

My Journey...

A journal of care



Saskatchewan Cancer Agency

The Saskatchewan Cancer Agency operates prevention and early detection programs, conducts innovative research and provides safe, patient and family-centred care at the Saskatoon Cancer Centre and the Allan Blair Cancer Centre in Regina.

For more information about the Cancer Agency and our programs and services, visit www.saskcancer.ca or call the Allan Blair Cancer Centre at 306-766-2213 or Saskatoon Cancer Centre at 306-655-2662.

Your cancer care journal

This journal can be a central place for you to:

- Schedule appointments and social activities
- Write down your questions or concerns
- Monitor your emotional and spiritual health
- Help you manage your own care
- Plan a physical activity schedule
- Maintain good nutrition
- Store medical documents
- Track side effects

Recording your journey in this journal will help both you and your care team as it allows you to:

- Have one location to access your reports, test results, imagery, and other important medical documents
- Monitor your own recovery, helping your care team solve any problems during the healing process
- Have a complete record of your cancer diagnosis and treatment to show any new healthcare providers

Everyone's cancer journey is unique. Your cancer care journal is a personal record of your experience and has useful worksheets and tips to help you keep an active role in your care.

About me

My name is: _____

My contact info:

ADDRESS

CITY

PROV

POSTAL CODE

HOME PHONE

CELL PHONE

EMAIL

My birthday is: _____

My blood type is: A B AB O

Saskatchewan health card _____

Cancer Agency number _____

My emergency contacts are:

NAME

HOME PHONE

CELL PHONE






NAME

HOME PHONE

CELL PHONE

*My cancer scare changed my life.
I am grateful for every new,
healthy day I have.
It has helped me prioritize my life.
~ Olivia Newton-John*

Table of contents

	<p>Section 1: Medical details 9</p> <p>Keep handouts and medical documents in slide pocket at the back of this journal. Write down important information in the spaces provided. This section will be useful when you meet a new doctor or nurse or have a question about test results.</p> <ul style="list-style-type: none"> • My diagnosis • My treatment plan and progress • My medical history • My treatment medications • My side effects medications • My side effects record • My questions • My blood counts
	<p>Section 2: My appointments 47</p> <p>With ongoing treatments, follow-up appointments, social activities and support, the cancer journey can be a busy time. This section lets you keep all your appointments in one place.</p>
	<p>Section 3: Sources of help 61</p> <p>There is a lot of help out there for people with cancer and their families. This section has information on some of the most common resources.</p> <ul style="list-style-type: none"> • Cancer centres • Clinical trials • Cancer patient navigation • Care concerns • Psychosocial support • Registered dietitians
	<p>Section 4: Managing my health during treatment 75</p> <p>During treatment, you can take an active role in your health by monitoring and managing both your physical and emotional wellbeing. This section provides tips and worksheets to help with coping and adjustment, nutrition and physical activity.</p>
	<p>Section 5: Managing my health after treatment 97</p> <p>People who face cancer often say they are forever changed. There is a sense of finding a “new normal,” both physically and emotionally. This section provides quick tips and worksheets to help you adjust to your new normal and understand nutrition and physical activity guidelines for the future.</p>
	<p>Section 6: Glossary, external resources and acknowledgements 107</p>

My important contact numbers

My cancer doctor (oncologist or hematologist)

NAME

PHONE

NAME

PHONE

My primary nurse

NAME

PHONE

My cancer centre

MAIN CLINIC

PHONE

My primary care provider (family doctor or nurse practitioner)

NAME

PHONE

Other care contacts

EMERGENCY

PHONE

HOME CARE

PHONE

My surgeon

NAME

PHONE

My social worker

NAME

PHONE

My dietitian

NAME

PHONE

My pharmacies/drugstores

CANCER CENTRE PHARMACY

PHONE

NAME

PHONE

Other Specialists/Referrals/Surgeons

NAME

PHONE

NAME

PHONE

Other contacts

NAME

PHONE

NAME

NAME

PHONE

*Never, never, never give up.
~ Winston Churchill*



Section 1:

Medical details



My diagnosis

Your doctor will explain your diagnosis. Write this information here for quick reference.

Date I was diagnosed: _____

My diagnosis: _____

T (tumour size): _____

N (lymph node involvement): _____

M (metastases): _____

Grade: _____

Stage: _____

Hormone status: _____





My treatment plan and progress

Place a check mark beside all of the treatment descriptions that apply to you. Then keep a brief record of these treatments in the space provided below each time.

Surgery

When I received surgery:

- As the first treatment for my cancer
- After I had radiation treatments to shrink the tumor
- After I had chemotherapy treatments to shrink the tumor
- To remove tumors during the process of my care
- Other: _____

My surgery record:

DATE

REASON

SURGEON

LOCATION

DATE

REASON

SURGEON

LOCATION

DATE

REASON

SURGEON

LOCATION



My treatment plan continued

Radiation therapy

When I received radiation therapy treatments:

- As the first and only planned treatment for my cancer
- Before surgery to shrink the tumor
- After surgery to attack any remaining cancer cells
- Along with chemotherapy to attack cancer cells
- To reduce my pain or symptoms during my other treatments
- As part of a stem cell transplant
- Other: _____

My radiation treatment plan:

Radiation start date _____

Planned number of treatments _____

Planned frequency of treatments _____

Use calendar section starting on page 48 to mark specific treatment dates.

I received an internal radiation therapy treatment:

- Had internal implants (brachytherapy) as my main treatment

Treatment date _____

- Drank a liquid radioactive substance to treat my thyroid cancer after surgery

Treatment date _____

Clinical Trials

I am on a clinical trial: _____

Drug name: _____

Chemotherapy

When I received chemotherapy:

- As my first and only planned treatment
- Before my surgery to shrink the tumor
- After my surgery to attack any remaining cancer cells
- Along with radiation therapy to attack cancer cells
- As part of a stem cell transplant
- Other: _____

My first chemotherapy plan:

- IV treatments
- Pill treatments
- Both IV and pills

Chemotherapy start date _____

Planned number of treatments _____

Planned frequency of treatments _____

Location of treatments _____

Specific chemotherapy drugs _____

Use calendar section starting to mark specific treatment dates.



My treatment plan continued

My second chemotherapy treatment plan:

- IV treatments
- Pill treatments
- Both IV and pill

Chemotherapy start date _____

Planned frequency of treatments _____

Location of treatments _____

Specific chemotherapy drugs _____

My third chemotherapy treatment plan:

- IV treatments
- Pill treatments
- Both IV and pills

Chemotherapy start date _____

Planned frequency of treatments _____

Location of treatments _____

Specific chemotherapy drugs _____



My treatment plan continued

Hormone therapy

When I received my hormone treatments:

- As my first and only planned treatment
- After my surgery, radiation therapy or chemotherapy
- As a long term treatment to help prevent a recurrence of my cancer
- Other: _____

My hormone treatment plan:

- Injection treatments
- Pill treatments

Hormone therapy start date _____

Planned number of treatments _____

Planned frequency of treatments _____

Location of treatments _____

Specific hormone controlling drugs

Use calendar section to mark specific treatment dates.



Stem cell transplant

When I received my stem cell transplant:

- As my first and only planned treatment
- After other treatments
- Other: _____

A stem cell transplant usually requires months of preparation as an outpatient, followed by a hospital stay for the main treatment. Since there are many personal details involved in this major treatment, you will need to plan the progress of your care in close connection with your care providers.





My medical history

My allergies:

List drugs, food, other allergies and your reaction (e.g. rash, fever, hives, swelling):

Start date	Allergy	Reaction
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My current health issues or chronic conditions:

- | | |
|---|--------------------------------------|
| <input type="radio"/> Arthritis | <input type="radio"/> Kidney disease |
| <input type="radio"/> Asthma | <input type="radio"/> Liver disease |
| <input type="radio"/> Depression | <input type="radio"/> Migraines |
| <input type="radio"/> Diabetes | <input type="radio"/> Seizures |
| <input type="radio"/> Heart disease | <input type="radio"/> Stroke |
| <input type="radio"/> High blood pressure | <input type="radio"/> Other: _____ |





My treatment medications

Your cancer doctor may prescribe medications for treatment or side effects. Keep track of all prescriptions here. Make copies of this page if needed.

Name of medicine	Doctor who prescribed it	Start date	How much to take	How often	For how many days





My side effect medications

Name of medicine	Doctor who prescribed it	Start date	How much to take	How often	For how many days



My non-prescription medications

My vitamins, herbal medicines, and other treatments

Safe use of medications

To help us with your care and safety, it is very important that your oncology team knows about medications you are taking, including prescription medicines, vitamins and any herbal products. Your medications should have been verified by a staff member at your first cancer centre visit. Please help us keep your records up to date and let us know about any changes to your medications. For any of your medication-related questions, please contact one of our oncology pharmacy departments at 306-655-2680 (Saskatoon Cancer Centre) or 306-766-2816 (Allan Blair Cancer Centre) .

While undergoing treatment, your care team may ask you to write down the symptoms you have each day using the key on the right hand side. Some of the common side effects patients experience are below. You may have some or none of these side effects, or you may have others not listed here. However, this tool can help you remember the symptoms you would like to discuss with your care team.

The numbers with stars mean you should contact your cancer centre.

15	16	17	18	19	20	21	
							0 - no change 1 - eat/drink reasonable amounts *2 - 50% or less than normal fluid intake but can eat *3 - cannot eat/drink
							0 - no vomiting 1 - vomited once in 24 hours *2 - vomited 2 - 5 times in 24 hours *3 - vomited 6 - 10 times in 24 hours *4 - vomited more than 10 times in 24 hours
							0 - regular diet 1 - soft diet *2 - liquids only *3 - no intake
							0 - no change, usual activity 1 - mild, able to continue normal activity *2 - change in normal activity (bed rest less than 50% waking hours) *3 - in bed/chair more than 50 % waking hours *4 - bedridden or unable to care for oneself
							0 - none 1 - painless ulcers, mild redness *2 - painful, red, swollen/ulcers—can eat or drink *3 - painful, red, swollen/ulcers—cannot eat or drink
							0 - none 1 - increase of 2 - 3 bowel movements/day *2 - increase of 4 - 6 bowel movements/day or during the night *3 - increase of 7 - 9 bowel movements/day *4 - 10 or more bowel movements/day
							0 - none 1 - no bowel movements in 2 days *2 - no bowel movements in 3 days *3 - no bowel movements in 4 days
							0 - normal temperature (37.0 C or 98.6 F) 1 - temperature 37.1 - 37.9 C or 98.7 - 100.3 F *2—temperature 38.0 - 40.0 C or 100.4 - 104.0F *3 - temperature greater than 40.0 C or 104.0 F
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no anxiety severe anxiety
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no trouble trouble coping
							0 1 2 3 4 5 *6 *7 *8 *9 *10 No pain severe pain
							0 - none 1 - skin changes (redness/cracking) *2 - skin changes with pain but normal function *3 - skin changes with pain and interferes with function
							0 1 2 3 4 5 *6 *7 *8 *9 *10 Mild severe



My questions

Write down questions you want to ask your doctor or nurse. Bring your list to each appointment. Use the table to write down the answers.

Date	Question	Answer

Date	Question	Answer

While undergoing treatment, your care team may ask you to write down the symptoms you have each day using the key on the right hand side. Some of the common side effects patients experience are below. You may have some or none of these side effects, or you may have others not listed here. However, this tool can help you remember the symptoms you would like to discuss with your care team.

The numbers with stars mean you should contact your cancer centre.

15	16	17	18	19	20	21	
							0 - no change 1 - eat/drink reasonable amounts *2 - 50% or less than normal fluid intake but can eat *3 - cannot eat/drink
							0 - no vomiting 1 - vomited once in 24 hours *2 - vomited 2 - 5 times in 24 hours *3 - vomited 6 - 10 times in 24 hours *4 - vomited more than 10 times in 24 hours
							0 - regular diet 1 - soft diet *2 - liquids only *3 - no intake
							0 - no change, usual activity 1 - mild, able to continue normal activity *2 - change in normal activity (bed rest less than 50% waking hours) *3 - in bed/chair more than 50 % waking hours *4 - bedridden or unable to care for oneself
							0 - none 1 - painless ulcers, mild redness *2 - painful, red, swollen/ulcers—can eat or drink *3 - painful, red, swollen/ulcers—cannot eat or drink
							0 - none 1 - increase of 2 - 3 bowel movements/day *2 - increase of 4 - 6 bowel movements/day or during the night *3 - increase of 7 - 9 bowel movements/day *4 - 10 or more bowel movements/day
							0 - none 1 - no bowel movements in 2 days *2 - no bowel movements in 3 days *3 - no bowel movements in 4 days
							0 - normal temperature (37.0 C or 98.6 F) 1 - temperature 37.1 - 37.9 C or 98.7 - 100.3 F *2 - temperature 38.0 - 40.0 C or 100.4 - 104.0 F *3 - temperature greater than 40.0 C or 104.0 F
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no anxiety severe anxiety
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no trouble trouble coping
							0 1 2 3 4 5 *6 *7 *8 *9 *10 No pain severe pain
							0 - none 1 - skin changes (redness/cracking) *2 - skin changes with pain but normal function *3 - skin changes with pain and interferes with function
							0 1 2 3 4 5 *6 *7 *8 *9 *10 Mild severe



My questions

Write down questions you want to ask your doctor or nurse. Bring your list to each appointment. Use the table to write down the answers.

Date	Question	Answer

Date	Question	Answer

While undergoing treatment, your care team may ask you to write down the symptoms you have each day using the key on the right hand side. Some of the common side effects patients experience are below. You may have some or none of these side effects, or you may have others not listed here. However, this tool can help you remember the symptoms you would like to discuss with your care team.

The numbers with stars mean you should contact your cancer centre.

15	16	17	18	19	20	21	
							0 - no change 1 - eat/drink reasonable amounts *2 - 50% or less than normal fluid intake but can eat *3 - cannot eat/drink
							0 - no vomiting 1 - vomited once in 24 hours *2 - vomited 2 - 5 times in 24 hours *3 - vomited 6 - 10 times in 24 hours *4 - vomited more than 10 times in 24 hours
							0 - regular diet 1 - soft diet *2 - liquids only *3 - no intake
							0 - no change, usual activity 1 - mild, able to continue normal activity *2 - change in normal activity (bed rest less than 50% waking hours) *3 - in bed/chair more than 50 % waking hours *4 - bedridden or unable to care for oneself
							0 - none 1 - painless ulcers, mild redness *2 - painful, red, swollen/ulcers—can eat or drink *3 - painful, red, swollen/ulcers—cannot eat or drink
							0 - none 1 - increase of 2 - 3 bowel movements/day *2 - increase of 4 - 6 bowel movements/day or during the night *3 - increase of 7 - 9 bowel movements/day *4 - 10 or more bowel movements/day
							0 - none 1 - no bowel movements in 2 days *2 - no bowel movements in 3 days *3 - no bowel movements in 4 days
							0 - normal temperature (37.0 C or 98.6 F) 1 - temperature 37.1 - 37.9 C or 98.7 - 100.3 F *2—temperature 38.0 - 40.0 C or 100.4 - 104.0F *3 - temperature greater than 40.0 C or 104.0 F
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no anxiety severe anxiety
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no trouble trouble coping
							0 1 2 3 4 5 *6 *7 *8 *9 *10 No pain severe pain
							0 - none 1 - skin changes (redness/cracking) *2 - skin changes with pain but normal function *3 - skin changes with pain and interferes with function
							0 1 2 3 4 5 *6 *7 *8 *9 *10 Mild severe



My questions

Write down questions you want to ask your doctor or nurse. Bring your list to each appointment. Use the table to write down the answers.

Date	Question	Answer

Date	Question	Answer

While undergoing treatment, your care team may ask you to write down the symptoms you have each day using the key on the right hand side. Some of the common side effects patients experience are below. You may have some or none of these side effects, or you may have others not listed here. However, this tool can help you remember the symptoms you would like to discuss with your care team.

The numbers with stars mean you should contact your cancer centre.

15	16	17	18	19	20	21	
							0 - no change 1 - eat/drink reasonable amounts *2 - 50% or less than normal fluid intake but can eat *3 - cannot eat/drink
							0 - no vomiting 1 - vomited once in 24 hours *2 - vomited 2 - 5 times in 24 hours *3 - vomited 6 - 10 times in 24 hours *4 - vomited more than 10 times in 24 hours
							0 - regular diet 1 - soft diet *2 - liquids only *3 - no intake
							0 - no change, usual activity 1 - mild, able to continue normal activity *2 - change in normal activity (bed rest less than 50% waking hours) *3 - in bed/chair more than 50 % waking hours *4 - bedridden or unable to care for oneself
							0 - none 1 - painless ulcers, mild redness *2 - painful, red, swollen/ulcers—can eat or drink *3 - painful, red, swollen/ulcers—cannot eat or drink
							0 - none 1 - increase of 2 - 3 bowel movements/day *2 - increase of 4 - 6 bowel movements/day or during the night *3 - increase of 7 - 9 bowel movements/day *4 - 10 or more bowel movements/day
							0 - none 1 - no bowel movements in 2 days *2 - no bowel movements in 3 days *3 - no bowel movements in 4 days
							0 - normal temperature (37.0 C or 98.6 F) 1 - temperature 37.1 - 37.9 C or 98.7 - 100.3 F *2 - temperature 38.0 - 40.0 C or 100.4 - 104.0 F *3 - temperature greater than 40.0 C or 104.0 F
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no anxiety severe anxiety
							0 1 2 3 4 5 *6 *7 *8 *9 *10 no trouble trouble coping
							0 1 2 3 4 5 *6 *7 *8 *9 *10 No pain severe pain
							0 - none 1 - skin changes (redness/cracking) *2 - skin changes with pain but normal function *3 - skin changes with pain and interferes with function
							0 1 2 3 4 5 *6 *7 *8 *9 *10 Mild severe



My questions

Write down questions you want to ask your doctor or nurse. Bring your list to each appointment. Use the table to write down the answers.

Date	Question	Answer

Date	Question	Answer



My blood counts

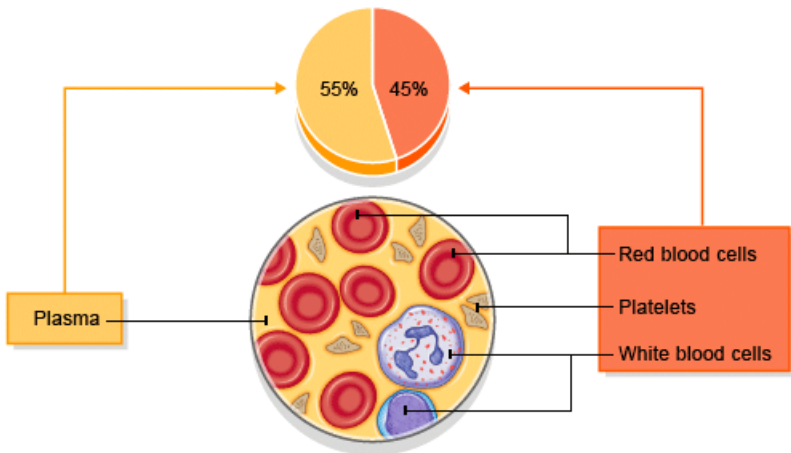
Cancer and cancer treatments can affect the cells in your blood. Your doctor may do a full or complete blood count (CBC) to check the blood cells in your body.

Your blood contains three kinds of cells:

- Red blood cells, which contain hemoglobin that carries oxygen through your body
- White blood cells, which fight infections and disease
- Platelets, which help your blood to clot

Also of interest in your complete blood count is your neutrophil level. A neutrophil is a type of white blood cell that is one of the first cell types to travel to the site of an infection. Decreased neutrophil levels may be a response to various medications, including chemotherapy drugs.

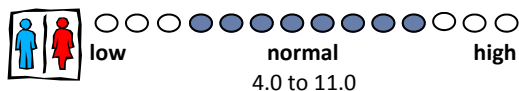
You can request the results of your complete blood count and keep track of them in the chart provided in the journal. For easy reference, three of the most common normal ranges are on the next page. Note that normal values for your blood counts may vary between hospital labs.



White blood cells (WBCs)

White cell count measured in $10^9/L$

NOTE: there may be a difference between the normal white cell count for different ethnic groups.



Neutrophils (Gran)

Absolute neutrophil count measured in $10^9/L$

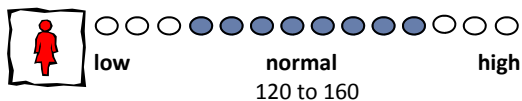
NOTE: a minimum of 1.5 is usually required to continue treatment without a delay. Talk to your doctor about what your count may mean.



1.8 - 7.5
normal

Red blood cells/hemoglobin (Hgb)

Hemoglobin (Hgb) measured in g/dL



Platelets

Measured in $10^9/L$



140 - 450
normal

Ask your doctor what it means for you if your blood count is higher or lower than normal. Keep track of your blood counts in the charts on the next few pages.

Strength does not come from physical capacity. It comes from indomitable will.

~ Mahatma Gandhi

*Live in the present moment and find
your interest and happiness in the
things of today.*

~ Emmett Fox



Section 2:

My appointments

MONTH _____

YEAR _____

Sunday	Monday	Tuesday	Wednesday
<input data-bbox="131 293 168 329" type="checkbox"/>	<input data-bbox="323 293 359 329" type="checkbox"/>	<input data-bbox="514 293 551 329" type="checkbox"/>	<input data-bbox="706 293 742 329" type="checkbox"/>
<input data-bbox="131 444 168 480" type="checkbox"/>	<input data-bbox="323 444 359 480" type="checkbox"/>	<input data-bbox="514 444 551 480" type="checkbox"/>	<input data-bbox="706 444 742 480" type="checkbox"/>
<input data-bbox="131 596 168 631" type="checkbox"/>	<input data-bbox="323 596 359 631" type="checkbox"/>	<input data-bbox="514 596 551 631" type="checkbox"/>	<input data-bbox="706 596 742 631" type="checkbox"/>
<input data-bbox="131 747 168 782" type="checkbox"/>	<input data-bbox="323 747 359 782" type="checkbox"/>	<input data-bbox="514 747 551 782" type="checkbox"/>	<input data-bbox="706 747 742 782" type="checkbox"/>
<input data-bbox="131 898 168 933" type="checkbox"/>	<input data-bbox="323 898 359 933" type="checkbox"/>	<input data-bbox="514 898 551 933" type="checkbox"/>	<input data-bbox="706 898 742 933" type="checkbox"/>
<input data-bbox="131 1049 168 1084" type="checkbox"/>	<input data-bbox="323 1049 359 1084" type="checkbox"/>	<input data-bbox="514 1049 551 1084" type="checkbox"/>	<input data-bbox="706 1049 742 1084" type="checkbox"/>

MONTH _____

YEAR _____

Sunday	Monday	Tuesday	Wednesday
<input data-bbox="129 289 170 329" type="checkbox"/>	<input data-bbox="322 289 362 329" type="checkbox"/>	<input data-bbox="514 289 555 329" type="checkbox"/>	<input data-bbox="707 289 747 329" type="checkbox"/>
<input data-bbox="129 440 170 480" type="checkbox"/>	<input data-bbox="322 440 362 480" type="checkbox"/>	<input data-bbox="514 440 555 480" type="checkbox"/>	<input data-bbox="707 440 747 480" type="checkbox"/>
<input data-bbox="129 591 170 631" type="checkbox"/>	<input data-bbox="322 591 362 631" type="checkbox"/>	<input data-bbox="514 591 555 631" type="checkbox"/>	<input data-bbox="707 591 747 631" type="checkbox"/>
<input data-bbox="129 742 170 782" type="checkbox"/>	<input data-bbox="322 742 362 782" type="checkbox"/>	<input data-bbox="514 742 555 782" type="checkbox"/>	<input data-bbox="707 742 747 782" type="checkbox"/>
<input data-bbox="129 893 170 933" type="checkbox"/>	<input data-bbox="322 893 362 933" type="checkbox"/>	<input data-bbox="514 893 555 933" type="checkbox"/>	<input data-bbox="707 893 747 933" type="checkbox"/>
<input data-bbox="129 1044 170 1084" type="checkbox"/>	<input data-bbox="322 1044 362 1084" type="checkbox"/>	<input data-bbox="514 1044 555 1084" type="checkbox"/>	<input data-bbox="707 1044 747 1084" type="checkbox"/>

MONTH _____

YEAR _____

Sunday	Monday	Tuesday	Wednesday
<input data-bbox="129 289 168 329" type="checkbox"/>	<input data-bbox="322 289 360 329" type="checkbox"/>	<input data-bbox="514 289 553 329" type="checkbox"/>	<input data-bbox="707 289 745 329" type="checkbox"/>
<input data-bbox="129 440 168 480" type="checkbox"/>	<input data-bbox="322 440 360 480" type="checkbox"/>	<input data-bbox="514 440 553 480" type="checkbox"/>	<input data-bbox="707 440 745 480" type="checkbox"/>
<input data-bbox="129 591 168 631" type="checkbox"/>	<input data-bbox="322 591 360 631" type="checkbox"/>	<input data-bbox="514 591 553 631" type="checkbox"/>	<input data-bbox="707 591 745 631" type="checkbox"/>
<input data-bbox="129 742 168 782" type="checkbox"/>	<input data-bbox="322 742 360 782" type="checkbox"/>	<input data-bbox="514 742 553 782" type="checkbox"/>	<input data-bbox="707 742 745 782" type="checkbox"/>
<input data-bbox="129 893 168 933" type="checkbox"/>	<input data-bbox="322 893 360 933" type="checkbox"/>	<input data-bbox="514 893 553 933" type="checkbox"/>	<input data-bbox="707 893 745 933" type="checkbox"/>
<input data-bbox="129 1044 168 1084" type="checkbox"/>	<input data-bbox="322 1044 360 1084" type="checkbox"/>	<input data-bbox="514 1044 553 1084" type="checkbox"/>	<input data-bbox="707 1044 745 1084" type="checkbox"/>

*It's good to have an end to journey
toward; but it's the journey that
matters, in the end.*

~ Ernest Hemingway



SECTION 3:

Sources of help

Community Oncology Program of Saskatchewan (COPS)

The primary goal of **COPS** is provide cancer patients with care, treatment and support in or near their home communities.

COPS centres have nurses, pharmacists, pharmacy technicians and social workers who are specially trained in providing cancer care.

The COPS centre team remains in close contact with cancer care teams in Saskatoon and Regina.




COPS Centres
Estevan

St. Joseph's Hospital
1176 Nicholson Road
Estevan SK S4A 2V6
PH: (306) 637-2400

Humboldt

Humboldt District Health
Complex
515 14th Avenue
Humboldt SK S0K 2A0
PH: (306)682-2603

Kindersley

Kindersley Hospital
1003-1st Street West
Kindersley SK S0L 1S2
PH: (306) 463-1000

Lloydminster

Lloydminster Hospital
3820-43rd Avenue
Lloydminster SK S9V 1Y5
PH: (306) 820-6000

Meadow Lake

Meadow Lake Hospital
711 Centre Street
Meadow Lake SK S9X 1E6
PH: (306) 236-1537

Melfort

510 Broadway Ave North
Box 1480 Melfort Hospital
Melfort SK S0E 1A0
PH: (306) 752-8700

Melville

St. Peter's Hospital
200 Heritage Drive
Melville SK S0A 2P0
PH: (306) 728-5407

Moose Jaw

Dr. F.H. Wigmore Regional
Hospital
55 Diefenbaker Drive
Moose Jaw SK S6J 0C2
PH: (306) 694-0200

Moosomin

Southeast Integrated Care
Centre
601 Wright Road East
Moosomin SK S0G 3N0
PH: (306) 435-3303

Nipawin

Nipawin Hospital
800-6th Street East
Nipawin SK S0E 1E0
PH: (306) 862-6100

North Battleford

Battlefords Union Hospital
1092-107th Street
North Battleford SK
S9A 1Z1
PH: (306) 446-6600

Prince Albert

Victoria Hospital
1200-24th Street West
Prince Albert SK S6V 5T4
PH: (306) 765-6000

Swift Current

Cypress Regional Hospital
2004 Saskatchewan Drive
Swift Current SK S9H 5M8
PH: (306) 778-9400

Tisdale

Tisdale Hospital
2010-110th Avenue W
Tisdale SK S0E 1T0
PH: (306) 873-6500

Weyburn

Weyburn General Hospital
201-1st Avenue NE
Weyburn SK S4H 0N1
PH: (306) 842-8400

Yorkton

Yorkton Regional Health
Centre
270 Bradbrooke Drive
Yorkton SK S3N 2K6
PH: (306) 782-2401

Clinical trials

Clinical trials allow modern medicine to meet the challenge of finding new, improved treatments.

The Saskatchewan Cancer Agency offers clinical trials as a way for patients to receive new drugs for the treatment of their cancer. All clinical trials must be approved by Health Canada, and follow very strict ethical guidelines which protect your health, safety and privacy.

Enrollment in a clinical trial is voluntary and can be discussed prior to the start of treatment. If you are interested in more information regarding clinical trials, please be sure to talk with your doctor to see if a clinical trial is right for you.

Fatigue Resources for Patients

Fatigue is the most common symptom reported by cancer patients in Saskatchewan and affects many aspects of quality of life. A *Living Well with Cancer Related Fatigue* Video Series was created to empower and inspire patients to participate fully in activities that are important to them and to gain control over symptom management despite fatigue.

The videos integrate patient stories, describing their experience living with cancer related fatigue with practical information provided by clinical experts. The video series is organized into modules, each covering a different topic related to cancer related fatigue. Viewers can watch all of the modules at once or view one module at a time, based on their energy level or a particular topic of interest:

Introduction

Module 1: Find Support and Be Patient (7:42)

Module 2: Pace Yourself (7:57)

Module 3: Managing Your Stress (9:42)

Module 4: Exercise and Be Active (7:48)

Module 5: Nutrition and Eating Well (8:47)

Conclusion (5:39)

The series was created to compliment the medical management of fatigue. Medical management of cancer related fatigue can be complex; identifying and treating reversible underlying medical conditions and providing symptom management for contributing factors.

Patients can also be encouraged to self-manage aspects of cancer related fatigue. Through education and resources, patients can develop skills to live well with fatigue, empowering them to participate in the activities that are most important to them.

A booklet to accompany the videos was also created and is available online as well as in paper format. The link and booklet are also available on the Saskatchewan Cancer Agency website at www.saskcancer.ca/fatigue.

Registered dietitians

Good nutrition can help you feel better and keep up your energy level during treatment.

Dietitians are available to answer your questions about diet or nutrition. Check with them for available classes.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306-655-2662

My dietitian:

NAME

PHONE

EMAIL



 **Care concerns**

The Saskatchewan Cancer Agency is committed to providing patients with the best possible care, programs and overall experience. We also want to ensure that you are involved in your care.

We understand at times, you may have questions or concerns that your cancer care team may not be able to answer to your satisfaction or provide resolution to. The quality of care coordinator is a patient advocate who can help you get the answers you need.

We encourage you to speak with your cancer care team first, involving the site manager if necessary. If they are unable to provide you with the answers you need, please contact the quality of care coordinator for additional assistance.

Call toll free 1-866-577-6489 or email qcc@saskcancer.ca

Committed to help

Staff are committed to working with you to resolve the concern as soon as possible.

Please visit our website at www.saskcancer.ca. under Patients & Families you will find the quality of care coordinator information.



Coping and adjusting/supportive care

You and your family can find help adjusting to your diagnosis and treatment through services at your local cancer centre.

As an important part of cancer care, counselling is available for cancer patients and family members. Counselling can help deal with the concerns related to cancer and its treatment. This can include coping with your disease and treatment, dealing with fears, anxiety and stress, communication with the cancer care team and within the family, adjusting to lifestyle and body image changes, and planning for the future.

There is also support for practical concerns including discharge planning, finances, personal affairs, transportation, patient/visitor accommodation, long-term placement and other non-medical concerns.

Each oncologist has an assigned Social Worker who is part of your care team and can provide the above services. You may be referred to them or you can initiate the contact yourself.

Regina: 306-766-2213

Saskatoon: 306-655-2662

Spiritual Counselling

Respecting individual diversity, spiritual counselling may be also available, enabling patients and families to explore their beliefs, values and emotions. Spirituality is that part in each of us which seeks to find meaning and purpose in our lives. Spiritual counselling is available through the Community Faith Groups.

To provide an integrated and culturally respectful approach to care for First Nations and Métis people spiritual support is available:

Saskatoon Health Region First Nations and Metis Health Services

Royal University Hospital contact info – 306-655-0166

St. Paul's Hospital contact info – 306-655-0518

Regina Native Health Services

Regina General Hospital contact info — 306-766-4155

Pasqua Hospital contact info — 306-766-2232

A Home Away from Home

There are two (2) Cancer Patient Lodges available for overnight guests. The lodges provide a home away from home atmosphere for patients and a companion travelling from out of town. The Lodges are self care facilities that are open from Sunday at 4:00 p.m. until Friday at 4 :00 p.m. at a cost of \$40.00 per person per night. All meals are provided in the cost and there is staff available 24 hours. Each room features one or two single beds and a private washroom. There are also common living and dining areas.

Reservations are recommended.

The lodges provide guests with a high level of service and comfort. To make a reservation or for more information about the lodges, please contact:

The Regina Cancer Patient Lodge is located across from the Allan Blair Cancer Centre

Regina Cancer Patient Lodge
4104 Dewdney Avenue ([map](#))
Regina, Saskatchewan S4T 1A3
(306) 359-3166

The Saskatoon Cancer Patient Lodge is located across from the Royal University Hospital.

Saskatoon Cancer Patient Lodge
1036 College Drive ([map](#))
Saskatoon, Saskatchewan S7N 0W1
(306) 242-4852



*Sometimes the right path isn't
always the easiest.
~ Anonymous*

*Sometimes in your life you will go on
a journey. It will be the longest
journey you have ever taken. It is
the journey to find yourself.*

~ Katherine Sharp



Section 4:

Managing my health during treatment

Coping and adjusting/supportive care



Support Groups

Finished Treatment - Transitions Group

A free six week program to help you get back to daily life (family members may be encouraged to attend). Please call 306-655-2662 in Saskatoon or 306-766-2213 in Regina to inquire.

Too Tired?

Fatigue (tiredness) is the most common side effect of cancer patients, but there is help. Learn what you can do to help reduce your fatigue and feel better. There is a series of fatigue modules on the Saskatchewan Cancer Agency website that you may find helpful - www.saskcancer.ca/fatigue. For information call 306-655-2662 (Saskatoon) or 306-766-2213 (Regina).

Look Good, Feel Better

For information on this free, two-hour workshop, please see page 81 for full details. Online registering now at lgfb.ca or 1-800-914-5665.

Wigs and Headwear

For information on wigs and headwear, please see page 81 for full details or contact main reception in Saskatoon at 306-655-2662 or in Regina 306-766-2213 and ask for a volunteer to assist you.

Online Support Group CancerChat Canada

Register on our website at <http://cancerchat.desouzainstitute.com>, email us at cancerchat@desouzainstitute.com, or call us at 1-844-725-2476. Please call 306-655-2662 in Saskatoon or 306-766-2213 in Regina for more information.

BMT Patient and Family Education Session

Please call 306-655-2662 in Saskatoon for more information.

Further support groups can be found at the end of this journal through the Canadian Cancer Society.

Distress levels—how are you feeling today?

It is normal for patients and families to be upset or anxious during their cancer journey. You may find any number of things cause distress, including emotional, social, informational, spiritual, practical, and/or physical concerns. However, identifying what causes your distress and understanding if and when to get help may be harder than you expected.

The chart on the next page helps to assess your level of distress and help identify areas of concern. Revisit this chart throughout your treatment to help monitor your emotional health. If any area is of concern, speak with your cancer centre social worker or appropriate member of your cancer care team.

Check all of the following items that have been a concern or problem for you.
Repeat the exercise at the various stages throughout your treatment.

Emotional:	Beginning of treatment	Check-in #1	Check-in #2	Treatment almost finished
Fears/worries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sadness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frustration/anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intimacy/sexuality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Change in who I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practical:				
Work/school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting to and from appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accommodation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quitting smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Informational:				
Understanding my illness and/or treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking with the health-care team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making treatment decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Knowing about available resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taking medications as prescribed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spiritual:				
Meaning/purpose of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Faith	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social/family:				
Feeling a burden to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worry about family/friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical:				
Concentration/memory	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Coping and adjusting/supportive care continued

Use these pages of your journal for quick access to your resources—supportive care, group support, spiritual support and other contacts.

My supportive care services:



NAME

TITLE

PHONE

EMAIL

DATE

NAME

TITLE

PHONE

EMAIL

DATE

My other support contacts (group or spiritual):



NAME

RELATIONSHIP

PHONE

EMAIL

DATE

NAME

RELATIONSHIP

PHONE

EMAIL

DATE

NAME

RELATIONSHIP

PHONE

EMAIL

DATE



Coping and adjusting/supportive care continued

Other people I can contact for support:

	NOTES
NAME	
RELATIONSHIP	
PHONE	
EMAIL	
DATE	
NAME	
RELATIONSHIP	
PHONE	
EMAIL	
DATE	
NAME	
RELATIONSHIP	
PHONE	
EMAIL	
DATE	



Volunteer services

Volunteers at the Allan Blair Cancer Centre and Saskatoon Cancer Centre are an integral part of the team, providing care and information to patients and families. Volunteer services also facilitates a variety of services and programs as described below.

Volunteers:

- Welcome patients and families as they arrive for their appointments at the cancer centre.
- Can help guide you to areas of the hospital, such as the laboratory and nuclear medicine departments, admitting office, etc.
- Will validate parking permits for cancer patients who are in the centre for longer than three hours so they can receive a discounted rate.
- Will deliver beverages and snacks in the radiation therapy and chemotherapy areas and waiting rooms.

Practical Needs

The Wig Boutique

The Wig Boutique has a selection of new and used wigs, turbans, hats and scarves for patients which have been donated by individuals and organizations and are available free of charge. Ask at reception for a volunteer to assist you.

Look Good, Feel Better

Attend a free two-hour workshop for women with all cancers, all treatments. You will learn ways to deal with cancer and treatment related issues with tips and techniques on cosmetic hygiene, sun care, skin care, cosmetics, nail care and hair alternatives. A complimentary kit of skin care and cosmetic products is provided.

Call 1-800-914-5665 or register online at lgfb.ca





Nutrition

Good nutrition can help you feel better and keep your energy levels up during treatment

Problems such as poor appetite, weight loss, nausea, taste changes and trouble swallowing are common during treatment. The goal of nutrition is to maintain weight and strength.

Treatment and recovery

If eating less than usual or if losing weight,

Focus on high-calorie, high protein foods such as:

- pasta with meat or cream sauce
- stews and chili
- lentil and cream soups
- yogurt and pudding
- cheese and nut butters

It is often easier to have smaller meals and snacks more often (every 2-3 hours), rather than two or three large meals a day.

Nutritional supplements such as Boost Plus® or Ensure Plus® can be used on their own or in smoothies and milkshakes to increase your nutrition.

Make sure to drink enough fluids. Most people need two to three litres a day. This includes:

- water
- juice
- ginger ale
- herbal teas
- sports drinks
- milk
- hot chocolate
- popsicles
- soup

Special diets may make it hard to eat all of the right foods. If you have questions about your diet or nutrition during your cancer treatment, speak with your Cancer Centre Dietitian or go to a nutrition class to learn more.

My height and weight

Keep track of your height and weight throughout treatment to help understand your nutritional needs and goals.

	Beginning of treatment	Check-in #1	Check-in #2	Treatment almost finished
Height				
Weight				

My food record

Understanding if you are getting enough of the nutrition you need can be tricky. Keeping a food journal can help you understand and keep track of what you consume in a day. This can be helpful for you and your care team now and in the future.

How to use this tool:

- Write down everything you eat and drink for two days. Record one weekday and one Saturday or Sunday.
- Include the portion size, how the food was prepared and any added condiments such as, sugar, cream, margarine, sauces and dressings.
- Use additional paper if necessary.

Here is an example:

Time	Food/drink and description	Amount eaten	Comments
7:30 am	2% milk and oatmeal (quick oats) with brown sugar	1 cup milk ¾ cup oats 1 tbsp sugar	Breakfast at home
10:45 am	Banana	1 medium	Snack on the go

Continue throughout the day



Physical Activity

Exercise improves your overall health and can help cancer patients, even during treatment.

It has been proven that exercise can help people receiving chemotherapy be more physically fit, reach or stay at a healthy weight and feel better about themselves.

Activities such as walking, stretching and weight training decrease some side-effects of cancer treatment, like fatigue, constipation, and nausea.

Most oncologists now encourage physical activity both during and after treatment.

Check with your doctor for your individual physical activity recommendations during treatment.

Any type of physical activity counts

Be active throughout the day whenever you can:

- Park further away from work or the mall
- Take the stairs instead of the elevator
- Ride your bike
- Stretch throughout the day to increase flexibility

Exercise improves your overall health

- Improves how well your heart works
- Improves muscle strength, which improves balance
- Helps control blood pressure
- Helps keep your bones and joints healthy
- Improves flexibility

Exercise helps you relieve stress

Research has found that regular exercise actually reduces stress and anxiety, along with helping you get your mind off your cancer.

Exercise improves your energy level

Exercise can decrease symptoms of tiredness and give you more energy. Exercise helps your red blood cells, cells that carry oxygen through your body, work better. When you exercise, you are increasing the ability of the body to use oxygen in the blood. This helps your body use oxygen more effectively, and helps you feel more energized.

Exercise helps improve your immune system

Recent research as shown that physical activity can improve survival after breast and colon cancers. This includes the research that has been done by Drs Freidenreich and Courneya. Initial findings suggest that exercise can improve the immune system.

Exercise helps you feel good about yourself

Dr. Courneya and Dr. John Mackey from the University of Alberta have studied the effects of exercise on breast cancer patients and reported that those who exercised were happier than those who did not.



Physical activity continued

The recommended goal

During treatment, your recommended goal for physical activity will depend on your treatment and ability. Start as low as needed in terms of intensity (e.g. slow walking) and duration (even 5-10 minutes) and then build up gradually.

Adding any type of exercise, like brisk walking, will give you health benefits. Begin by identifying the types of activity you enjoy. If you don't have a favorite exercise, start with walking.

Setting “S-M-A-R-T” goals

Research has shown that setting goals will help you start and stay with a new exercise program. Setting goals will also help you monitor progress. Use the S-M-A-R-T guidelines when setting goals and remember during treatment to start slow and build up gradually.

- S** **Specific:** decide exactly what you are going to do and how
- M** **Measureable:** measure your progress
- A** **Attainable:** set a goal that is within your reach
- R** **Realistic:** set a goal that is realistic, relevant, and rewarding
- T** **Time frame:** set a time frame and give yourself enough time to reach your goal

Check with your doctor before beginning a new exercise program. Use the chart to set your own exercise goals and create your exercise schedule.

Reward yourself

Remember to reward yourself when you have reached a goal. Treat yourself to something you enjoy, like taking a long bath, getting that book you've been wanting to read, or buying a new pair of runners.

My goal

Use the chart to set your own exercise goals and create your exercise schedule.

<p>Week 1</p>	<p>Starting on _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>
<p>Week 2</p>	<p>From _____ to _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>
<p>Week 3</p>	<p>From _____ to _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>
<p>Week 4</p>	<p>From _____ to _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>



Physical activity continued

My goal

Week 5	From _____ I am going to _____ _____ for _____ minutes. I am going to do this _____ days a week.
Week 6	From _____ to _____ I am going to _____ _____ for _____ minutes. I am going to do this _____ days a week.
Week 7	From _____ to _____ I am going to _____ _____ for _____ minutes. I am going to do this _____ days a week.
Week 8	From _____ to _____ I am going to _____ _____ for _____ minutes. I am going to do this _____ days a week.

Week 9	From _____ to _____ I am going to _____ _____ for _____ minutes. I am going to do this _____ days a week.
Week 10	From _____ to _____ I am going to _____ _____ for _____ minutes. I am going to do this _____ days a week.

Contacts related to my workouts:

NAME _____ PHONE _____

EMAIL _____

NAME _____ PHONE _____

EMAIL _____

NAME _____ PHONE _____

EMAIL _____

*Don't count the days, make the
days count*

~Muhammad Ali

*When we are present in each moment,
the past gently rolls up behind us and
the future slowly unravels before us.*

~Rev. Richard Levy



Section 5:

Managing my health after treatment

Adjusting after treatment

The end of cancer treatment is a time of transition.

You may feel excited and relieved that treatment is over, but you might also be worried about the cancer coming back, unsure about the future, and wonder what is next.

People who have faced cancer often tell us life does not return to the normal they knew before cancer, but to a “new normal”, which takes time to figure out.

Here are some suggestions to help you through this time:

- The supportive care services you had through your cancer centre during treatments are still available to you after treatment. Also, keep talking about your concerns, feelings, worries and future with those you love.
- Keep in touch with other patients you have met. You are experiencing similar things and they may understand how you are feeling.
- Stay in touch with your support group. Even years after treatment it helps to stay in touch with those you met through this experience—see how others are coping and what life changes they may have made.
- Continue writing in your journal, if you have one, or start one if you haven’t already. Writing can be very therapeutic.

My contacts to help through this transition:

NAME

PHONE

EMAIL

NAME

PHONE

EMAIL

NAME

Phone

EMAIL

Nutrition after treatment

Research shows that some cancers can be prevented by staying at a healthy weight.

Once you have recovered, talk to your doctor or community dietitian about what a healthy weight is for you.

Eating more fruits and vegetables can also improve your health and reduce your risk of disease. Try to eat at least five servings a day. Try putting 1/2 cup of berries on your cereal, cut up fresh vegetables for your lunch, choose a piece of fruit as a snack, or serve two different vegetables at dinner.

Weight

Staying at a healthy body weight can help prevent and control many diseases. There is also evidence that it may help lower your risk of cancer. It also helps you feel good about yourself and gives you more energy.

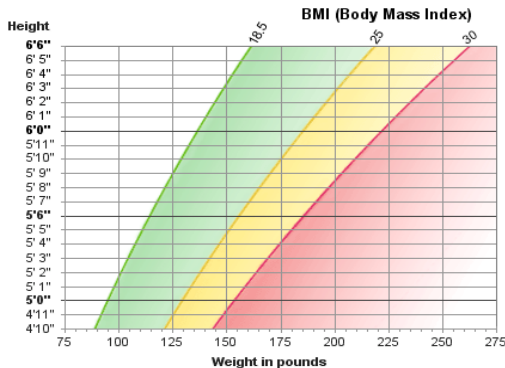
Body Mass Index is a measure of healthy body weight based on a person's height and weight. Because it is easy to use, it is the most widely used tool to identify weight issues. Calculate your own BMI based on the chart below.

My BMI:

WEIGHT _____

HEIGHT _____

BMI _____



Alcohol

Research suggests there may be a connection between alcohol and cancer.

Experts recommend you limit your alcohol intake to half a drink per day, or less than three drinks per week, especially if you are overweight. A drink is defined as 5 oz of wine, 12 oz beer or 1.5 oz of hard alcohol.

Physical activity after treatment

Physical activity is encouraged for anyone who has had cancer. In fact, research suggests physical activity may play a role in preventing it from coming back. Exercise also improves your overall health.

Review the introduction to physical activity in Section 4 of this journal for some background from researchers in Alberta. Following active treatment, your level of activity should increase as you get your energy and strength back.

Our experts recommend following the American College of Sports Medicine Guidelines for cancer survivors:

- The volume of weekly activity should include:
 - 150 minutes of moderate-intensity exercise, or
 - 75 minutes of vigorous-intensity exercise, or
 - an equivalent combination (e.g., 50 minutes of moderate + 50 minutes of vigorous), spread over at least three days a week.
- Two to three weekly sessions of strength training that includes exercises for major muscle groups.
- Stretch major muscle groups and tendons each time you exercise.

The American College of Sports Medicine recognizes that some cancer survivors may be unable to meet the recommendations due to health status. In such a case, the recommendation is to continue to be as physically active as abilities and conditions allow, recognizing that any activity is better than none.

Checklist

Yes I did:

- 150 minutes of moderate-intensity exercise this week
- or 75 minutes of vigorous-intensity exercises this week
- or a combination of the two

Examples for moderate vs. vigorous activities:**Moderate activities**

(I can talk while I do them, but I can't sing.)

- Ballroom and line dancing
- Biking on level ground or with a few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called ergometers
- Walking briskly (as if you are late for an appointment)
- Water aerobics

Vigorous activities

(I can only say a few words without stopping to catch my breath.)

- Aerobic dance
- Biking faster than 16 km/h
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)

Physical activity continued

Getting active

Revisit the “S-M-A-R-T” goals you set and create an exercise schedule that will help keep you on track. Check facilities in your area for activities that are of interest. Anything from dancing to swimming to walking counts, so find something you enjoy and make it part of your everyday routine.

My local gym:

NAME

PHONE

WEBSITE

Hours

My workout partners:

NAME

PHONE

EMAIL

NAME

PHONE

EMAIL

My goals

Use the chart to set your own exercise goals and create your exercise schedule.

<p>Week 1</p>	<p>Starting on _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>
<p>Week 2</p>	<p>From _____ to _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>
<p>Week 3</p>	<p>From _____ to _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>
<p>Week 4</p>	<p>From _____ to _____</p> <p>I am going to _____</p> <p>_____ for _____ minutes.</p> <p>I am going to do this _____ days a week.</p>



It never occurred to me to doubt myself.

~ Katharine Hepburn



Section 6:

Glossary, external resources and acknowledgements

My glossary

Adjuvant therapy

Adjuvant therapy is additional cancer treatment given after the primary treatment to lower the risk that the cancer will come back. Adjuvant therapy may include chemotherapy, radiation therapy, hormone therapy, targeted therapy, or biological therapy.

Cancer

A term for disease in which abnormal cells divide without control and can invade nearby tissues. Cancer cells can also spread to other parts of the body through the blood and lymph systems. There are several main types of cancer. Carcinoma is a cancer that begins in the skin or in tissues that line or cover internal organs. Sarcoma is a cancer that begins in bone, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue. Leukemia is a cancer that starts in blood-forming tissue such as the bone marrow, and causes large numbers of abnormal blood cells to be produced and enter the blood. Lymphoma and multiple myeloma are cancers that begin in the cells of the immune system. Central nervous system cancers are cancers that begin in the tissues of the brain and spinal cord.

Clinical trials

Clinical trials allow modern medicine to meet the challenge of finding new, improved treatments. Clinical trials mean our patients have access to drugs years before they become standard and that we can find out what works and doesn't work, not only for the patients in the trials but for the next generation of people diagnosed with cancer.

CT Scan

A computed tomography scan (CT scan) is a standard way of assessing many parts of the body. It creates a series of detailed pictures of areas inside the body taken from different angles. The pictures are created by a computer linked to an x-ray machine.

ECG

An electrocardiogram (ECG) is a routine recording of the electrical activity of the heart. It is often done as a baseline assessment before treatment begins.

Hemoglobin

The hemoglobin is the red pigment that carries oxygen throughout the body, if the hemoglobin is low (anemia) you may feel tired or short of breath.

Linear accelerator

A large machine that precisely delivers high energy x-rays to the tumor area. Many of our linear accelerators use image guidance (IGRT) to accurately set up or place the patient for each treatment. Many other types of studies or scans such as MRI, CT and PET are used in the planning process to create an individual radiation treatment plan. The combining of many types of scans to make an individual plan and the use of IGRT is considered a gold standard in radiation treatment, allowing higher doses to the tumor while reducing side effects at the same time.

Lymph nodes

Lymph nodes are the local filtering stations: in most cancers (but not all) they are the first sites for spread. In most cases, whether or not the cancer has spread to the nearby lymph nodes is a major factor in deciding how aggressive it is likely to be.

Metastasis

Metastasis is the spread of cancer from one part of the body to another. A tumour formed by cells that have spread is called a "metastatic tumour" or a "metastasis." The metastatic tumour contains cells that are like those in the original (primary) tumour. The plural form of metastasis is metastases (meh-TAS-tuh-SEEZ).

MRI

Magnetic resonance imaging (MRI) is a procedure in which radio waves and a powerful magnet linked to a computer are used to create detailed pictures of areas inside the body. These pictures can show the difference between normal and diseased tissue.

MUGA

A MUGA scan (Multi Gated Acquisition Scan) measures the percentage of blood in the heart that is ejected with each heart-beat. It roughly measures the strength of the heartbeat. A few chemotherapy drugs can weaken the strength of the heartbeat. This test can detect that early. Often a baseline MUGA is done to see how strong your heartbeat is before treatment starts.

Neoadjuvant therapy

Neoadjuvant therapy is a treatment given as a first step to shrink a tumor before the main treatment, thus making the procedures easier and more likely to succeed. Examples of neoadjuvant therapy include chemotherapy, radiation therapy, and hormone therapy.

Neutrophil

A neutrophil is a type of white blood cell that is one of the first cell types to travel to the site of an infection. Neutrophils help fight infection by ingesting microorganisms and releasing enzymes that kill the microorganisms.

Oncology

Oncology is the study and treatment of cancer. Doctors who specialize in oncology are called oncologists.

Palliative care

Palliative care is given to improve the quality of life for a person whose disease cannot be cured. It provides comfort and support for the patient and family with goals of easing pain, managing other symptoms and clearing the mind.

PET imaging

Positron Emission Tomography (PET) imaging technology is a procedure in which a small amount of radioactive glucose (sugar) is injected into a vein, and a scanner is used to make detailed, computerized pictures of areas inside the body where the glucose is used. Because cancer cells often use more glucose than normal cells, the pictures can be used to find cancer cells in the body. PET imaging can detect smaller tumors than previously possible.

Platelets

The platelets are small components of the blood that are major factors in forming blood clots. Low platelets may make you susceptible to bruises or bleeding.

Prophylactic surgery

Prophylactic surgery is surgery to remove an organ or gland that shows no signs of cancer, in an attempt to prevent development of cancer of that organ or gland. Prophylactic surgery is sometimes chosen by people who know they are at a high risk for developing cancer.

TNM staging system

The TNM staging system is used for staging most types of cancer. "T" describes the size of the tumor and whether it has invaded nearby tissue. "N" describes whether cancer has spread to nearby lymph nodes, and "M" describes whether cancer has metastasized.

Ultrasound

An ultrasound uses very high frequency sound waves to examine internal organs.

White cells

A type of immune cell. White blood cells help the body fight infections and other diseases. Low white cells may make you particularly susceptible to infection and fever, and may be cause to delay chemotherapy.

Patient and Family Advisory Council

At the Saskatchewan Cancer Agency, clients, patients and their families are at the very heart of our work. To ensure we are truly focused on meeting the needs of patients and families, we established the Patient and Family Advisory Council. The Council helps us to blend the voices of patients and families with physicians and staff to provide excellent care and services.

The Council brings together staff alongside a diverse group of patients who have received care at one of our cancer centres, family members, and organizations who have a close relationship with the Cancer Agency.

The Council members are committed to improving the cancer experience by:

- Encouraging a greater understanding of the health care experience through the eyes of the patient and family.
- Providing advice, information and recommendations to Cancer Agency staff that will support planning, policies and procedures.
- Improving patient safety, integration and navigation of health care systems.
- Promoting effective and ongoing communication between patients, families and staff.
- Enhancing relationships between Cancer Agency staff and our clients, patients, family members and the community.
- Supporting patients and family members to be full partners in their cancer treatment and care.

If you are interested in learning more about or participating please contact:

Saskatchewan Cancer Agency
Patient and Family Advisory Council
Phone: 639-625-2001
email: pfac@saskcancer.ca



My contacts

Paste important business cards here for easy reference.



External resources

Canadian Cancer Society

The Canadian Cancer Society is a national community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Canadian Cancer Society's programs and services

Wheels of Hope - Sometimes getting to treatment is difficult. People who are unable to drive themselves to treatment or arrange rides with a family member, friend or neighbour have one less thing to worry about. They can call our volunteer driver coordinator at 1-800-263-6750 to arrange a ride to treatment. The Volunteer Driver Program has an annual registration fee of \$100.

Cancerconnection.ca - Our online support site is for people living with cancer, their loved ones, family and friends. It is a safe welcoming community where everyone can share their experiences and offer encouragement and support. Join us anytime - 24 hours a day, seven days a week.

Peer support services - Talk to someone who has been there. Trained, screened volunteers who have had the same or similar experience understand what you are going through. They will use their own experience to provide practical information and support to help you. Visit: <http://www.cancer.ca/en/support-and-services/support-services/talk-to-someone-who-has-been-there/?region=sk> or call 1-888-939-3333.

Cancer information specialists - Our information specialist can help you understand your cancer and course of treatment. Ask questions about cancer drugs, clinical trials, complementary and alternative therapies, emotional support and more. To talk to a cancer information specialist call 1-888-939-3333 Monday to Friday 9:00 am - 6:00 pm.

Living Well with Cancer community retreats - Community retreats provide people living with cancer some of the tools, skills and information that help make the journey easier. They also connect people in their community with others going through a similar experience. To find a retreat or request a retreat in your community call 1-855-725-0313.

Acknowledgement



Alberta Cancer Foundation

We would like to extend our most sincere thank you to the Alberta Cancer Foundation for allowing the Saskatchewan Cancer Agency, through our Patient and Family Advisory Council to adapt and utilize the My Journey patient journal for the patients of Saskatchewan. We truly appreciate all of the hard work and dedication that went into the creation of this journal, and that our Saskatchewan patients will now benefit from this positive resource tool.

Thank you!

This material is protected by Canadian copyright law. Except, as otherwise provided under Canadian copyright law, this material may not be copied, published, or distributed without the prior written permission of the copyright owner. This material was originally published by Alberta Cancer Foundation and has been adapted and reprinted with permission.

These materials are intended for general information only and are provided on an “as is”, “where is” basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Cancer Foundation does not make any representation or warranty, completeness, applicability or fitness for a particular purpose of such information, including without limitation implied warranties or warranties of non-infringement or merchantability. These materials are not a substitute for the advice of a qualified health professional. Alberta Cancer Foundation expressly disclaims all liability for the use of the materials, and for any claim, actions, demands or suit from such use.

This material has been adapted by the Saskatchewan Cancer Agency from “My Journey Patient Journal” Copyright 2010 Alberta Cancer Foundation (“ACF”) with the permission of ACF. ACF is not responsible for any inaccuracies in content different from the content of the original English edition.

