



# British Columbia Blood Cancer Resource Guide

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[www.llscanada.org](http://www.llscanada.org)

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

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

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

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

There are two other resource guides available:

- 1. Adolescents and Young Adult (AYA) Blood Cancer Resource Guide for BC**
  - written for young people affected by blood cancer.
- 2. Navigating Childhood Blood Cancer Services in BC**
  - a guide to help parents of children and adolescents to find information and resources.

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

With sincere best wishes,

Sharon Paulse RSW, CCLS  
Patient Education and Support Manager

*\*If you have a paper copy of this resource guide, please contact me at 604.733.2873, (toll-free 1.866.547.5433) or [sharon.paulse@lls.org](mailto:sharon.paulse@lls.org) to request the electronic version and to receive newsletters about education and support events.*

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## The Leukemia & Lymphoma Society of Canada (LLSC)

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

**Patient Services Programs** include:

- Comprehensive **Printed Materials** regarding the various blood cancers, their treatments and related topics.
- In-person **Education Programs** for patients/family members and for healthcare professionals. **Telephone Education Sessions** (upcoming schedules and archives on website)
- **First Connection**. A peer mentor support program, connecting people who are newly diagnosed or having a new treatment with someone who has faced a similar situation. Also for family members or other caregivers.
- **Family Support Groups**. In-person, telephone or online support groups to share information and support with others affected by blood cancer. Online support groups or chat groups <http://www.lls.org/#/diseaseinformation/getinformationsupport/onlinechats/>
- **Information Resource Centre. 1.800.955.4572**. A phone line based at our USA affiliate which answers questions and provides the latest information about blood cancers, their treatments and clinical trials. Staff at the Information Resource Centre can access a translator service with over 140 languages.
- **TrialCheck®**. An online service for finding clinical trial information for blood cancer. [www.trialcheck.org/cancertrialshelp/membership.aspx?memid=4255](http://www.trialcheck.org/cancertrialshelp/membership.aspx?memid=4255)

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

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

- **Local**: To receive newsletters about BC/Yukon events, contact our regional office at [sharon.paulse@lls.org](mailto:sharon.paulse@lls.org) or 604.733.2873 or toll free 1.866.574.5433.
- **International**: Electronic newsletters with disease and treatment updates are accessed at [www.lls.org/#/aboutlls/news/subscribe/enewsletters/](http://www.lls.org/#/aboutlls/news/subscribe/enewsletters/)

### **Advocacy:**

Are you interested in adding your voice to the process of bringing new treatments to patients as quickly as possible?

If so, sign up at <http://www.llscanada.org/waystohelp/advocate/> or email

[AdminCanada@lls.org](mailto:AdminCanada@lls.org) and indicate that you are interested in advocacy initiatives. Please include your full name, contact information, whether you are a patient, family member, or have another connection, the type of diagnosis and if you are over 18-years-old.

## DISEASE INFORMATION BOOKLETS

### Understanding Leukemia

<http://www.lls.org/#/resourcecenter/freeducationmaterials/leukemia/>



### Acute Lymphoblastic Leukemia (ALL)

[www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/leukemia/pdf/all.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/leukemia/pdf/all.pdf)



### Acute Lymphoblastic Leukemia: A Guide for Patients and Families

[www.lls.org/#/resourcecenter/freeducationmaterials/leukemia/allguide](http://www.lls.org/#/resourcecenter/freeducationmaterials/leukemia/allguide)



### Chronic Myeloid Leukemia (CML)

[www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/leukemia/pdf/cml.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/leukemia/pdf/cml.pdf)



### Chronic Myeloid Leukemia: A Guide for Patients and Families

<http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/leukemia/pdf/cmlguide.pdf>





## Acute Myeloid Leukemia (AML)

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/aml.pdf>



## Acute Myeloid Leukemia: A Guide for Patients and Families

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/amlguide.pdf>



## Chronic Lymphocytic Leukemia (CLL)

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/ctl.pdf>



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

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/ctlguide.pdf>



## Myelodysplastic Syndromes

[www.lls.org/#/resourcecenter/freeeducationmaterials/mds/mds](http://www.lls.org/#/resourcecenter/freeeducationmaterials/mds/mds)



## The MDS Guide

<http://www.ils.org/content/nationalcontent/resourcecenter/freeeducationmaterials/mds/pdf/mdsguide.pdf>





## Myeloma

[www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/myeloma/pdf/myeloma.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/myeloma/pdf/myeloma.pdf)



## Myeloma: A Guide for Patients and Families

[www.lls.org/#/resourcecenter/freeducationmaterials/myeloma/myelomaguide](http://www.lls.org/#/resourcecenter/freeducationmaterials/myeloma/myelomaguide)



## Hodgkin Lymphoma

<http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/lymphoma/pdf/hodgkinlymphoma.pdf>



## Lymphoma: A Guide for Patients and Families

[www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/lymphoma/pdf/lymphomaguide.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/lymphoma/pdf/lymphomaguide.pdf)



## Non-Hodgkin Lymphoma

[www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/lymphoma/pdf/nhl.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeducationmaterials/lymphoma/pdf/nhl.pdf)



## TREATMENT BOOKLETS

### **Blood and Marrow Stem Cell Transplantation**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/bloodmarrowstemcelltransplantation.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/bloodmarrowstemcelltransplantation.pdf)

### **Blood Transfusion**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/bloodtransfusion.pdf>

**Support Booklet: Each New Day** <http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/eachnewday.pdf>

### **Understanding Clinical Trials for Blood Cancer**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/understandingclinicaltrials.pdf>

### **Understanding Side Effects of Drug Therapy**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/understandingdrugtherapy.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/understandingdrugtherapy.pdf)

### **Understanding Lab and Imaging Tests**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/understandinglabimagingtests.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/understandinglabimagingtests.pdf)

## FACT SHEETS

### **Cancer-Related Fatigue Facts**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/cancerrelatedfatiguefacts.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/cancerrelatedfatiguefacts.pdf)

### **Chronic Myelomonocytic Leukemia (CMML) and (JMML)**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/cmmljmml.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/cmmljmml.pdf)

### **Cord Blood Stem Cell Transplantation**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/cordbloodstemcelltransplantation.pdf>

### **Cutaneous T Cell Lymphoma**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/lymphoma/pdf/cutaneoustcelllymphoma.pdf>

### **Essential Thrombocythemia**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/mpd/pdf/essentialprimarythrombocythemia.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/mpd/pdf/essentialprimarythrombocythemia.pdf)

### **Fertility**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/fertility.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/fertility.pdf)

## **Food & Nutrition**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/foodnutritionfacts.pdf>

## **Hairy Cell Leukemia**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/hairycellleukemia.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/leukemia/pdf/hairycellleukemia.pdf)

## **Immunotherapy**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/immunotherapyfacts.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/immunotherapyfacts.pdf)

## **Integrative Medicine & Complementary and Alternative Therapies**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/integrativemedicinecamtherapies.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/integrativemedicinecamtherapies.pdf)

## **Long-Term and Late Effects of Treatment in Adults**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/longtermlateeffectsadults.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/treatments/pdf/longtermlateeffectsadults.pdf)

## **Mantle Cell Lymphoma**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/lymphoma/pdf/mantlecelllymphoma.pdf>

## **Myelofibrosis Facts**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/mpd/pdf/idiopathicmyelofibrosis.pdf>

## **Pain Management**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/painmanagement.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/painmanagement.pdf)

## **Peripheral T-Cell Lymphoma**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/lymphoma/pdf/peripheralcelllymphomafacts.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/lymphoma/pdf/peripheralcelllymphomafacts.pdf)

## **Polycythemia Vera**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/mpd/pdf/polycythemiavera.pdf>

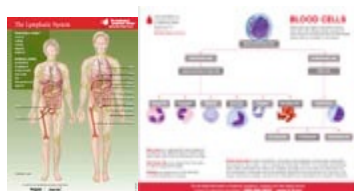
## **Sexuality & Intimacy**

[www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/sexualityintimacy.pdf](http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/sexualityintimacy.pdf)

## **Waldenstrom Macroglobulinemia**

<http://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/lymphoma/pdf/waldenstrommacroglobulinemia.pdf>

## **Lymphatic System and Blood Cells Chart**



## The BC Cancer Agency (BCCA)

[www.bccancer.bc.ca](http://www.bccancer.bc.ca) Home Page

The BC Cancer Agency is the overall cancer treatment agency in BC and the Yukon. In addition to the physicians, nurses and technicians who are on the front lines of cancer treatment, there are many others on the healthcare team who can assist you with information and support. **Patient and Family Counsellors** work in the regional treatment centres and offer a variety of one-to-one or group services regarding living with cancer, financial and practical issues, communicating with children about cancer, relaxation training, support groups, etc. To find support services in your region <http://www.bccancer.bc.ca/RS/VancouverCentre/support-programs.htm>

**Return to Work Information and Counselling** [www.bccancer.bc.ca/PPI/copingwithcancer/emotional/Work+Related+Issues.htm](http://www.bccancer.bc.ca/PPI/copingwithcancer/emotional/Work+Related+Issues.htm)

The **BCCA website** is an excellent source of information about coping with cancer, education events, research, treatment, clinical trials, etc. There are many brochures which can be downloaded including a **Resource Guide written in Chinese**.

<http://www.bccancer.bc.ca/NR/rdonlyres/2715788C-3EE3-4865-BF90-C167D66AF5E3/67609/2011ResourceGuideforChineseCancerPatients.pdf>

### BCCA Libraries

[www.bccancer.bc.ca/PPI/Library/default.htm](http://www.bccancer.bc.ca/PPI/Library/default.htm)

604.675.8001 or toll free 1.888.675.8000 ext 8001

BC Cancer Agency has patient education materials in various locations and a full library at 675 West 19<sup>th</sup> Ave. in Vancouver. Librarians can help you find printed materials and websites.

### CAMEO - Complementary Medicine Education & Outcomes Program

[www.bccancer.bc.ca/cameo](http://www.bccancer.bc.ca/cameo)

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

### The Provincial Drug Information Telephone Line

1.800.663.3333, local 67-6275 or e-mail your question to: [druginfo@bccancer.bc.ca](mailto:druginfo@bccancer.bc.ca)

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

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

[www.bccancer.bc.ca/RES/ResearchPrograms/LymphoidCancers/default.htm](http://www.bccancer.bc.ca/RES/ResearchPrograms/LymphoidCancers/default.htm)

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

Every year the CLC team hosts a lymphoid cancer education day geared for patients and families. It is well attended and very informative.

## **Leukemia/BMT Program of BC – Vancouver General Hospital**

[www.leukemiabmtprogram.com](http://www.leukemiabmtprogram.com) 604.875.4863

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

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

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

### **Accommodations in Vancouver**

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

### **The Canadian Cancer Society (CCS)**

[www.cancer.ca](http://www.cancer.ca) 1.888.939.3333

The Canadian Cancer Society addresses all types of cancer and has offices throughout Canada, with regional offices across BC. Staff and volunteers offer a wide range of services including: *CancerConnection* - a peer support program, volunteer drivers for medical appointments, financial support program, lodge accommodations and a wig program.

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

## Blood Cancer Support Groups in BC

### General Blood Cancer Support Group (Surrey)

For people with any type of blood cancer diagnosis. 2<sup>nd</sup> Wednesday of each month 7:00-8:30 pm  
604.733.2873 Contact: Sharon Paule, Patient Services Manager, LLSC

### Myeloproliferative Neoplasm Support Group (Vancouver)

For people affected by Idiopathic Myelofibrosis, Essential Thrombocythemia, Polycythemia Vera.  
Contact: Sharon Paule, Patient Services Manager, LLSC 604.733.2873 ext 5198 or Lisa a  
volunteer with the MPN Foundation at mpdvancouver@gmail.com

### Lymphoma Networking/Support Group (Vancouver)

Phone: 604.877.6000 local 2194 The group will run the 4<sup>th</sup> Wednesday of every second month at  
**10:30-12:00** in **room 502** at the BC Cancer Agency, 600 West 10<sup>th</sup>, Vancouver. There is no need  
to register, please just show up. You are welcome to bring your partner or a loved one.

### Lymphoma/Leukemia Support Group (Victoria)

1<sup>st</sup> Thursday of each month, 7-9pm at Begbie Hall, 2101 Richmond Rd.  
Contact: Glyn Williams 250.598.8166 glyn46w@shaw.ca

### Myeloma Vancouver

[www.myelomavancouver.ca](http://www.myelomavancouver.ca)

Contact: info@myelomavancouver.ca

### Vancouver Island Multiple Myeloma Support Group (Victoria)

[www.myelomavancouverisland.ca](http://www.myelomavancouverisland.ca)

Contacts: Gwen Mackay gwen.mackay@shaw.ca

### The North Island Multiple Myeloma Support Group (Campbell River)

Contact: Linda Latham at 250.286.1955

## Canadian Blood Services and One Match

[www.bloodservices.ca](http://www.bloodservices.ca) and [www.onematch.ca](http://www.onematch.ca) 1.888.236.6283

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

## The Bruce Denniston Bone Marrow Society

[www.dennistonsociety.org](http://www.dennistonsociety.org) 1.877.485.8488

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

## Holistic Health Cancer Services

InspireHealth (Vancouver, Victoria and Kelowna)

[www.inspirehealth.ca](http://www.inspirehealth.ca) 604.734.7125

InspireHealth offers an integrative approach to cancer care for those who wish additional physical and emotional support beyond the conventional cancer treatment. InspireHealth offers medical consultation with a physician, covered by BC Medical Plan, and a variety of services including naturopathy, acupuncture, massage, nutrition classes, yoga, etc. These additional services have fees attached to them. For those who are interested in pursuing integrative medicine approaches, you may wish to pay for their in-depth 2-day seminars or if finances are a barrier, ask about their bursary program for this workshop.

### **Callanish Healing Retreats Society (Vancouver)**

[www.callanish.org](http://www.callanish.org) 604.732.0633

Callanish is a registered charity, located in the Kitsilano area of Vancouver and serves cancer patients. Among its services are retreats, support groups, nutritional information, art, music, and a caring environment. Visit their website or phone to learn about their holistic approach to the experience of cancer. Some people report that these retreats and programs are a life-changing experience. Callanish also hosts the **Young Adult Cancer Network**, (YACN) a group for young adults affected by cancer.

### **The Vancouver Friends For Life Society (Vancouver)**

[www.friendsforlife.ca](http://www.friendsforlife.ca) 604.682.5992

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

### **Healing and Cancer**

[www.healingandcancer.org](http://www.healingandcancer.org)

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

## **Helpful Tips for Newly Diagnosed**

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

[http://www.partnershipagainstcancer.ca/wp-content/uploads/2.4.0.1.4.2-Quality\\_care\\_English.pdf](http://www.partnershipagainstcancer.ca/wp-content/uploads/2.4.0.1.4.2-Quality_care_English.pdf)

### **A Survivor's Compass**

[www.cancerconsultants.com/a-survivor%e2%80%99s-compass](http://www.cancerconsultants.com/a-survivor%e2%80%99s-compass)

### **Ottawa Personal Decision Making Tool**

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

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

## BC Resources

### HealthLink BC

[www.healthlinkbc.ca/kbaltindex.asp](http://www.healthlinkbc.ca/kbaltindex.asp) 811

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

### Enquiry BC

[EnquiryBC@gov.bc.ca](mailto:EnquiryBC@gov.bc.ca) 1.800.663.7867 604.660.2421 (Vancouver)

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

### Positive Coping with Health Conditions: A Self-Care Workbook

[www.comh.ca/pchc/](http://www.comh.ca/pchc/) 778.782.7671

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

### BC Coalition of People with Disabilities

[www.bccpd.bc.ca/](http://www.bccpd.bc.ca/) 604.875.0188

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

### Nidus

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

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

### My Voice Guide

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

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

### Legal Help for British Columbians

[http://wiki.clicklaw.bc.ca/index.php/Legal\\_Help\\_for\\_British\\_Columbians](http://wiki.clicklaw.bc.ca/index.php/Legal_Help_for_British_Columbians)

Check this list of resources for various matters including employment, housing, debt, immigration, welfare, and other topics.



## Blood Cancer Information

### **The Aplastic Anemia & Myelodysplasia Association of Canada**

(Also paroxysmal nocturnal hemoglobinuria, PNH)

[www.aamac.ca/](http://www.aamac.ca/) 1.888.840.0039 or [info@aamac.ca](mailto:info@aamac.ca)

### **CLL**

[clltopics.org](http://clltopics.org)

### **International Waldenstrom's Macroglobulinemia Foundation**

[www.iwmf.com](http://www.iwmf.com)

### **Lymphoma Canada**

[www.lymphoma.ca/](http://www.lymphoma.ca/) 1.866.659.5556

### **Myeloma Canada**

[www.myelomacanada.ca/default.aspx](http://www.myelomacanada.ca/default.aspx) 514.570.9769

### **Myeloproliferative Neoplasms**

[www.mpdinfo.org/index.html](http://www.mpdinfo.org/index.html)

## Understanding Emotional Issues of Cancer

### **The Emotional Facts of Life with Cancer**

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

*The Emotional Facts of Life with Cancer* booklet was produced by the Canadian Association of Psychosocial Oncology. Read this booklet online or phone for a printed booklet. The goal of the booklet is to inform people of some of the issues related to cancer diagnosis and the type of counselling and support services that can be accessed. A questionnaire in the booklet gives greater understanding of the range of reactions to cancer diagnosis and to know when, how and where to access these types of support services.

## Clinical Trials Information

**TrialCheck®** [www.trialcheck.org/cancertrials/help/membership.aspx?memid=4255](http://www.trialcheck.org/cancertrials/help/membership.aspx?memid=4255)

Or The Leukemia & Lymphoma Society Information Resource Centre 1.800.955.4572.

The above methods are two ways to get some preliminary information about whether there are clinical trials available for your situation. Please speak with your physician for additional information and the suitability of the trials for your unique situation.

## Caregiver Information

**CancerChatCanada** <http://cancerchatcanada.ca/>

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

**BC Ministry of Health Services- Caregivers: A Shared Journey**

<http://www.seniorsbc.ca/caregiving/> 1.800.663.7867 or 604.660.2421

**Family Caregiver's Network Society**

[www.familycaregiversnetwork.org](http://www.familycaregiversnetwork.org) 250.384.0408

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

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

## Financial Information

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

**BC Cancer Agency – Financial Information for Cancer Patients**

[www.bccancer.bc.ca/PPI/copingwithcancer/practical/financial.htm](http://www.bccancer.bc.ca/PPI/copingwithcancer/practical/financial.htm) for web layout

Click on link below for the booklet format, of this information as it is nicely formatted.

[http://www.bccancer.bc.ca/NR/rdonlyres/2715788C-3EE3-4865-BF90-C167D66AF5E3/73797/BC\\_Cancer\\_financial\\_brochure\\_2015Web.pdf](http://www.bccancer.bc.ca/NR/rdonlyres/2715788C-3EE3-4865-BF90-C167D66AF5E3/73797/BC_Cancer_financial_brochure_2015Web.pdf)

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

**Canada Revenue Agency: Medical and Disability Related Tax Information**

1.800.959.8281

<http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/330/llwbl-eng.html>

The following link is for a more readable booklet format of tax breaks for people dealing with medical crises or long-term disabilities <http://www.cra-arc.gc.ca/E/pub/tg/rc4064/rc4064-13e.pdf>

**Travel Assistance Program**

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

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

**Canadian Cancer Society**

[www.cancer.ca](http://www.cancer.ca) 1.888.939.3333

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

## Medication Access and Coverage

### Drug Coverage

[www.drugcoverage.ca](http://www.drugcoverage.ca)

A guide listing coverage for various medications across Canada. If some medications are not covered, inquire if the pharmaceutical companies have a compassionate access program.

### Cancer Drug Access

<http://www.canceradvocacy.ca/> Cross Canada access to various cancer medications.

## Other Cancer Resources – Canada

### CancerChatCanada

<http://cancerchatcanada.ca/> 1.800.663.3333 ext 4966

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

### Cancer View Canada

[www.cancerview.ca](http://www.cancerview.ca)

A service linking Canadians to cancer information.

### Look Good...Feel Better

[www.lgfb.ca](http://www.lgfb.ca)

This organization demonstrates skin care techniques, cosmetic application and wig/scarf use to enhance the natural beauty of women adolescents affected with cancer.

## Online Resources

### Lotsa Helping Hands

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

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

### CarePages

[www.carepages.com](http://www.carepages.com)

This online service provides templates for posting photos and text updates to stay connected to people, when and how you want. This service may help you share your story with those of your choosing by sharing your access code to your own personal site.

### ACOR – Association of Cancer Online Resources

[www.acor.org](http://www.acor.org)

This site offers cancer information and chat rooms where people can ask questions or connect with others. See archived information and suggestions for dealing with many aspects of cancer care; for example, tips for reducing a side effect, swallowing medications, etc.

### International Cancer Information Service Group

<http://icisg.org/resources/other-considerations/>

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

## Fertility

### Fertile Future

[www.fertilefuture.ca](http://www.fertilefuture.ca)

This is a Canadian website with valuable information regarding fertility issues and options for men and women diagnosed with cancer. Check their services and assistance with costs related to fertility services. They also have a listing for fertility preservation centres across Canada at <http://fertilefuture.ca/patients/fertility-preservation-centres/>

## Young Adults

- Please note that there is a more complete Adolescent and Young Adult (AYA) Resource Guide available. Contact [sharon.pause@lls.org](mailto:sharon.pause@lls.org) or 604.733.2873 to receive a copy.

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

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



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

### Young Adult Cancer Network

[www.callanish.org](http://www.callanish.org) A BC young adult group which meets at Callanish Society.

### Young Adult Cancer Canada

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

A Canadian organization for young adults affected by any type of cancer. They offer information, retreats, workshops, support during treatment, goal-setting strategies for life after treatment and connection to other young adults through [CancerGoaltender.ca](http://CancerGoaltender.ca). Definitely worth checking out!

### Chasing Rainbows

[www.chasingrainbowsproduction.com](http://www.chasingrainbowsproduction.com)

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

### Vital Options International

[www.vitaloptions.org/youngadultswithcancer.html](http://www.vitaloptions.org/youngadultswithcancer.html)

### I'm Too Young For This!

[www.imtooyoungforthis.org](http://www.imtooyoungforthis.org)

### Planet Cancer

<http://myplanet.planetcancer.org/>

### Young Cancer Spouses

[www.youngcancerspouses.org](http://www.youngcancerspouses.org)

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

## Explaining Cancer to Children

### **My Anything But Ordinary Cancer Journey**

[www.cancerinmyfamily.ca/#/landing-page](http://www.cancerinmyfamily.ca/#/landing-page)

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

### **Facts 4 Teens Website**

A new website for teens to help them understand their parents cancer experiences.

<http://facts4teens.bccancer.bc.ca/default.htm#.U3VDJvm-2So>

### **The Children's Club**

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

### **Start the Talk**

<http://www.capo.ca/start-the-talk>

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

### **Books:**

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

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

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

*In Mommy's Garden: A Book to Explain Cancer to Young Children.* Neyal J Ammary CancerCare  
1.800.813.4673 [www.cancercare.org](http://www.cancercare.org)

## Fatigue

Private practice website of Dr. Mike Evans with information, with an engaging video and interactive tool on how to address cancer fatigue. <http://managecancerfatigue.ca/>

## Cancer Survivorship Information

### **Picking Up the Pieces**

Sherri Magee and Kathy Scalzo: Raincoast Books [www.pickingupthepiecescancer.com](http://www.pickingupthepiecescancer.com)

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

Daniel Silverman and Idelle Davidson

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

### **Cancervive**

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

### **Livestrong- Lance Armstrong Foundation**

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

## Nutrition and Fitness Information

**Meals on Wheels**

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

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

**Better Meals**

[www.bettermeals.com](http://www.bettermeals.com) 1.888.838.1888

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

**Cancer Nutrition Info**

[www.cancernutrition.com/](http://www.cancernutrition.com/)

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

[www.dietandcancerreport.org/](http://www.dietandcancerreport.org/)

**Fitness and Cancer Information**

[www.uofaweb.ualberta.ca/physedandrec\\_2007/pdfs/exforhealthguidebook.pdf](http://www.uofaweb.ualberta.ca/physedandrec_2007/pdfs/exforhealthguidebook.pdf)

This Guide Book was written for breast cancer patients but may be helpful. As with any exercise program, consult your doctor to ensure that your fitness plans are appropriate for your situation.

## **Palliative Care and Grief Resources**

**Canadian Virtual Hospice**

[www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home.aspx](http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx)

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

**British Columbia Hospice Palliative Care Association**

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

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

**The BC Bereavement Helpline**

[bcbh@telus.net](mailto:bcbh@telus.net) 1.877.779.2223

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

## Health Information –Canadian Government

### **MedEffect Canada**

[www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php](http://www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php) 1.866.234.2345

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

### **Public Health Agency of Canada**

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

## Cancer Organizations – Canada

### **Canadian Partnership Against Cancer**

[www.partnershipagainstcancer.ca](http://www.partnershipagainstcancer.ca) 1.416.915.9222

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

### **CAREX Canada**

[www.carexcanada.ca](http://www.carexcanada.ca) 604.822.0837

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

### **Campaign to Control Cancer (C2CC)**

[www.controlcancer.ca](http://www.controlcancer.ca) 1.514.481.7408. ext 228

### **Canadian Cancer Action Network**

[www.canceraction.ca](http://www.canceraction.ca) 1.866.378.1986

### **Cancer Advocacy Coalition**

[www.canceradvocacy.ca/newsarchives.html](http://www.canceradvocacy.ca/newsarchives.html) 1.877.472.3436

### **Canadian Association of Psychosocial Oncology**

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

### **Canadian Association of Provincial Cancer Agencies**

[www.capca.ca](http://www.capca.ca)

### **Canadian Association of Nurses in Oncology**

[www.cano-acio.org](http://www.cano-acio.org)

### **Canadian Blood and Marrow Transplant Group**

[www.cbmtg.org/home](http://www.cbmtg.org/home)

### **Canadian Cancer Survivor Network**

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



**310-1682 West 7<sup>th</sup> Ave. Vancouver, BC V6J 4S6 | 604.733.2873 | 1.866.547.5433**