart disease, diabetes, stroke, high blood pressure, arthritis and dementia. Excess body fat is also associated with higher levels of the hormone insulin, and insulin resistance, which can increase risk for some types of cancer recurrence.

For an outline of the food journal see Appendix D

Resources:

BC First Nation Community Nutrition Needs & Assets Survey.

http://www.fnhc.ca/images/uploads/Nutrition_assets_and_needs_report_Apr_09.pdf

Traditional Food Fact Sheets.

http://www.fnhc.ca/pdf/Traditional_Food_Facts_Sheets.pdf

Healthy Food Guidelines for First Nations Communities.

http://www.fnhc.ca/pdf/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf

Food and Nutrition - Nutrition Labelling

http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/fni-pni/nutri-kit-trousse/fn_int-

For information on the big picture of healthy eating see appendix E and recommended cookbooks see appendix F

Alcohol

Research shows that alcohol increases the risk of cancer specifically in the mouth, throat, larynx (voice box), esophagus (swallowing tube from mouth to stomach), liver and breast. As the amount of alcohol a person drinks increases, the risk of developing cancer increases. The link between alcohol consumption and certain cancer type recurrence is not as strong.

Physical Activity

Physical activity is an important part of healthy living. It can improve how your body works, build your strength and fitness and add to your quality of life. It can also help you better manage symptoms and reduce anxiety, depression, and fatigue. Further, physical activity can also help with stress and weight management and give you with a more positive body image.

Check with your health care team before increasing your physical activity. If you have anemia (low blood count), a weakened immune system or problems with nerves that affect your balance, you may need to take special precautions. You should be aware that pain medications, such as anti-inflammatory medications, can mask pain related to physical activity. Injuries should be taken seriously and looked after right away.

Use the resource below for information on funding for some supplies that can help you get physically active.

Resources:

http://www.fnhc.ca/index.php/initiatives/community_health/physical_activity/



When beginning any form of physical activity, consider your starting level and set a timeframe with short and long-term goals. *Exercise for Health* recommends at least 30 minutes per day of moderate exercise, 5 days a week. People who have been inactive for some time, however, should start with 10 minutes per day (or less) and increase as fitness improves. As your fitness improves, you can increase your activity 10 minutes at a time.

Measure your level of exertion based on your breathing. In moderate exercise, you should be able to talk in full sentences. In vigorous exercise, you will only be able to talk in short phrases. If you feel that you are working, you probably are. It is important to listen to your body and be aware of your how much it can take.

Exercise and Healthy Living

You might find yourself anxious to return to good health after treatment. The recommendations for cancer survivors are the same as those for anyone wanting to live a healthier lifestyle.

Small changes such as berry picking, setting snares or traps or going for a walk instead of driving are great ways to introduce more activity into your routine. Make sure you get your doctor's okay before doing any exercise.

Benefits of Exercise:

- Improved sense of well-being, mood and self-esteem
- Improve memory
- Quicker recovery and may lower chance of recurrence
- Improved strength, endurance, muscle and bone strength
- Increased life expectancy
- Decreased depression, anxiety and fatigue
- Decreased symptoms of menopause and arthritis

Research shows that exercise benefits the heart, lungs and other organs and can reduce the risk of cancer recurrence. Ease into any new routines to allow your body to adjust. This will also ensure that the changes become a part of your life and not just a phase.

When we are not well we tend to separate ourselves from our traditional way of knowing and participating in traditional activities. On our path to healing, it is important to incorporate traditional activities into our daily lives.

Begin by seeking support from others and establishing connections with family members and friends who are hunters, trappers, fishers or gatherers.

Re-establish your spiritual connections to the land.

Focus on living and maintaining a healthy life that includes traditional activities that includes being on the land and participating in hunting, fishing, trapping or gathering in any capacity that you are comfortable with.

Strengthening your emotional, spiritual, mental and physical well being is important for improving your overall health.

Sun Exposure

Avoid overexposure to the sun and sunburns. Skin that has been radiated may remain sensitive to the sun after radiation treatment has ended.

Be Sun Smart:

- Use sunscreen of at least SPF15. Check the expiry date on the bottle as old sunscreen will not protect you from sun damage
- Re-apply at least every two hours or after swimming or sweating
- Seek shade especially between 10 a.m. and 3 p.m.
- Cover yourself with clothing and wear a hat
- If you are outdoors on a sunny day in the winter, you still need sunscreen

Cleansing Ceremonies

Historically, sweet grass and sage have been used for traditional ceremonies such as Smudging, although it is recognized that not all communities participate in this activity. However, in recent years commercial tobacco use (including smoking and chewing tobacco) has increased significantly.

Commercial tobacco is the single most preventable cause of death, disease and disability. All tobacco users have a higher risk of numerous chronic diseases and tobacco use is responsible for 30% of all cancer deaths.

The harmful effects of smoking on health is widely known and there are several programs to help you quit.

If you smoke, and would like information on quitting, please contact a member of your health care team.

Provincial programs (British Columbia) exist to provide you with different stop smoking products free of charge.



Resources:

Dial 8-1-1 and ask for smoking cessation help

Or visit: http://www.quitnow.ca/database/files/library/Aboriginal_Brochure.pdf

What kind of lifestyle changes can you think about making?

Healthy Living After Cancer	
Lifestyle change suggestions (ie. quit smoking, active living, traditional activities)	Suggested Programs
1.	1.
2.	2.
3.	3.



Part 4: Resources Specific to Northern BC and Financial Information

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Part 4: Resources Specific to Northern BC and Financial Information

The BC Cancer Agency Centre for the North

The new Centre for the North in Prince George provides services such as medical oncology, radiation oncology, pharmacy, patient and family counseling, oncology nutrition and volunteer services. The centre is located beside the University Hospital of Northern BC. More information on the centre can be found online by visiting the website at: www.bccancer.bc.ca/RS/north/default.htm the Centre for the North switchboard can be reached at 1-250-645-7300.

The Centre for the North also has an Aboriginal Cancer Care Coordinator who is available to assist you and your family through their cancer journey. She can be reached at 250-645-7300 extension 687553 or ask for her at the Information Desk.

For more information on the difference between the BC Cancer Foundation, the BC Cancer Agency, and the Canadian Cancer Society please see Appendix I

Rural and Remote Survivorship

Individuals living in rural, remote and northern regions of Canada can face different cancer survivorship issues than urban populations including higher travel costs and distances, challenging terrain and/or weather, less access to services and social support, cultural differences, loss of income, lifestyle risks, and other issues related to being away from home. The following outlines some specific helpful resources:

Northern Health Website: www.northernhealth.ca

Northern Health Connections

Medical transportation: www.northernhealth.ca/nhconnections

Telephone: 1-888-647-4997

Aboriginal Cancer Care Strategy (ACCS)

The ACCS and the Aboriginal Cancer Care Advisory Committee work to develop and ensure strategies that are specific and respectful of the Aboriginal population in Northern BC. Interested individuals can become involved in the committee to help guarantee that Aboriginal needs are being heard and addressed in each community across the North.

<http://www.northerncancerstrategy.ca/AboriginalHealth/AboriginalCancerCareStrategy.aspx>

Aboriginal Cancer Care Advisory Committee:

<http://www.northerncancerstrategy.ca/AboriginalHealth/AboriginalCancerCareAdvisoryCommittee.aspx>

The Northern Cancer Control Strategy

The Northern Cancer Control Strategy is focused on enhancing support programs throughout the North for cancer patients and their families www.northerncancerstrategy.ca

The Northern Cancer Control Strategy- Aboriginal Health Brochure:

<http://www.northerncancerstrategy.ca/Portals/1/NCCS%20AborHlth%20brochure%20-%202011.2012.pdf>

Regional Oncology Social Work Program

This program provides counseling, information about resources, and support with practical matters for patients and their families across Northern BC. Additionally, it focuses on helping communities with knowledge of the emotional and mental aspects people living with cancer face. They can be reached at (250) 645-7342.

Mental Health and Addictions

Northern Health Interior Mental Health and Addictions Screening: Community Response Unit (CRU) Call 250-565-2668.

Oncology Clinics in Northern BC:

Dawson Creek and District Hospital
11100 13 Street,
Dawson Creek, BC V1G 3W8
Phone: (250) 782-8501

Fort St John Hospital and Health
Centre
9636 100 Avenue,
Fort St. John, BC V1J 1Y3
Phone: (250) 262-5200

Haida Gwaii, Queen Charlotte Islands
General Hospital
3209 Oceanview Drive, BC
V0T 1S0
Phone: (250) 559-4300
Fax: 250-559-4312

Kitimat Hospital
Kitimat General Hospital,
920 Lahakas Blvd Kitimat, BC
Phone: (250) 632-2121

Prince George University Hospital of
Northern BC
1475 Edmonton S. Prince George,
British Columbia V2M 1S2
Hospital switchboard: (250) 565-2000

Prince Rupert Regional Hospital
1305 Summit Ave,
Prince Rupert, BC V8J 2A6
Phone: (250) 624-2171
Fax: (250) 624-2195

Quesnel: GR Baker Memorial Hospital
543 Front Street,
Quesnel, BC V2J 2K7
Phone: (250) 985-5600

Smithers: Bulkley Valley District Hospital
3950 8th Avenue, PO Box 370.
Smithers, BC V0J 2N0
Phone: (250) 847-2611
Fax: (250) 847-2446

Terrace: Mills Memorial Hospital
4720 Haugland Ave, Terrace, BC
Phone: (250) 635-7630
Fax: (250) 635-7639

Vanderhoof: Ruby Ellen Van Andel
Cancer Clinic
3255 Hospital Road
Vanderhoof, BC
V0J 3A2
Phone: (250) 567-2211
Fax: (250) 567-5684

Oncology Clinics in Northern BC



Tele-health Locations

The following communities have Tele-health equipment available in their local hospital. If you would like to consider using Tele-health, please talk to your Health Care Provider to discuss whether or not you are eligible to use Tele-health. This could reduce travel time.

Chetwynd	Fort St. John	Prince George	Terrace
Dawson Creek	Hazelton	Prince Rupert	Vanderhoof
Dease Lake	Kitimat	Queen Charlotte	
Fort Nelson	Masset	Smithers	

Tele-health is currently being piloted by Carrier Sekani Family Services (CSFS) in the following First Nations communities:

Takla Landing Stellat'en Yekooche

In the near future, all 11 member communities of CSFS will have tele-health capacity. These communities include:

Tachet	Cheslatta Carrier Nation	Nee Tahi Buhn	Skin Tyee
Fort Babine	Nadleh Whut'en	Saik'uz	Stellat'en
Takla Landing	Wet'suwet'en	Yekooche	

Health and Healing Service Providers

Atlin Outpost Hospital

PO Box 330
Atlin, BC VOW 1A0
Phone: (250) 651-7677

Gitwangak Health Centre

149 Bridge Street
Kitwanga, BC, VOJ 2A0
Phone: (250) 849-5555

Central Interior Native Health Society (Medical Clinic)

1110 Fourth Ave
Prince George, BC V2L 3J3
Phone: (250) 564-4422

Gitxsan Health Society

PO Box 223
Hazelton, BC VOJ 1Y0
Phone: (250) 842-5165
Toll-Free: 1-800-663-9935
Email: ehd@gitxsan.net

Fort Nelson First Nations Health Clinic

RR #1, Mile 295 Alaska Highway
Fort Nelson, BC VOC 1R0
Phone: (250) 774-7257
Email: lorrainebehn@fnation.ca

Hagwilget Health Station

Po BIX 460
New Hazelton, BC, VOJ2J0
Phone: (250) 842-5272

Gitanmaax Health Station

PO Box 223
Hazelton, BC VOJ 1Y0
Phone: (250) 842-6320
Email: dorthylattie@gitxsan.net

Hartley Bay Nursing Station

341 Wee Xaa Ave
Hartley Bay, BC, VOV 1A0
Phone: (250) 841-2556
Email: hbns hd@citytel.net

Gitmaxmak'ay Nisga'a Prince Rupert/Port Edward Society

301-860 3rd Ave West
Prince Rupert, BC V8J 1M6
Phone: (250) 627-1595
Toll-Free: 1-866-627-1590
Fax: (250) 627-1575
Email: gitnispr@citytel.net
Website: www.nnkn.ca

Iskut Valley Health Services

PO Box 90, Iskut, BC, VOJ 1K0
Toll free: 1-866-667-6607
Phone: (250) 234-3511
Email: info@ivhs.ca

Kispiox Health Centre

2515 Mary Blackwater Avenue
Kispiox I. R. No. 1
Phone: (250) 842-6320

Gitsegulka Health Centre

165 Howe Street St
Haxelton, BC, VOJ 2R0
Phone: (250) 849-5231

Kitamaat Village Health Centre

PO Box 1049
Kitamaat Village, BC, VOT 1K0
Phone: (250) 639-9361
Email: lmorrison1@uniserve.com

Kitkatla Nursing Station

PO Box 150
Kitkatla, BC, V0V 1C0
Phone: (250) 848-2254
Email: dmoody@gitxaala.com
Email: bgamble@gitxaala.com

Kitselas Health Station

2225 Gitaus Road
Terrace, BC, V8G 0A9
Phone: (250) 635-5084
Toll-Free: 1-888-777-2837
Website: www.kitselas.com

Kitsum Kalum Health Station

PO Box 544
Terrace, BC V8G 4B5
Phone: (250) 635-6172
Website: www.kitsunkalum.bc.ca

Lake Babine Health Services

PO Box 297
225 Sus Ave
Burns Lake, BC V0J 1E0
Phone: (250) 692-4720
Toll-Free: 1-877-692-0039
Website: www.lakebabine.com

Lax-Kw'alaams Health Centre

1602 Legaic Street
Laxkwalaams, BC V0V 1H0
Phone: (250) 625-3331
Email: healthdr@citytel.net

Metlakatla Health Station

PO Box 459
Prince Rupert, BC V8J 3R2
Phone: (250) 628-3234

Morictown Health Centre

204 Beaver Rd
Smithers, BC V0J 2N1
Phone: (250) 847-9328
Toll-Free: 1-800-881-1218
Email: juanita.nikal@morictown.ca
Website: www.morictown.ca

Nak'azdli Health Centre

PO Box 1238
Fort Saint John, BC V0J 1P0
Phone: (250) 996-7400

Nisga'a Valley Health Authority

PO Box 234
4920 Tait Ave
New Aiyansh, BC V0J 1A0
Phone: (250) 633-5000
Toll-Free: 1-888-233-2212
Fax: 250-633-2512
Website: www.nisgahealth.bc.ca

Old Masset Village Council/Haida Health Centre

PO Box 176, 347 Eagle Ave
Masset, BC V0T 1M0
Phone: (250) 626-3911
Email: allison.russ@omvc.ca

Port Simpson Nursing Station

1602 Legaic Street
Laxkwalaams, BC V0V 1H0
Phone: (250) 625-3331

Skidegate Health Centre

PO Box 1348
Skidegate, BC V0T 1S1
Phone: (250) 559-4610

Sik-e-dakh Health Station

P.O. box 223
Hazelton, BC V0C 1Y0
Phone: (250) 842-6876

Tahltan Health and Social Services Authority

PO Box 59
Telegraph Creek, BC V0J 2W0
Phone: (250) 235-3805 or (250) 235-3350
Email: info@thssa.ca
Website: www.thssa.ca

Takla Nursing Station

General Delivery
Takla Landing, BC
V0J 2T0
Phone: (250) 996-7780

Telegraph Creek Nursing Station

PO Box 112
Telegraph Creek, BC V0J 2W0
Phone: (250) 235-3211

Tl'azt'en Health Centre

PO Box 1899
Fort Saint John, BC V0J 1P0
Toll-Free: 1-866-648-3294
Phone: (250) 648-3350

Treaty 8 Tribal Association

10233 100th Ave
Fort St John, BC V1J 1Y8
Phone: (250) 785-0612
Toll-Free: 1-877-785-2021
Fax: (250) 785-2021
Email: reception@treaty8.bc.ca
Website: www.treaty8.bc.ca

Tsay Keh Dene Health Clinic

10 Main Street
Tsay Keh Dene, BC, V0J2C0
Phone: (250) 993-2181

Gya Wa Tlaab Healing Centre Society

PO Box 1018
322 Haisla Ave
Haisla, BC V0T 2B0
Phone: (250) 639-9817
Email: gyawatlaab@haislanetwork.ca
Website: www.firstnationstreatment.org

Yinkadinee Neytsi Jekh Be Wellness Centre

PO Box 297
Burns Lake, BC V0J 1E0
Phone: (250) 692-0039

Community Services and Friendship Centers**Carrier Sekani Family Services (Prince George)**

987 Fourth Ave
Prince George, BC V2L 3H7
Phone: (250) 562-3591
Toll-Free: 1-800-889-6855
Fax: (250) 562-2272
Website: www.csfs.org

Keeginaw Friendship Centre

10208 95th Ave
Fort Saint John, BC V1J 1J2
Phone: (250) 785-8566
Email: friendship@solarwinds.com

Carrier Sekani Family Services (Vanderhoof)

PO Box 1219
240 W Stewart St
Vanderhoof, BC V0J 3A0
Phone: (250) 567-2900
Toll-Free: 1-866-567-2333

Nezul Be Hunuyeh Child & Family Services Society

PO Box 1180
700 Stuart Dr W
Fort St James, BC V0J 1P0
Phone: (250) 996-6806

Carrier Sekani Family Services (Burns Lake)

PO Box 1475
485 Hwy 16
Burns Lake, BC V0J 1E0
Phone: (250) 692-1800
Fax: (250) 692-1877

North Cariboo Aboriginal Family Program Society

#2-423 Elliott St.
Quesnel, BC V2J 1Y6
Phone: (250) 992-9160
Fax: (250) 992-9157
Email: ncafps@longname.ca

Fort Nelson Aboriginal Friendship Society

PO Box 1266
Fort Nelson, BC V0C 1R0
Phone: 250-774-2993

North East Native Advancing Society (NE)

PO Box 6847
10328 101 Avenue, Fort St. John, BC V1J 2B5
Fort St John, BC V1J 4J3
Phone: (250) 785-0887
Fax: (250) 785-0876
Email: nenas@nenas.org
Website: www.nenas.org

Northwest Inter-Nation Family & Community Services

4562 Queensway Dr
Terrace, BC V8G 3X6
Phone: (250) 638-0451 or 250-622-2514 (Prince Rupert)
Toll-Free: 1-888-310-3311
Fax: (250) 638-8930
Email: info@nifcs.org
Website: www.nifcs.org

Dawson Creek Aboriginal Family Resources Society

14-1405 102 Ave
Dawson Creek, BC V1G 2E1
Phone: (250) 782-1169
Toll-Free: 1-866-782-1169
Fax: (250) 782-2644
Email: general@aboriginalfs.net

Dze L K'ant Friendship Centre - Houston Program Office

PO Box 2920 (Smithers)
3383 11th St
Houston, BC V0J 2N0
Phone: (250) 845-2131
Email: ecd@hscf.ca

Dze L K'ant Friendship Centre

PO Box 2920 Smithers
1188 Main Street
Smithers, BC V0J 2N0
Phone: (250) 847-5211
Fax: (250) 847-5144
Website: www.dzelkant.com

Nawican Friendship Centre

1320 102nd Ave
Dawson Creek, BC V1G 2C6
Phone: (250) 782-5202
Fax: (250) 782-8411
Email: nfcoffice@nawican.ca

Quesnel Tillicum Society, Native Friendship Centre

319 N Fraser Dr, Quesnel, BC V2J 1Y9
Phone: (250) 992-8347
Website: www.quesnel-friendship.org

Tansi Friendship Centre Society

PO Box 418
5301 S Access Rd
Chetwynd, BC V0C 1J0
Phone: (250) 788-2996
Fax: (250) 788-2353
Email: tansifcs@persona.ca

Prince George Native Friendship Centre

1600 3rd Ave
Prince George, BC V2L 3G6
Phone: (250) 564-3568
Fax: (250) 563-0924
Email: info@pgnfc.com
Website: www.pgnfc.com

Kermode Friendship Society

3313 Kalum St
Terrace, BC V8G 2N7
Phone: (250) 635-4906
Fax: (250) 635-3013
Email: execassist@kermode-fs.ca
Website: www.kermodefs.ca

Financial Information

Programs and resources are available through the federal and provincial governments to lessen the financial impact of cancer. Provincially insured services should cover the majority of encountered medical expenses. For health-related goods and services that are not covered provincially, Health Canada's First Non-Insured Health Benefits (NIHB) Program may provide coverage.

Non-Insured Health Benefits

First Nations and Inuit Health, Health Canada
757 West Hastings Street, Suite 540
Vancouver, BC V6C 3E6

Telephone: (604) 666-3331

Toll-free: 1-800-317-7878 Fax: (604) 666-3200

Fax (toll free): 1-888-299-9222

The NIHB Guidebook, outlining eligibility and covered services can be accessed at:

<http://www.hc-sc.gc.ca/fniah-spnia/pubs/nihb-ssna/yhb-vss/index-eng.php>

Prescription Drug Expenses

Provincial and federal programs exist to help lower the cost of prescription drugs. For more information contact:

NIHB Drug Benefits:

Information: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/drug-med/index-eng.php>

Drug Benefit List: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/provide-fournir/pharma-prod/med-list/index-eng.php>

Drug Reimbursement Form: http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/form_reimburse-rembourse-eng.php

How do I access NIHB pharmacy benefits?

If you are eligible under Health Canada's Non-Insured Health Benefits Program, as specified in the NIHB handbook, your prescription drug costs may be covered. You must first obtain the prescription from a physician or other licensed prescriber. You then must have the prescription filled at a pharmacy. If you have already done this you can be reimbursed using the above form. If you inform the pharmacist, and the pharmacy is registered with the NIHB Program, they will likely bill health Canada directly at no expense to you.

B.C. Pharmacare: Information: www.health.gov.bc.ca/pharmacare/plans/index.html

Application: <https://pharmacare.moh.hnet.bc.ca>

Telephone: 1-800-554-0250

Fair Pharmacare: Telephone: 1-800-663-7100 (Patients must self-register)

Financial Support Drug Program:

www.bccancer.bc.ca/RS/CommunitiesOncologyNetwork/Emergency+Aid+Drug+Program/default.htm

BCCA Financial Information Pamphlet: available online and hard copy

http://www.bccancer.bc.ca/NR/rdonlyres/7CCFB161-512A-4F12-9788-0532912516F2/63558/BC_Cancer_financial_brochure_2012.pdf

Travel Assistance and Medical Transportation Benefits

Health Canada's NIHB Program assists those eligible with transportation. Unless the medical visit is a result of an emergency, most medical transportation benefits must be approved prior to travel. The NIHB Program will help with all transportation expenses, potentially including assistance with meals and accommodation, to access medically necessary health services not available on reserve or in the community of residence. This can include accessing traditional healers and providing escorts for those requiring support.

More information is available at the above listed telephone numbers or on pages 12-16 of the NIHB Guidebook: <http://www.hc-sc.gc.ca/fniah-spnia/pubs/nihb-ssna/yhb-vss/index-eng.php>

The federal government of Canada also offers Canada Revenue Agency's *Travel Expenses Tax Credit and Medical Deductions* - for those with receipts from travel expenses incurred during or as a result of treatment such as meals and vehicle expenses (gas, km).

Canada Revenue Agency:

Telephone: 1-800-959-8281

Visit: www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/330/llwbltrvl-eng.html

The Ministry of Health *Medical Travel Assistance Program (TAP)* - helps to alleviate the cost of certain travel expenses with a medical referral and by completing a Travel Assistance form stating the need for out-of-town treatment.

Telephone: 1-250-952-1587 or 1-800-661-2668

Visit: www.health.gov.bc.ca/cpa/1-800.html#travel

The provincial government of British Columbia offers a *Medical Travel Accommodation Listing* of hotels and inns in regions of B.C. that provide discounted rates of medical-related travel available at: <http://csa.pss.gov.bc.ca/medicaltravel/>

Northern specific, there is the *Northern Connections* bus:

www.northernhealth.ca/YourHealth/NHConnectionsmedicaltravelservice.aspx

The Canadian Cancer Society (CCS) also helps with financial assistance for certain medications and travel as well as information on wigs and prosthetics.

www.cancer.ca or call 1-888-939-3333.

Medical Supplies and Equipment Benefits

Also under the Health Canada NIHB Program, eligible individuals and NIHB approved providers may be reimbursed for approved medical supplies and equipment. This may include mobility aids, ostomy supplies and devices, lifting and transfer aids, and several other general medical supplies and equipment. For a complete list please see the NIHB website at: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/provide-fournir/med-equip/index-eng.php>

Child Care Benefits and Assistance

The federal government of Canada offers *The Universal Child Tax Benefit* - a tax credit paid on a monthly basis for child care related expenses specifically for children under the age of six. www.cra-arc.gc.ca/bnfts/uccb-puge/menu-eng.html

The Canada Child Tax Benefit - a monthly payment offered to low and middle income families to aid in the financial costs of raising children based on a family's net income. Under this benefit, *The National Child Benefit Supplement* provides additional monetary support for low-income families. www.cra-arc.gc.ca/bnfts/ncb-eng.html

The provincial government of British Columbia offers *The Child Care Subsidy* - a monthly payment offered to families based on their circumstance such as income, family size and children's ages. This service is available by telephone at 1-888-338-6622 or online www.mcf.gov.bc.ca/childcare/subsidy_promo.htm

Employment and Pension Plans

The federal government of Canada offers *Employment Insurance Sickness Benefits* - available to those who are unable to work due to an illness, have 600 insured hours of accumulated work over the last year (previous to diagnosis) and have medical confirmation (from a doctor) regarding their illness. This program will provide 55% of your average insured earnings.

www.servicecanada.gc.ca/eng/sc/ei/benefits/sickness.shtml

Canada Pension Plan Disability Benefits - available to those who have contributed four out of six years to CPP with a 'severe' and 'prolonged' illness as deemed by a select medical adjudicator.

www.hrsdc.gc.ca/eng/oas-cpp/cpp_disability/index.shtml

The provincial government of British Columbia offers *BC Employment Assistance* - to help those who are 'temporarily or permanently' unable to acquire basic necessities due to financial hardship. This program is available based on the individual's income and asset levels.

Hardship Assistance can be accessed on a month to month basis if one is denied BC Employment Assistance.

BC Employment and Assistance for Persons with Disabilities can be accessed if an individual is significantly restricted in their ability to perform daily activities as documented by an authorized health care practitioner.

Available from the *BC Ministry of Housing and Social Development* at: 1-866-866-0800 or www.hsd.gov.bc.ca/bcea.htm

The information found in this subsection of the care plan was taken in part from: Canadian Breast Cancer Network. (2011) *Breast Cancer Survivor to Financial Survivor Rural and Remote*. www.cbcn.ca/index.php?pageaction=content.page&id=6582&lang=en

Part 5: Resources Specific to Common Cancer Diagnoses

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Testicular Cancer

Ovarian Cancer

Uterine / Cervical Cancer

Breast Cancer

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Prostate Cancer

Hodgkin Lymphoma

Non-Hodgkin Lymphoma

Lung



Part 5: Resources Specific to Common Cancer Diagnoses

The following list of websites have been compiled and reviewed by BC Cancer Agency librarians according to their established Inclusion/Removal Policy. This section outlines common cancer diagnoses and provides information on follow-up guidelines, resources, support websites, and available books and pamphlets. Some of the follow-up information sources and guidelines may be complicated, therefore be sure to discuss follow-up with your health care provider.

General Information on most tumour types, including: risk factors, screening, diagnosis, treatment, side-effects, and follow-up can be found at:

<http://www.bccancer.bc.ca/HPI/CancerManagementGuidelines/default.htm>

(Hard copies of these resources should be available from your health care team)

Testicular Cancer

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Genitourinary/Testis/Management/Followup.htm
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Good places to start:

Testicular Cancer: American Cancer Society	www.cancer.org/cancer/testicularcancer/index
Testicular Cancer: Cancer.Net	www.cancer.net/cancer-types/testicular-cancer
Testicular Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/testicularcancer.html
Testicular Cancer: National Cancer Institute	www.cancer.gov/cancertopics/types/testicular/
What is Testicular Cancer?: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/testicular/overview/?region=on
Testicular Cancer Resource Centre (US)	tcrc.acor.org/

Support websites:

Livestrong: Lance Armstrong Foundation US	www.livestrong.org/
Testicular Cancer: Health Talk Online	www.healthtalkonline.org/Cancer/Testicular_Cancer

Books and Pamphlets:

ASCO Answers Testicular Cancer: Cancer.net	www.cancer.net/sites/cancer.net/files/asco_answers_testicular.pdf
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Ovarian Cancer

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	Epithelial: www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Gynecology/OvaryEpithelial/Followup.htm Non-Epithelial: www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Gynecology/OvaryNonepithelial/Followup.htm
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Good places to start:

Ovarian Cancer: American Cancer Society	www.cancer.org/cancer/ovariancancer/index
Ovarian Cancer: Cancer.Net	www.cancer.net/cancer-types/ovarian-cancer
Ovarian Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/ovariancancer.html
Ovarian Cancer: National Cancer Institute	www.cancer.gov/cancertopics/types/ovarian/
Ovarian Cancer: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/ovarian/overview/?region=on

More Ovarian websites:

National Ovarian Cancer Coalition	www.ovarian.org/
Ovarian Cancer Canada	www.ovariancanada.org/
OvCaRe BC	www.ovcare.ca/

Genetics websites:

Hereditary Breast and Ovarian Cancer Society of Alberta	hbocsociety.org/
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Support websites:

Support and Information for Gynecological Cancer	www.eyesonthepize.org/
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Uterine / Cervical Cancer

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Gynecology/UterineCervix1of2/4FU.htm
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Good places to start:

Endometrial Cancer: American Cancer Society	www.cancer.org/cancer/endometrialcancer/index
Endometrial Cancer: US National Cancer Institute	www.cancer.gov/cancertopics/types/endometrial/
Uterine Cancer: Cancer.Net	www.cancer.net/patient/cancer-types/uterine-cancer
Uterine Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/uterinecancer.html

Memorial Sloan-Kettering Cancer Centre	www.mskcc.org/cancer-care/survivorship
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Uterine sarcoma websites:

Uterine Sarcoma: American Cancer Society	www.cancer.org/cancer/uterinesarcoma/index
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Uterine Sarcoma: US National Cancer Institute	www.cancer.gov/cancertopics/types/uterinesarcoma/
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Support websites:

Support and Information for Gynecological Cancer	www.eyesontheprize.org/
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Cancer Chat Canada	www.cancerchatcanada.ca/page.php?p=resources/survivors
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Breast Cancer

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Breast/Followup/default.htm
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Good places to start:

Breast Cancer: American Cancer Society	www.cancer.org/cancer/breastcancer/index
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Breast Cancer.Net	www.cancer.net/cancer-types/breast-cancer
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Breast Cancer: MedlinePlus(US)	www.nlm.nih.gov/medlineplus/breastcancer.html
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Breast Cancer: National Cancer Institute	www.cancer.gov/cancertopics/types/breast
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Breast Cancer Navigation Map: Canadian Breast Cancer Foundation	www.breastcancernavigationmap.com
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Breast Cancer, Now What?	www.breastcancernowwhat.ca
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What is Breast Cancer?: Canadian Cancer Society	www.cancer.ca
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More breast cancer websites:

Breastcancer.org	www.breastcancer.org
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Breast Cancer: University Health Network	www.uhn.ca/Patients & Visitors/health_info/topics/b/breast_cancer.asp
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Canadian Breast Cancer Foundation	www.cbcf.org/
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Canadian Breast Cancer Network	www.cbcn.ca
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Johns Hopkins Breast Cancer	www.hopkinsmedicine.org/avon_foundation_breast_center/
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Susan Love Research Foundation	www.dslrf.org/
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Inflammatory breast cancer websites:

Breast-Inflammatory Cancer: Cancer.Net	www.cancer.net/cancer-types/breast-cancer-inflammatory
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Male breast cancer websites:

Men with Breast Cancer: Canadian Breast Cancer Network	www.cbcn.ca/index.php?pageaction=content.page&id=2&lang=en
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Genetics and biology websites:

Biology of the Mammary Gland	mammary.nih.gov/
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Support websites:

Inflammatory Breast Cancer Research Foundation	www.ibcresearch.org
Willow Breast Cancer Support	www.willow.org/

Decision tools:

Treatment Decision Tools: American Cancer Society	www.cancer.org/treatment/findingandpayingfortreatment/treatmentdecisiontoolsandworksheets/index
Surgery Choices for Women with Early-Stage Breast Cancer: National Cancer Institute	www.cancer.gov/cancertopics/treatment/breast-cancer-surgery-choices

Practice guidelines:

Questions and Answers on Breast Cancer- A Guide for Women and their Physicians	www.cmaj.ca/content/suppl/2007/06/14/158.3.DC1
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Clinical trials:

National Surgical Adjuvant Breast and Bowel Project	www.nsabp.pitt.edu/
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Magazines

Abreast and the Rest	www.abreastandtherest.ca
Artemis - Johns Hopkins Breast Centre e-journal	www.hopkinsbreastcenter.org/artemis

Leukemia**Follow-up Guidelines**

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Leukemia/default.htm
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Good places to start:

US National Cancer Institute	www.cancer.gov/cancertopics/types/leukemia
Canadian Cancer Society (What's Leukemia?)	www.cancer.ca/en/cancer-information/cancer-type/leukemia/overview/?region=on

Survivors' Stories:

Leukemia and Bone Marrow Transplant Program (BC)	www.leukemiabmtprogram.org/patients_and_family/survivors_stories/index.html
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Leukemia websites:

Leukemia and Lymphoma Society of Canada (BC/Yukon)	www.llscanada.org/#/aboutllsc/chapters/bc/
Leukemia Research (UK)	leukaemialymphomaresearch.org.uk/
Acute Leukemia: American Cancer Society	http://www.cancer.org/cancer/leukemia-acute/lymphocyticallinadults/index
Adult Chronic Leukemia: American Cancer Society	www.cancer.org/cancer/leukemia-acute/lymphocyticallinadults/index
Childhood Leukemia: American Cancer Society	http://www.cancer.org/cancer/leukemia/inchildren/index

Books and Pamphlets:

BC Blood Cancer Resource Guide	www.llscanada.org/content/chaptercontent/bc/pdf/BC_Blood_Cancer_Resource_Guide.pdf
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Colorectal Cancer**Follow-up Guidelines**

BC Cancer Agency: Follow-up Information and Guidelines	Colon: www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Gastrointestinal/05.Colon/default.htm Rectal: www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Gastrointestinal/06.Rectum/default.htm
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Good places to start:

Colon/Rectum Cancer: American Cancer Society	www.cancer.org/cancer/colonandrectumcancer/index
Colorectal Cancer: Cancer.Net	www.cancer.net/cancer-types/colorectal-cancer
Colorectal Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/colorectalcancer.html
Colon and Rectal Cancer: National Cancer Institute	www.cancer.gov/cancertopics/types/colon-and-rectal
What is Colorectal Cancer?: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/colorectal/overview/?region=on

Genetics websites:

Familial Gastrointestinal Registry	www.zanecohencentre.com/fgicr
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Ostomy Websites

United Ostomy Association of Canada	www.ostomycanada.ca/
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Practice Guidelines

Detection of Colorectal Cancer for Patients (BC Medical Assc)	www.bcguidelines.ca/pdf/col_pat.pdf
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Thyroid Cancer

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/HeadnNeck/FollowUp/default.htm
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Good places to start:

Thyroid Cancer: American Cancer Society	www.cancer.org/cancer/thyroidcancer/index
Thyroid Cancer: Cancer.Net	www.cancer.net/cancer-types/thyroid-cancer
Thyroid Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/thyroidcancer.html
Thyroid Cancer: National Cancer Institute	www.cancer.gov/cancertopics/types/thyroid
What is Thyroid Cancer?: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/thyroid/overview/?region=on

More Thyroid Cancer websites:

Thyroid Cancer Canada	www.thyroidcancercanada.org/
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Prostate Cancer

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Genitourinary/Prostate/Management/Followup/default.htm
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Good places to start:

Prostate Cancer: American Cancer Society	www.cancer.org/cancer/prostatecancer/index
Prostate Cancer: Cancer.Net	www.cancer.net/cancer-types/prostate-cancer
Prostate Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/prostatecancer.html
Prostate Cancer: National Cancer Institute	www.cancer.gov/cancertopics/types/prostate
What is Prostate Cancer?: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/thyroid/overview/?region=on

Support websites:

Support Group Listing (Prostate Cancer Foundation of BC)	www.prostatecancerbc.ca/support/listing.php
PSA Rising	www.psa-rising.com/

Decision Tools and Practice Guidelines

Prostate Cancer Screening: A Decision Guide	http://wellnessproposals.com/health-care/handouts/cancer-and-cancer-prevention/prostate-cancer-treatment-guide.pdf
Treatment Summaries: Prostate Cancer (NCCN)	www.nccn.com/index.php

Hodgkin Lymphoma

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines (Please refer to Section 2.4)	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Lymphoma/HodgkinDisease.htm
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Good places to start:

Hodgkin Disease: American Cancer Society	www.cancer.org/cancer/hodgkindisease/index
Hodgkin Lymphoma: Cancer.Net	www.cancer.net/cancer-types/lymphoma-hodgkin
Hodgkin Disease: Medline Plus	www.nlm.nih.gov/medlineplus/hodgkindisease.html
Hodgkin Lymphoma: National Cancer Institute	www.cancer.gov/cancertopics/types/hodgkin/
What is Hodgkin Lymphoma?: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/non-hodgkin-lymphoma/overview/?region=on

Books and Pamphlets:

BC Blood Cancer Resource Guide	www.ilscanada.org/content/chaptercontent/bc/pdf/BC_Blood_Cancer_Resource_Guide.pdf
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Non-Hodgkin Lymphoma

Follow-up Guidelines

BC Cancer Agency Follow-up Information and Guidelines	www.bccancer.bc.ca/HPI/CancerManagementGuidelines/Lymphoma/HD/FU.htm
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Good places to start:

Non-Hodgkin Disease: American Cancer Society	www.cancer.org/cancer/non-hodgkinlymphoma/index
Non-Hodgkin Lymphoma: Cancer.Net	www.cancer.net/cancer-types/lymphoma-non-hodgkin
Lymphoma: Medline Plus	www.nlm.nih.gov/medlineplus/lymphoma.html
Non-Hodgkin Lymphoma: National Cancer Institute	www.cancer.gov/cancertopics/types/non-hodgkin
What is Non-Hodgkin Lymphoma?: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/non-hodgkin-lymphoma/overview/?region=on

Books and Pamphlets:

BC Blood Cancer Resource Guide	www.llscanada.org/content/chaptercontent/bc/pdf/BC_Blood_Cancer_Resource_Guide.pdf
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Lung**Good places to start:**

Lung Cancer: Cancer.Net	www.cancer.net/cancer-types/lung-cancer
Lung Cancer: Medline Plus	www.nlm.nih.gov/medlineplus/lungcancer.html
Lung Cancer: US National Cancer Institute	www.cancer.gov/cancertopics/types/lung
Lung Cancer non-small cell: American Cancer Society	www.cancer.org/cancer/lungcancer-non-smallcell/index
Lung Cancer small cell: American Cancer Society	www.cancer.org/cancer/lungcancer-smallcell/index
What is lung cancer: Canadian Cancer Society	www.cancer.ca/en/cancer-information/cancer-type/lung/overview/?region=on

Books and Pamphlets:

Understanding lung cancer: Cancer Care Ontario	www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=14458
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For a listing of resources other survivors have found helpful see appendix G, for a recommended reading list see appendix H

Appendix

Table of Contents

TIPS ON MEMORY & CONCENTRATION

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RECOMMENDED READING LIST

BC CANCER AGENCY, BC CANCER FOUNDATION, CANADIAN CANCER SOCIETY



Appendix

A. Tips on Memory & Concentration

Both daily mental and physical activity will increase memory and other mental functions. Training your brain by reading, doing puzzles, learning new skills and hobbies all help to strengthen your brain (think of it as mental housekeeping - unused brain power will collect 'dust'). Physical activity is also important as it increases your blood flow and triggers muscle groups and their various control centers in the brain.

You can cope better with symptoms of memory and concentration by making sure you are well rested, paying attention, organizing yourself and writing reminder notes. Support groups can also help by learning of others' experiences by sharing your own.

B. Ways to Deal with Stress

Start the day by putting yourself on your To-Do list. Make you a priority! Spend time doing the activities you love. Deep breathing and active relaxation are healthy and helpful techniques for dealing with stress.

Deep Breathing

Use deep breathing for a calming effect before an event that makes you anxious. Deep breathing is a simple and effective way to relieve tension and increase comfort. It can make you more comfortable if you are experiencing episodes of pain, fatigue or nausea. This method can be used before you go to bed to help ease you into a restful sleep. You can practice deep breathing anywhere.

Deep breathing technique:

- 1 Place yourself in a comfortable position with legs and arms uncrossed
- 2 Take the palm of one hand on your chest; place the other on your abdomen
- 3 Breathe normally. Notice how your hands rise and fall with your breathing
- 4 Picture your stomach as a balloon as you do this
- 5 Concentrate on breathing from your stomach silently keeping count
- 6 Say to yourself 'relax' each time you exhale

Try to practice this method for 5 minutes every day

Muscle Relaxation

By learning how to relax your muscles, you can actively lower your blood pressure, heart rate and breathing rate. Progressive muscle relaxation is the tensing and then relaxing of each muscle group of the body, one group at a time. In a comfortable position, breathe slowly taking deep breaths. The idea is to tense one muscle group at a time and hold for 5-10 seconds (if a part of the body is painful or tender, do not tense in that area). Release the

tension and stay relaxed for 10-20 seconds. You can tense the areas of the body in any order and as much as you like. There are also tapes available that can guide you through this process. Examples of this method: clench hands into fists, flex biceps, tense abdomen, eyes (close tight, hold, and release), and arch your back to name a few.

C. Self Esteem

Low self-esteem can have a negative effect on all aspects of your quality of life. People who think poorly of themselves for long periods of time can still make simple changes to improve their self esteem. Here are four steps to start recovering your positive sense of self.

Step 1: Identify the main sources

What lowers your self-esteem? A troubling environment at work or home? Problems in certain relationships? Once you identify the root of the problem you can start targeting your action plan for success.

Step 2: Awareness of your inner voice

Pay attention to your inner voice as you come across situations which make you say negative things about yourself. You will need to decide if you are being reasonable or if you are thinking about it in an unrealistic way. Were you thinking about any positive points or was your inner conversation mostly negative?

Step 3: Challenge negative or unrealistic thoughts

The first thought that comes to your mind in these situations needs to be checked as to whether it makes sense. Your thought process may be so set that it will be difficult at first. You need to question whether your view of situations that leave you with thoughts that lower your self-esteem are based on facts or just your own opinion.

Step 4: Changing the way you evaluate yourself

Now that you have identified the root of your self-esteem issues, your increased awareness of your inner voice and negative thought processes, it is time to start taking a positive outlook.

Thought processes that are counterproductive:

- All-or-nothing thinking. Pass or fail style of thinking. : “If I can’t do this, I am a complete failure”.
- Mental Filtering perceiving only the bad side of every situation: “I made a mistake and now everyone will think I’m incompetent”.
- Converting positives into negatives. You are unable to accept compliments or achievements: “I only succeeded because it wasn’t hard to do”.
- Jumping to negative conclusions. In the absence of any evidence, you still reach a negative conclusion: “My friend didn’t return my call so they must be mad at me for something I did”.
- Mistaking feelings for facts Confusing your own opinion with facts: “I feel useless therefore I am useless”.
- Self put-downs. Combination of overreacting to a situation and undervaluing yourself: “I am not worthy of succeeding”.

Thought processes that are realistic and constructive:

- Hopeful statements. Treat yourself how you would treat others. If you feel confident you are capable of the task at hand, you are more likely to succeed: “This isn’t easy, but I can do it”.
- Forgive yourself. Nobody is perfect and mistakes happen, but you shouldn’t change your opinion of yourself: “I didn’t do it right the first time, but that doesn’t mean I am incapable of getting it right the second time”.
- Avoid unrealistic goals. If you are constantly placing demands on yourself and others that are not possible, you are only setting yourself up to fail.
- Focus on the positive. If you doubt your abilities and self-worth, remind yourself of your accomplishments and other aspects of your life of which you are appreciative.
- Re-label upsetting thoughts. If your inner voice is saying you can’t do something, think of a way to change the situation to make it more manageable: “How can I make this less stressful?”
- Encourage yourself. You need to compliment yourself. If you feel that something went well, take a moment to acknowledge yourself and use it to inspire your next task.

Don’t feel discouraged if you need to return to step one. Do this as often as you need to. Habits can be hard to break, but if you work at it, you will notice your self-esteem begin to improve and benefit from increased confidence in all aspects of your life. If you are unable to resolve self-esteem issues on your own, or if your self-esteem interferes with your daily functioning, seek professional help.

D. Food Journal

Date/Time	Food (amount)	Drink (Amount)	Where I ate	Current emotions/mood



E. The Big Picture on Healthy Eating

This section provides suggestions and tools to help with changes toward healthier eating plus lists ways to identify and remove challenges.

Time

Many people wonder where they will find time to look for recipes, make grocery lists, or go shopping. Having a plan for what you are going to eat for several days or even a week in advance can make this process much easier.

Feeding Others at Home

If you have others in your household, they may not understand or want to change their eating habits in the same way you do. Try involving them in making healthy choices by inviting them to take part in the meal planning by picking a meal or adding a recipe or dish suggestion. While not all suggestions will be healthy choices, there is room for the occasional treat.

Fatigue

If the thought of cooking a meal, making a grocery list, or shopping sounds exhausting, you are not alone. Fatigue can be a side effect of cancer treatment that may last for some time. Try breaking tasks into smaller, more manageable steps. People who helped out along your cancer journey are often still available, but may not know how they can help now. Ask friends and family to help with planning meals, picking up groceries or preparing meals.

At the Store

Check the “Nutrition Facts” label on products you are choosing and avoid items that are high in trans fats (common in processed and packaged foods). Also, be aware of the ingredients. If you are buying an item because it is described as ‘whole grain’, for example, that should be one of the first ingredients listed. Don’t buy unhealthy items. If you don’t bring them home, you are less likely to eat them.

Meal Preparation

As much as possible, prepare meals using low-fat cooking methods such as broiling, baking, steaming, and poaching. When your meal requires frying, use healthy unsaturated fats such as olive oil or canola oil. Also, add herbs and spices for flavoring in place of salt or rich dressings and sauces which may have extra fat, salt and sugar. Keep smoked, half smoked and dried meat and fish as snacks for traveling.

Staying on Track

Whether you are trying to be more active, eat more vegetables, or watch your fat intake, setting SMART goals can help you to stay focused.

- 1 **Specific**: Have one focus for each goal rather than a general idea.
 - 2 **Measureable**: Set quantities for your goal.
 - 3 **Attainable**: Set goals that you can reach! Small goals are more achievable.
 - 4 **Relevant**: Stay motivated with a goal that matters to you.
 - 5 **Time based**: Set a timeline for this goal be it daily, weekly or monthly.
-

F. Recommended Cookbooks

Recommended Cookbooks:

- Métis Cookbook and Guide to Healthy Living (2008) 2nd Edition. National Aboriginal Health Organization, Ottawa, Ontario.
<http://www.naho.ca/metis/research/health-promotion/>

Other cookbooks you may find of interest:

- **Lighthearted at home:** The Very Best of Anne Lindsay by Anne Lindsay, 2010
- **Choices Menus:** Cooking for One or Two, by Margorie Hollands, 2011
- **Dieticians of Canada:** Cook! 275 Recipes Celebrate Food from Field to Table, by Mary Sue Waisman, 2011
- **HeartSmart:** The Best of Heartsmart Cooking by Bonnie Stern, 2006
- **Rose Reisman's Family Favorites:** Healthy Meals for Those that Matter Most, by Rose Reisman, 2010

Recommended Websites:

Canadian Living - Nutrition and Recipes www.canadianliving.com/health/nutrition

Heart Healthy Recipes

www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484019/k.6437/HeartHealthy_Recipe_s.htm

Mayo Clinic- Heart Healthy Recipes www.mayoclinic.com/health/heart-healthy-recipes/RE00098

G. Listing of Resources Other Survivors Have Found Beneficial

What other survivors have found helpful for moving forward

Services and Resources

The Pharmacist and/or The BC Cancer Agency 'phone the pharmacist'
Naturopath
Dietitian
Physiotherapy and/or Massage therapy and/or deep tissues massage (scar tissue)
Vocational rehabilitation
Emotional Freedom technique
Home care nurses
The Canadian Cancer Society
Cancer Connections
Cancer Navigator
Counseling and/or the use of Spiritual Healers
Healing Touch and/or Relaxation sessions
Support groups
Relay for Life

Survivor recommended books

The Intelligent Patient Guide *by* Olivotto, Gelmon, McCready, Pritchard and Kuusk.
Emotional Freedom *by* Judith Orloff
Naturally There's Always Hope *by* Dr. Neil McKinney
Love, Medicine & Miracles *by* Bernie Seigel, M.D.
Picking up the Pieces *by* Sherri Magee and Kathy Scalzo

H. Recommended Reading List

For Survivors:

Dancing in limbo: making sense of life after cancer by G. Halvorson-Boyd & L.K. Hunter (1995).

"Offers inspiration, affirmation, and straight-from-the heart talk about the questions that haunt cancer survivors."

Love, medicine and miracles: lessons learned about self-healing from a surgeon's experience with exceptional patients by Bernie Siegel (1986).

"Unconditional love is the most powerful stimulant of the immune system. The truth is: love heals. Miracles happen to exceptional patients every day – patients who have the courage to love, those who have the courage to work with their physicians to participate in and influence their own recovery."

Picking up the pieces: moving forward after surviving cancer by Sherri Magee & Kathy Scalzo (2006).

"Reassuring, insightful and practical, this book presents a unique four-phase process with useful daily practices to support you along your recovery journey."

The cancer survivor's guide: Foods that help you fight back by Neal Barnard & Jennifer Reilly (2008).

"Researchers have been investigating how food choices can help prevent cancer and, when cancer has been diagnosed, how nutrition can improve survival...Certain dietary patterns seem to have a major effect, helping people diagnosed with cancer to live longer, healthier lives"

Your brain after chemo: A practical guide to lifting the fog and getting back your focus by Dan Silverman and Idelle Davidson (2009).

"Calling on cutting-edge scientific research and the inspiring stories of survivors, this groundbreaking book will forever change the way you think about your brain after chemo - and give you the coping skills to move on with your life."

100 questions & answers about life after cancer: a survivor's guide by Page Tolbert (2008).

"Answers questions survivors might have about life after cancer on topics such as communicating with friends and family, workplace concerns, intimacy, spirituality and staying healthy."

For Family Members of Survivors:

Help me live: 20 things people with cancer want you to know by Lori Hope (2005).

“When we hear that someone close to us has been diagnosed with cancer, we want nothing more than to comfort them with words of hope, support, and love. But sometimes we don’t know what to say or do and don’t feel comfortable asking. With sensitive insights and thoughtful anecdotes, *Help me live* provides a personal yet thoroughly researched account of words and actions that are most helpful.”

I. BC Cancer Agency, BC Cancer Foundation, and Canadian Cancer Society.

What is the BC Cancer Agency?

The BC Cancer Agency is part of the Provincial Health Services Authority and is responsible for BC/Yukon population-based cancer control program. The agency is concerned with all aspects of care ranging from prevention and screening, to diagnosis, treatment, and survivorship. The BC Cancer Agency’s mandate to reduce the incidence of cancer, reduce the mortality rate of people with cancer and to improve the quality of life of people living with cancer.

Resources:

www.bccancer.bc.ca/ABCCA/default.htm

What is the BC Cancer Foundation?

This is the fundraising partner of the BC Cancer Agency and also the largest charitable funder of cancer research in BC. Contributions go to leading-edge research that impacts the revolution of cancer care in British Columbia.

Resources:

<http://bccancerfoundation.com/about-us/who-bc-cancer-foundation>

What is the Canadian Cancer Society?

The CCS is a national, community-based organization of volunteers. Their goal is to eradicate cancer and enhance the quality of life for people who are already living with cancer. The CCS exists by the generosity of donors and the work of volunteers and staff. Their mandate is to control, actively prevent, cure and manage cancer. Their particular focus is allocating donations to research, advocacy, prevention, information and support.

Resources:

www.cancer.ca/British%20Columbia-Yukon/About%20us/BC-Mission.aspx?sc_lang=en

My Care Plan Review

My Initial Care Plan Review

My Care Plan Delivery Appointment Reflection

My Referrals

Next Steps

My Second Care Plan Review

My Third Care Plan Review

My Fourth Care Plan Review

My Fifth Care Plan Review

Glossary of Words

Quotes by Survivors for Survivors



My Initial Care Plan Review

During my review we have identified these areas of concern to work on:

1.	Action Plan:
2.	Action Plan:
3.	Action Plan:

Goals to achieve before second assessment:



My Care Plan Delivery Appointment Reflection...

Please use this space provided to write down questions that you wish to remember to ask in your next care plan appointment along with any other thoughts, or information that you would like to have in this care plan that was not included.



My referrals (if required)			
Complementary Therapies		Lifestyle Advice:	
Physiotherapist		Diet	
Occupational Therapist		Exercise	
Counsellor		Smoking Cessation	
Psychologist		Dietitian	
Work and Finance			
Social Worker			
Others:			

Next Steps		
Outcome of today's care plan appointment:	No further face-to-face required:	
	Follow-up telephone call required:	
	Other:	
Care plan is ready to be sent to my family physician:	YES / NO (Please circle)	
Date of next review (if required):		
My review was carried out by:		
Today's date:		

My Second Care Plan Review

During my review we have identified these areas of concern to work on

1.	Action Plan:
2.	Action Plan:
3.	Action Plan:

Goals to achieve before fourth assessment:

Large empty green box for writing goals to achieve before the fourth assessment.



My Third Care Plan Review

During my review we have identified these areas of concern to work on

1.	Action Plan:
2.	Action Plan:
3.	Action Plan:

Goals to achieve before fifth assessment:

Large empty space for writing goals to achieve before the fifth assessment.



My Fourth Care Plan Review

During my review we have identified these areas of concern to work on

1.	Action Plan:
2.	Action Plan:
3.	Action Plan:

Reflection on goals achieved and long term goal setting:

Reflection on goals achieved and long term goal setting:



My Fifth Care Plan Review

During my review we have identified these areas of concern to work on

1.	Action Plan:
2.	Action Plan:
3.	Action Plan:

Reflection on goals achieved and long term goal setting:

Reflection on goals achieved and long term goal setting:



Glossary of Words

Histology: The study of cells or tissues types by viewing through a microscope. This method can be used to classify tumour types and best treat each individual cancer.

Hormone: A chemical produced by the body that is released by a gland or cell in an area of the body that signals and affects cells in another region of the body. Responses to hormones depend on the signal sent and can involve, but are not limited to, mood, immune function, metabolism, and reproduction.

Hormonal Therapy: A common method of medical treatment for certain cancers and other conditions that involves the use of hormones for management of the illness.

Immune system: The organization of structures and processes within the human body that protect the body against infection or invasion by a variety of agents that potentially cause diseases.

Nerve damage: Damage to nerves or the nervous system resulting in a variety of symptoms.

Recurrent disease: The return of a disease after remission.

Steroid: Examples of steroids include cholesterol, estradiol, testosterone and anti-inflammatory drugs.

Toxicity: The extent or degree to which a substance can damage an organism (or portion of)

Quotes by Survivors, for Survivors

“Feeling I’m an important part of the team, not someone that decisions are made for.”

“What helped me is knowing what to expect later on, who to talk to, questions to ask.”

“Have realistic expectations about your recovery time.”

“Redefining normal is very important to me.”

“Be in charge of your medical care.”

“Read other peoples stories.”

“I have a medical summary that I carry around.”

“People feel empowered when they have information.”

“It would be encouraging to tell other patients to have a goal or vision in mind.”

“I find my connection through books written by those who had experienced cancer.”

