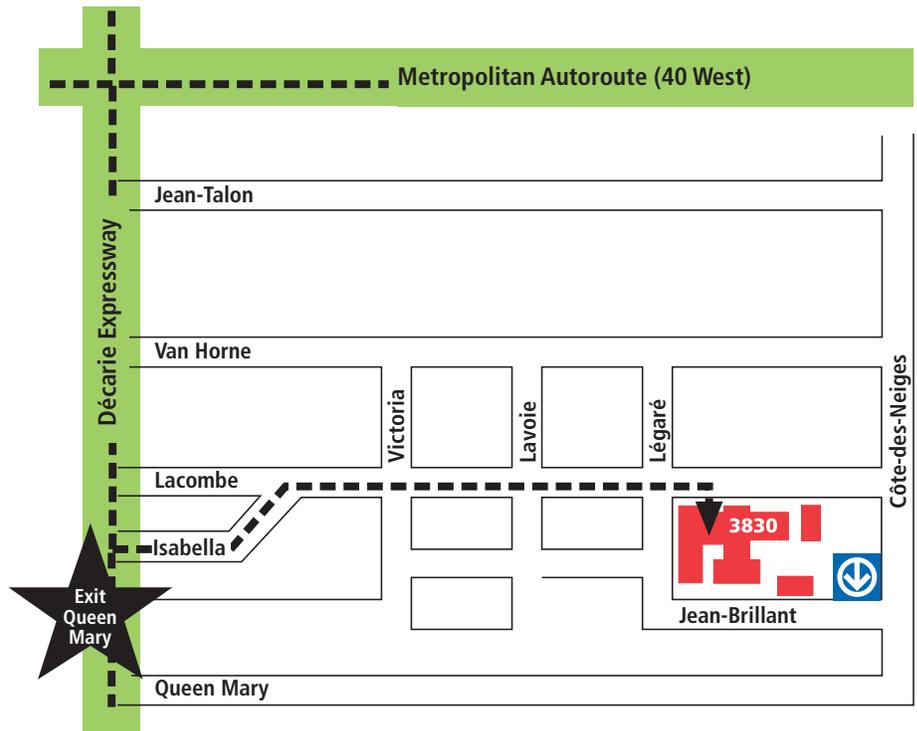


GENERAL INFORMATION

How to find us

OUR ADDRESS:
St. Mary's Hospital Center
3830 Lacombe Avenue
Montreal H3T 1M5
(514) 345-3511

PUBLIC TRANSPORTATION:
Côte-des-Neiges Metro
Bus 165 on Côtes-des-Neiges
All buses on Queen Mary Road



Cancer Care Day Centre



PAVILION A, ROOM 3322 ON 3rd FLOOR

Monday to Friday from 8:00 am to 5:00 pm



TO MAKE AN APPOINTMENT

Monday to Friday between 9:30 and 11:30 am OR between 1:30 and 3:30 pm 514 734-2679



FOR INFORMATION AND HEALTH CONCERNS

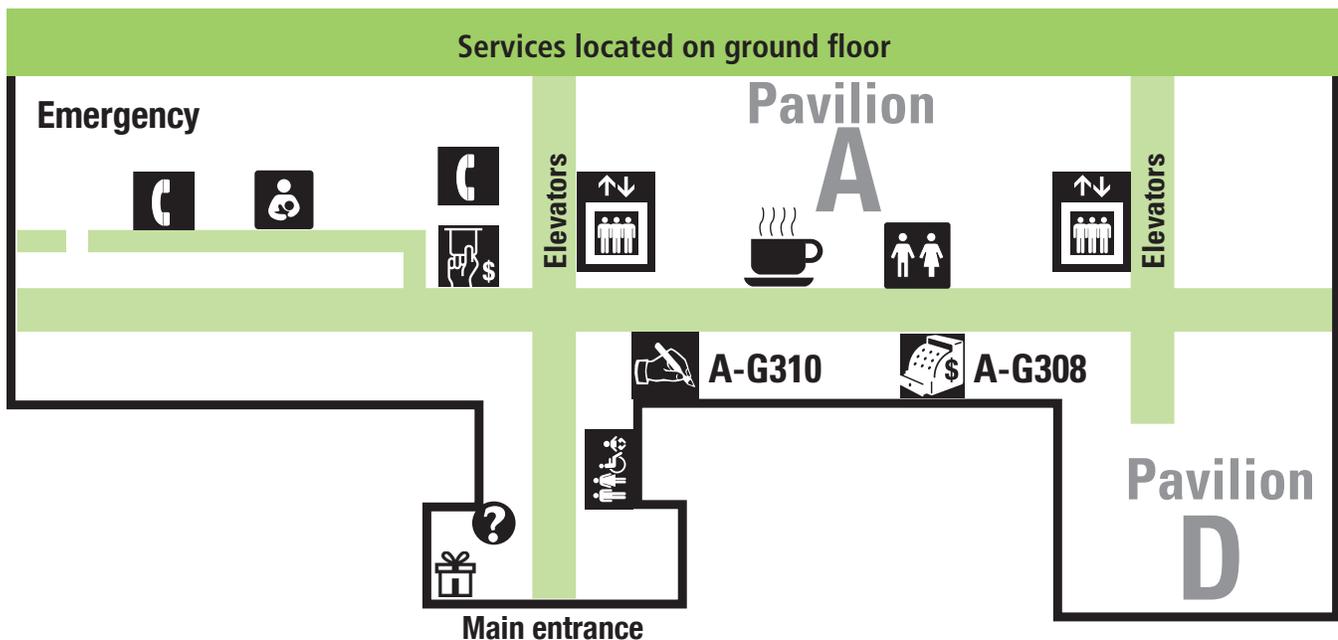
Week days (to talk to a nurse)514 345-3511 ext. 3669

Evenings, nights, weekends and holidays (to talk to a nurse)514 345-3511 poste 3622

Other services you may need:

Ground floor

Admitting / Discharge	G-310	Pavilion A
Parking payment terminal	Main entrance	Pavilion A
Gift Shop	Main entrance	Pavilion A
Coffee Shop (and vending machines)	Ground floor	Pavilion A
Procurement Centre (Laboratories)	G-109	Pavilion D
Book Corner	Main entrance	Pavilion A
Patients accounts	G-308	Pavilion A
Banking machine	Ground floor	Pavilion A
Security Services	Main entrance	Pavilion A
Public phones	Ground floor	Pavilion A
1st floor		
Medical Records	1328	Pavilion A
Cafeteria (and vending machines)	De 7 h à 14 h	Pavilion A
Medical Imaging (Radiology)	1115	Pavilion D
2nd floor		
Place for meditation or prayer	Chapel	Pavilion E



Patient & Family orientation

The Cancer Care Program offers Cancer Patient and Family Orientation sessions for patients and family members to learn about cancer services and resources that may be helpful during or after treatment. This session is mandatory for all new patients.

If you have not been scheduled for your session or if you would like to attend again, please call (514) 345-3511 ext. 3669.



Parking and transportation

A parking lot on hospital grounds can be accessed via Lacombe street, in front of the main entrance. The parking lot payment terminal takes one and two dollar coins, as well as bills. You have to use the payment terminal inside the main lobby of the Centre. Remember to bring your ticket inside the building.

Parking spaces are limited; you can park your car on the surrounding streets but be vigilant of the parking restrictions.

As an alternative, you can park at St. Joseph's Oratory at a cost of \$5.00 per day. If you are coming for a second day in a row for your treatment, the Cancer Care Fund will provide you with a free parking pass at St. Joseph's Oratory on Queen Mary road, ask the administrative agent in the treatment room for your pass.

Accommodations

LES STUDIOS HÔTEL

2450 Édouard-Montpetit Blvd
Montreal (Quebec) H3T 1J4
Tel. : 514 343-8006
Fax : 514 343-8076

HÔTEL TERRASSE ROYALE

Starting \$105 per night
5225 Côte-des-Neiges, Montreal H3T 1Y1
Tel. : 514-739-6391

QUALITY INN MIDTOWN

Starting \$109 per night
6445 Décarie Blvd, Montreal (Quebec) H3W 2E1
Tel. : 1 866 465-3800
Fax : 514 739-5616

HOTEL RUBY FOOS

Starting \$169 per night
7655 Décarie, Montreal (Quebec) H4P 2H2
Tel. : 514-731-7701
Toll free : 1 800 361-5419

MAISON JACQUES CANTIN

(affiliates to the Canadian Cancer Society)
Starting \$125 per night
5151 l'Assomption Blvd, Montreal (Quebec) H1T 4A9
Tel. : 514 255-5151
Fax : 514 255-2808
Toll free : 1 888 939-3333
maison@quebec.cancer.ca

RÉSIDENCE MARIA GORETTI

(for under the age of 40)
Starting \$40 per night
3333 Côte-Ste-Catherine Road
Montreal (Quebec) H3T 1C8
Tel. : 514 731-1161
info@residencemariagoretti.org

Treatments and services

Basic Cancer Information

You have cancer: What does that mean?

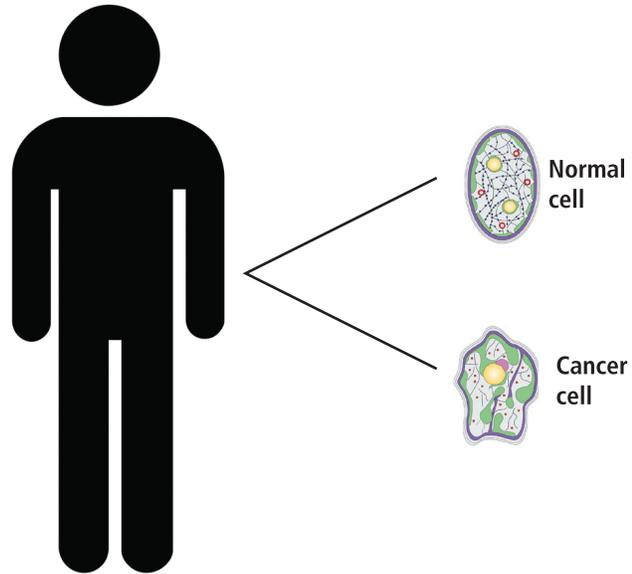
? What is cancer?

Cancer is the name given to a large group of malignant diseases which have a common characteristic: cells that grow out of control.

The human body has billions of cells. Normally, all cells of our body go through a predictable life cycle, they reproduce and die in response to internal or external body signals.

Cancer cells have lost this control mechanism. They divide in a random disorganized fashion, the end result being a tumour or mass of cells.

Cancer is not a single disease.
There are more than 200 types of cancer.



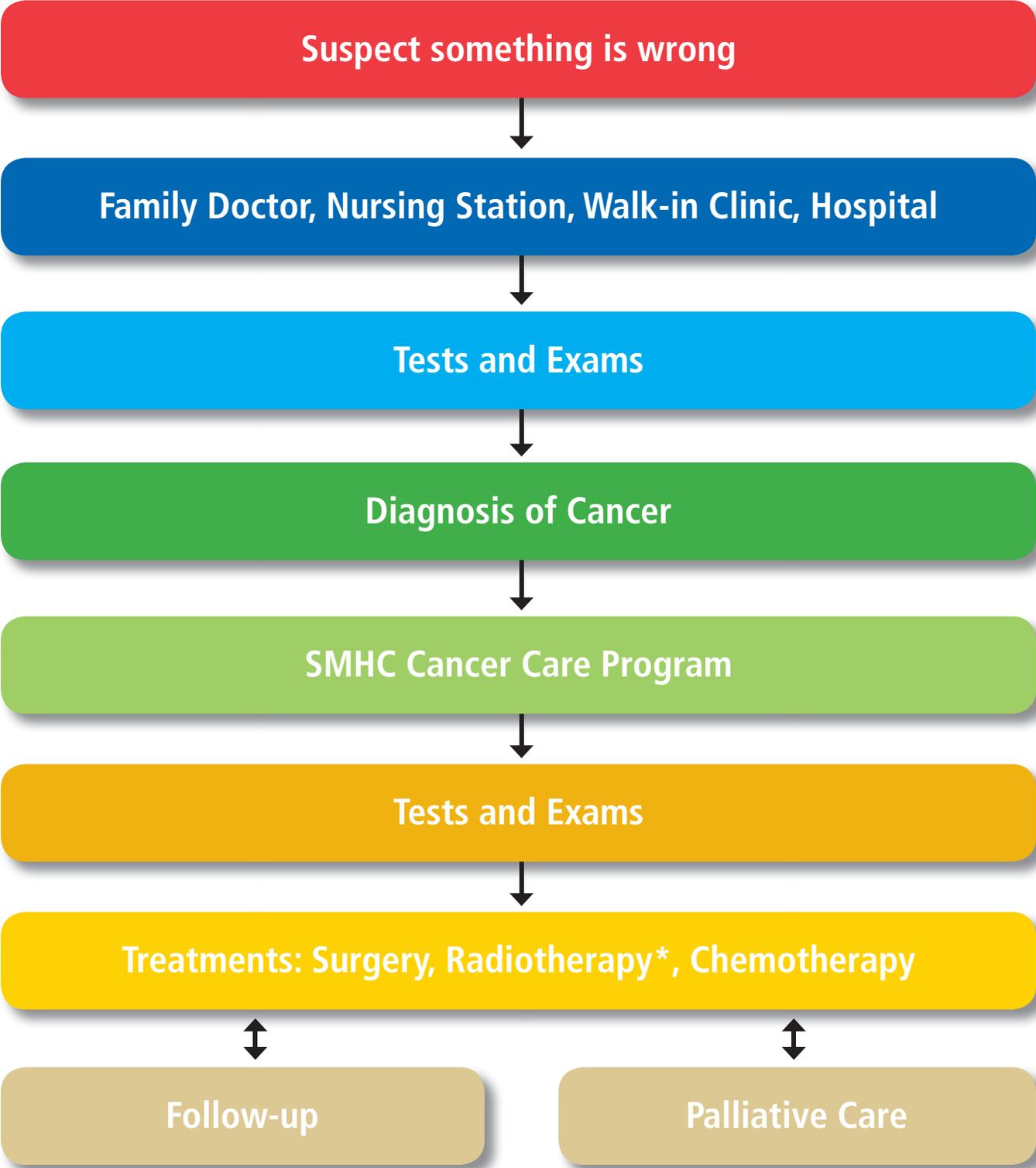
What causes cancer?

There might be more than one cause. Some causes of cancer can't be controlled, such as genetics (being born with the risk of cancer).

Some of the possible contributing causes of cancer we can control, such as diet and lifestyle. Often we don't know what caused the cancer. Talk to your doctor if you have more questions about how you got cancer.



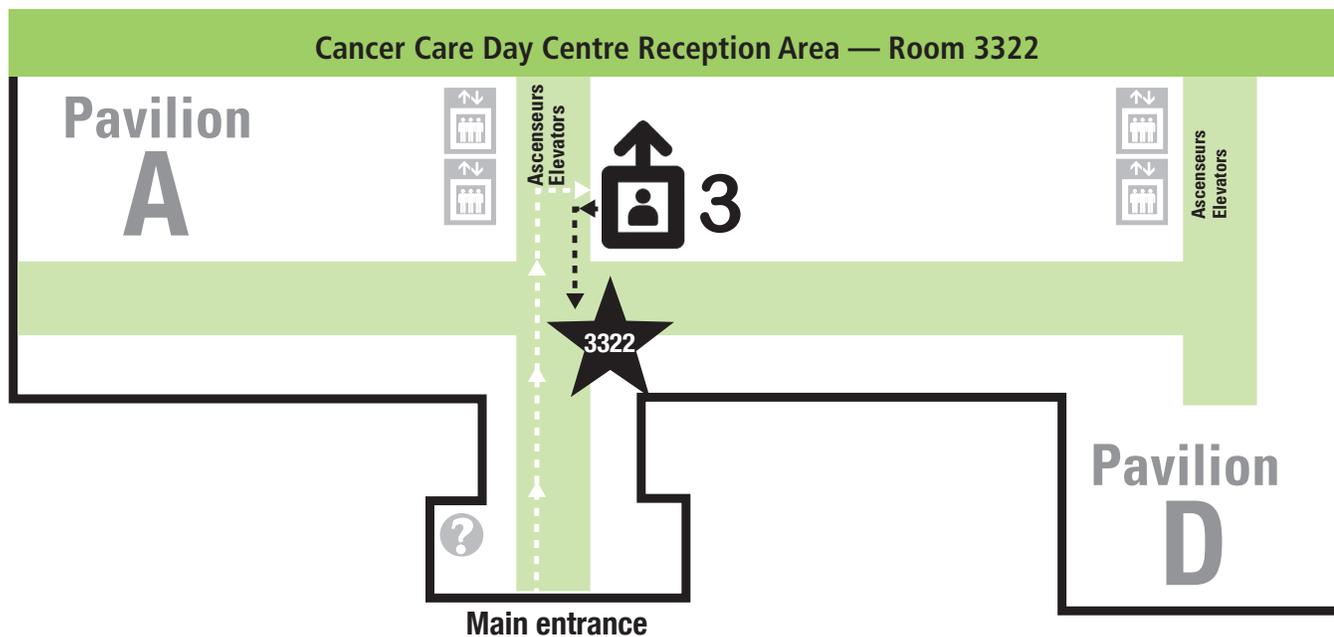
Patient Journey



*At the Jewish General Hospital or at the Montreal General Hospital

A day in the Cancer Care Day Centre

St. Mary's Hospital Center can provide you with different maps to find your way through the hospital departments and pavilions. You can pick them up at the information booth located in the main lobby. Here is how to reach the Cancer Care Day Centre:



You know when your first chemotherapy treatment is going to be, but you may be wondering what is going to happen to you at the clinic.

Before you even leave the house, remember:

- You can eat a light breakfast (for example, juice, toast and coffee) before coming to the clinic.
- Take all your usual daily medications.
- If you are receiving your chemotherapy by IV, be sure to wear loose clothing.
- Bring something to read because you may be at the clinic for a few hours.
- It is a good idea to have a family member or a friend go with you for your first appointment.

What will happen at your appointment?

Your clinic appointments should all be pretty much the same:

1. When you arrive on the 3rd floor at the Cancer Care Day Centre for your appointment, take a number on the terminal at the entrance of the waiting room and have a seat in the waiting area.
2. When your number appears on screens, go to the assigned wicket. The administrative agent will greet you and confirm your appointment and contact information, and complete the registration. You will then be assigned a pager which will vibrate when the professional you are here to see is ready for you. Just follow the indication on the pager.
3. Before each chemotherapy treatment and before you see the doctor, you will need to have a blood test done (fasting not necessary). The blood test must be done at the Procurement Centre on the 3rd floor
4. When the blood results are ready, you will be called in to see the doctor who may examine you and answer your questions.



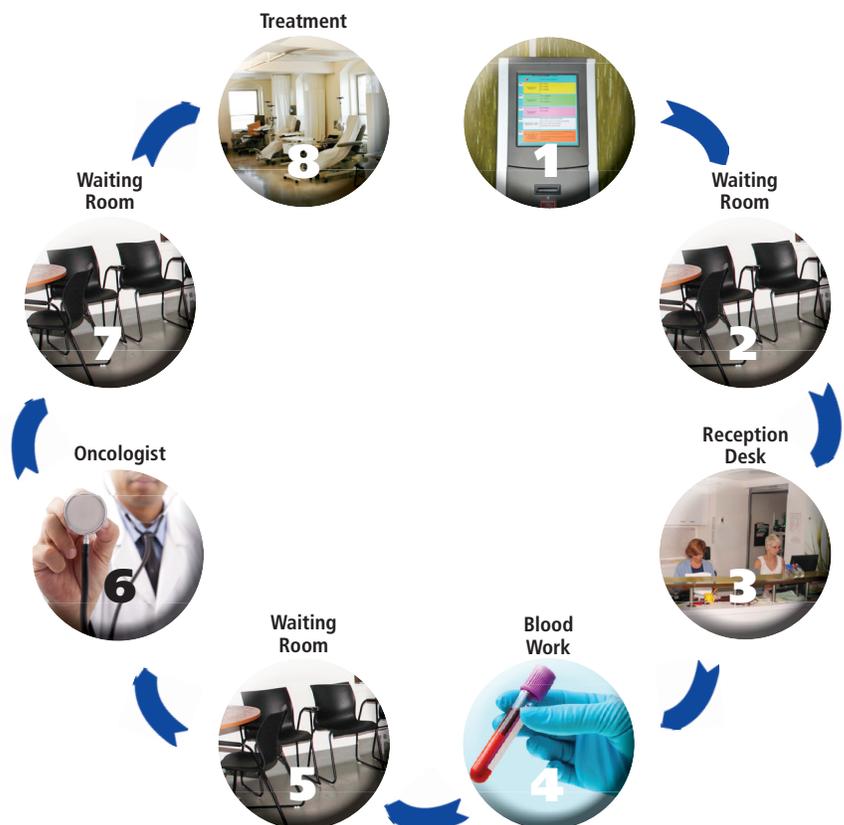
5. If the results are OK, the doctor will talk to the pharmacist about the chemotherapy you will receive. While the medication is being prepared, you can wait in the waiting room. Depending on your results, you may not be able to get your treatment and will be given an appointment to come back.
6. You will be called to the treatment room when your medications are ready.

Appointments checklist:

- Your Patient Orientation bag
- Your Medicare card and your hospital blue card.
- The name, address and phone number of your family doctor.
- If you have a drug benefits plan, please bring your insurance card with you.
 - The list of the current medications you are taking, including any vitamins, minerals, herbal supplements you are taking.
 - A list of your allergies and sensitivities.
- A list of questions you may have for the doctor or nurse or any other professionals.
- Money for parking.
- A drink and/or snack from home. Or you may choose to purchase a snack from the Cafeteria or Coffee Shop (cash only).
- Something to help you pass the time while you are waiting for your appointment. Puzzles, books, a computer and iPADS are available in the waiting room.



Your circuit can vary depending on your appointment but it could look like this:





Meals

We do not provide meals at the Cancer Care Day Centre, but you can buy food at the Cafeteria located on the first floor or at the Coffee Shop located on the ground floor. If your appointment is at lunchtime, feel free to bring a snack.



Scents

Please do not wear perfume, scented hairspray, cologne, aftershave, or other scented products while visiting the cancer centre. Some scents can easily adversely affect the patients receiving chemotherapy treatments.



Different types of treatments

Chemotherapy

Chemotherapy medication comes in many different forms. It can be pills. It can be an injection. It can also be a liquid that is given through your vein (intravenous or IV).

It is the use of a single medication or a combination of powerful medications to kill cancer cells. How it is used depends on the type of cancer you have, your age, health, and how advanced the cancer is.

Chemotherapy can be used:

- To cure the cancer
- To control the growth or spread of the cancer
- To treat cancer cells that might have travelled away from the original cancer (metastasis)
- To manage symptoms from the cancer



Chemotherapy is systemic. This means it goes everywhere in your body. It travels through your blood vessels. Chemotherapy works by destroying fast-growing cells, such as cancer cells. It also damages healthy cells that grow fast, such as the cells making up your hair, bone marrow, the lining of your mouth, esophagus, stomach and intestines. These cells usually regenerate once your chemotherapy is complete.

Blood samples before chemotherapy

The professionals of the Cancer Care Day Centre need the results of your blood tests before prescribing the treatment. This is why a blood test will be scheduled before each appointment with your physician. It takes approximately 45 to 60 minutes for your results to be available to your health care team.



Radiotherapy

Radiotherapy is the use of high-energy x-rays to treat cancer. Treatments may take 15 to 30 minutes, over several weeks. You should be able to continue many of your normal activities, but you may need more rest. Radiotherapy is not provided at St. Mary's Hospital Cancer Care Program, if you need this treatment, the administrative agent will organize it for you at one of the Rossy Cancer Network Hospitals and provide you with an information booklet and a video, preparing you for the radiotherapy.

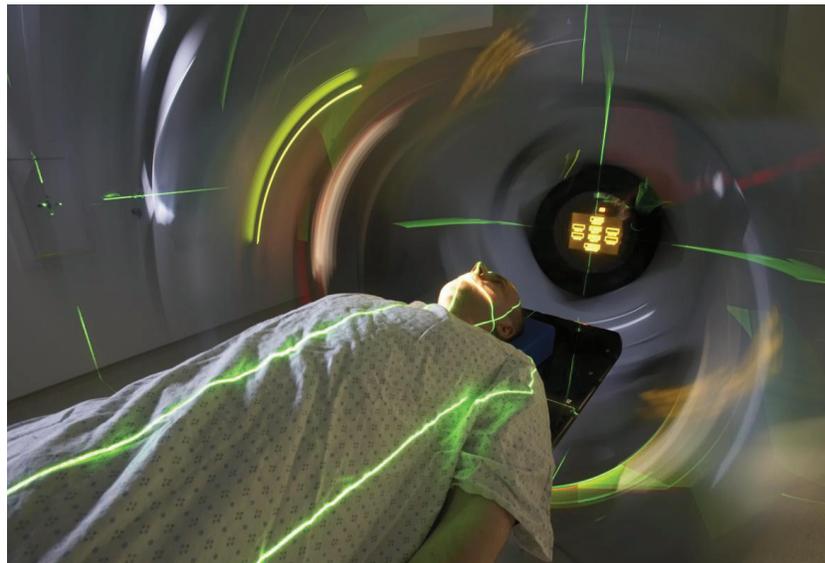


PHOTO : BARTS HEALTH NHS TRUST

Complementary & alternative therapies

We feel that it is important to treat each patient as a "whole" person with physical, emotional, psychological, social and spiritual needs. There is growing interest about the use of complementary and alternative therapies, which can include different herbs, teas, vitamins, and minerals. Complementary and alternative therapies are practices or products that are not standard care because they have not yet been scientifically researched, tested or proven. Please tell your treating team if you decide to use complementary and alternative therapies as they may interfere with your chemotherapy regime.

Tumour Board Conference for Cancer Treatments

As part of our multidisciplinary expert care, we hold a Tumour Board meeting each week to discuss the treatment of individual patients entering our program. Specialists from many areas are present to discuss all details of the patient's care. It is the interaction between these specialists that allows us to make personalized treatment plans for each patient. Our multidisciplinary approach offers highly comprehensive, coordinated cancer care.

What is the Tumour Board?

The Tumour Board is a committee, which develops a treatment planning approach for each patient. Doctors and other professionals, who are experts in different specialties, review and discuss the medical condition and treatment options of the patient. In cancer treatment, the group of experts may include medical oncologists (doctors specialized in the treatment of cancer), surgical oncologists (doctors who provide cancer treatment with surgery), radiation oncologists (doctors who provide cancer treatment with radiation), palliative care doctor (doctor who deals with symptom control and quality of life) and a pathologist (a doctor who specializes in interpreting laboratory tests, and evaluates cells, tissues, and organs to diagnose disease). A cancer care pharmacist is also present, as well as some nurses from the team. The ultimate goal of the Tumour Board is to find the best possible treatment plan for the patient.

What happens during a Tumour Board presentation?

During the Tumour Board, the facts about the patient and his or her cancer are presented by the patient's oncologist; this is followed by presentations by members of the medical, radiation, surgical oncology, and pathology teams. The Tumour Board significantly focuses on the patient's treatment options so that the best treatment plans available can be offered to the patient.

The Tumour Board's diagnostic and treatment recommendations often replace a second opinion that the patient may have been considering seeking. The Tumour Board expertise can help point a patient in the right direction, especially for complex situations, and may save the patient the time and expense of travelling to another hospital. However, the Tumour Board recommendations are not a substitute for a second opinion, and patients who would like to get a second opinion are encouraged to do so.

The Tumour Board meets once a week, at which time approximately seven to ten patients are presented. Patients are welcome to bring a family member or friend for support.



What is the patient's role during the Tumour Board?

When you come for your Tumour Board appointment, you will be greeted by our Cancer Care receptionist at the registration desk, who will take some personal information to proceed with your registration. You will then be asked to wait in the waiting room until a health care professional comes to get you. You will join him in an office, where you will have the time to discuss the Tumour Board process and ask questions.

At the time of your appointment, a nurse will escort you to the Tumour Board examination room and you will change into a hospital gown. The Tumour Board team, having completed the discussions described above, will come in to see you (the medical team present may include 10-15 people). You will be asked a few general questions, and in some cases a brief exam will be conducted. After their visit, you will be asked to return to the waiting room until your appointment time with your oncologist. At that time, your oncologist will explain the recommendations of the Tumour Board and you will be able to ask questions. Following your discussion with your oncologist, appropriate appointments will be made to implement the treatment plan agreed upon. You can expect to have many other appointments as your treatment plan gets underway: a follow-up visit with your oncologist, a visit with one of the Cancer Care pharmacists, your first treatment appointment, etc.



Useful questions to ask your doctor

- What type of cancer do I have?
- Is it a fast or slow growing cancer?
- Has the cancer spread (metastasized) to other parts of my body?
- What is the stage of the cancer? What does it mean for me?
- What is the impact that the cancer might have on my work?
- Can I continue to work during my treatment?
- When can I return to work after my treatment?
- What are the treatment options available for me (chemotherapy, radiotherapy, targeted therapy, surgery, clinical trial ...)?
- What treatments do you recommend and why?
- How does the treatment work?
- What are the risks or side effects associated with these treatments?
- What are the chances of a cure associated with my cancer treatment?
- What are the chances of recurrence of this type of cancer?
- What are the long-term outcomes with and without treatment?
- Should family members be tested for cancer and, if so, what tests should be done?

Types of Cancer treated at SMHC

- Breast
- Urological
- Hematologic
- Gynecological
- Endocrine
- Lung
- Digestive
- Hepatobiliary
- Skin Cancer

Going Home After Chemotherapy: What I Need to Know

IMPORTANT: PLEASE READ

Information provided in this section is for educational purposes only. It is not intended to replace the advice or guidance of a professional healthcare practitioner or as a substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

When do I go to the Emergency Department or call 911?

Infection and Neutropenia

- Fever (temperature) of either:
 - Over 38.0° C (100° F) for over one hour **OR** over 38.3° C (101° F) just once
 - You do not have a fever, but you have chills

Fatigue

- Sudden, extreme fatigue with chest pain, palpitations (sensation of increased heartbeat), or both
- Difficulty breathing at rest

Bleeding

- Nosebleeds not relieved by applying pressure for 10 minutes
- Vomiting blood
- Coughing blood
- For women, soaking one or more sanitary pads per hour

Mouth Sores

- Unable to drink fluids, or take your medication, for 24 hours or more
- Fever (temperature) of either:
 - Over 38.0° C (100° F) for over one hour **OR** over 38.3° C (101° F) just once

Nausea and Vomiting

- You vomit many times, which stops you from eating or drinking
- You cannot keep foods and liquids down
- You are vomiting blood or black liquid
- You have intolerable stomach pain with/without vomiting
- You have an intolerable headache with/without vomiting
- You vomit for more than 24 hours

Constipation

- Sudden stomach pain, nausea, cramping, or bloating
- Loss of feeling in your rectal area
- Sudden loss of control of your bowels (stool is coming out and you cannot stop it)
- Bleeding from your rectum
- Fever (temperature) of either:
 - Over 38.0° C (100° F) for over one hour **OR** over 38.3° C (101° F) just once

Diarrhea

- More than 10 watery bowel movements per day
- Cramping, abdominal, or rectal pain with diarrhea
- Unable to drink any fluids
- Fever (temperature) of either:
 - Over 38.0° C (100° F) for over one hour **OR** over 38.3° C (101° F) just once

INFECTION AND NEUTROPENIA



What is this?

Chemotherapy may lower your neutrophils. Neutrophils are a type of white blood cell that helps your body fight infection. A low neutrophil count is called neutropenia. Neutropenia puts you at risk of getting infections.

What can I do?

Take your temperature:

- Every morning and every evening
- If you feel hot
- If you feel unwell

A fever may be the only way to know you have an infection. A fever is a temperature of **over 38.0° C (100° F) for one hour or over 38.3° C (101° F) just once**. Avoid eating, drinking, or smoking for at least 10 minutes before taking your temperature.



If you have a fever, do not take acetaminophen (Tylenol®), ibuprofen (Advil®), ASA (Aspirin®) to treat the fever without speaking to your doctor or nurse first.

How can I prevent infections?

- Wash your hands for 15 seconds with soap and warm water:
 - Before and after eating
 - Before and after preparing food, especially raw meat
 - After using the toilet
 - When coming in from outside
 - After changing a baby's diaper
 - When they are visibly dirty
 - After washing your hands, dry them well. Apply lotion to keep them from cracking
- Shower or take a bath every day

Note: you may choose to use a hand sanitizer (like Purell®). Use this only when soap and water are not close by.



What can I do with my pets if I'm neutropenic?

Follow these simple rules so that you can continue to enjoy the company of your pet:

- Wash your hands after any contact
- Have someone else clean litter boxes, cages, aquariums, and dispose of animal waste
- Take your pet to see a vet at the first sign of illness
- Use only store-bought pet food
- Avoid contact with reptiles (snakes, turtles or lizards), ducklings or chicks. They are known to carry salmonella, bacteria that can be passed to humans

What if I do not have someone to help me clean up after my pets?

- Wear a new disposable mask and new disposable gloves each time you clean
- Wash your hands well for 15 seconds afterwards

What if my pet scratches or bites me?

- Wash the area immediately with warm soapy water
- Wash your hands well for 15 seconds minimum



We do not recommend that you adopt any pets during your recovery. Strays and young animals can be sick or carry disease.



FATIGUE



What is this?

Fatigue is feeling emotionally or physically tired. For many cancer patients, fatigue is the most troubling side-effect. Fatigue is not always relieved after you rest. It may remain for some time after your cancer treatment.

Fatigue can be caused by:

- The cancer itself
- Treatments such as chemotherapy, radiotherapy, and/or surgery
- Medications
- Not eating, drinking or sleeping enough
- Not being active
- Pain
- Stress, anxiety and/or depression
- Low hemoglobin (anemia)

What can I do?

- Save your energy:
 - Be realistic about what you can do in one day. You may not be able to do as much in a day as you did before your treatment
 - Plan appointments and activities at the time of day when you have the most energy
 - Plan breaks and rest periods
 - Say "yes" to offers from family and friends to help you with things such as making meals, house work, shopping and childcare
 - Sit down when doing activities, like putting on your shoes or making meals
 - Rest. Allow yourself to take short naps (30 minutes only) every day.
 - Try to get most of your sleep at night
 - Limit visitors and ask them to call before visiting
 - If you continue to work, ask about a flexible work schedule

- Restore your energy:
 - Do mild exercise, like walking, every day
 - Do activities that you enjoy such as listening to music, visiting with family and friends, or just going outside
 - Give yourself credit for the things you are doing
- Eat a well-balanced diet:
 - Before treatment starts, stock your kitchen with foods you enjoy
 - Try preparing some meals in advance and freezing them



- Eat small meals frequently and snack often
- Eat foods high in protein: peanut butter, nuts (almonds, cashews, walnuts, pecans, peanuts), cheese, eggs, canned tuna and puddings
- Drink most of your fluids early in the day to avoid having to use the toilet through the night
- Do not drink caffeinated beverages, energy drinks or alcohol within 6 hours before bed. They may keep you up at night.



When do I call for help?

Speak to your treatment team if you have:

- Persistent fatigue or inability to sleep for 3 or more days
- Fatigue that reduces your quality of life and prevents you from carrying out everyday activities
- Shortness of breath at rest or with activity

BLEEDING

What is this?

 Chemotherapy may lower your platelets. Platelets help to stop bleeding when you have a cut. When your platelets are low, you are more likely to bruise or bleed.

To prevent bleeding when your platelets are low:

- Use an electric shaver instead of a razor
- Use a soft toothbrush
- To keep your bowel movements soft, take stool softeners. Do not strain when having a bowel movement
- Avoid enemas and suppositories
- File your nails instead of cutting them
- Always wear shoes or slippers
- Avoid contact sports
- Avoid anal intercourse
- Blow or wipe your nose gently



When do I call for help?

Speak to your treatment team if you have:

- nose bleeds
- blood in urine
- blood in stool or black stool
- blood in sputum (spitting up blood or bloody mucus)
- bruises
- red spots on your skin



Special note to patients with heart conditions: low-dose ASA (example, Aspirin®) may be prescribed by your doctor or cardiologist. Your doctor can confirm whether it is okay to continue taking it when your platelet count is low.

INSOMNIA

What is this?

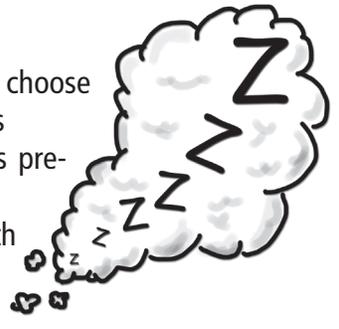
 Insomnia is when you find it hard to fall or stay asleep.

Insomnia can be caused by:

- Pain
- Medications
- Stress, depression or anxiety
- Caffeinated beverages (coffee, tea, energy drinks)
- Drinks high in sugar (soft drinks, juice, alcohol)

What can I do?

- Tell your doctor, who may choose to adjust your medications
- Take sleep medications as prescribed
- Cut down on drinks with caffeine or sugar (coffee, tea, alcohol, soft drinks, juice).
- Do not drink any of these 6 hours before bed. They may keep you up at night.
- Do not exercise just before going to bed. It may keep you awake.
- Make sure your room is dark and cool.
- Relax by reading or listening to soft music before bedtime.
- Go to bed at around the same time every night. Get up at the same time in the morning.



When do I call for help?

Speak to your treating team if:

- You have not been able to sleep for 3 days
- The medication prescribed by your doctor for sleep is not helping



MOUTH SORES



What is this?

Chemotherapy will destroy the cancer cells. It may also damage the healthy cells in your body that line your mouth and throat. You may have pain, sores, dryness or other problems in your mouth and throat.

What can I do?

- Brush your teeth at least twice each day using a soft toothbrush
- If brushing hurts, use a sponge (mouth swab)
- Make sure your toothbrush has a chance to dry before using it again
- Clean your dentures after each meal
- Only use alcohol-free mouthwashes
- Use fluoride trays as directed by your dentist
- Take your pain medications

Keep your mouth clean and moist:

- Rinse your mouth as often as you like. Use 3 teaspoons (15 mL) of Salt Water & Baking Soda Rinse.* Do this for 30 seconds and spit.
- Rinsing before and after meals may help you want to eat
- Use a lip balm after rinsing (water-based is best)

What other resources are available?

- Your doctor may prescribe other mouth rinses. Use them as directed, after using the Salt Water & Baking Soda rinse.
- If you have more questions about your mouth, your dentist may be able to help



When do I call for help?

Speak to your treating team if you have:

- Pain that makes it hard to eat, drink, swallow or talk
- Pain that is not relieved by medication or other treatments
- White patches or spots in your mouth
- Open sores, or ulcers in your mouth
- Blistered or cracked tongue
- Bleeding gums



SALT WATER & BAKING SODA RINSE RECIPE

2 cups (500 mL)boiled water
1 teaspoon (5mL)salt
1 teaspoon (5mL)baking soda

Store in the fridge for up to 1 week.

If the taste bothers you, add either only salt or only baking soda. You may also choose to use just water that was boiled and cooled.

NAUSEA AND VOMITING

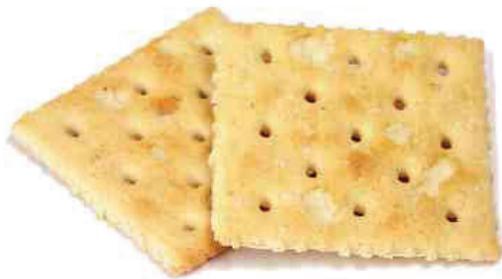


What is this?

Nausea is a feeling of sickness in your stomach that may make you vomit (throw up). It is important to control nausea and vomiting so that you can drink, eat, and take your medications.

What can I do?

- Take the medications prescribed by your doctor for nausea. If eating causes nausea or vomiting, take the medications for nausea one hour before eating.
- Keep your mouth clean
- Eat 6 small meals instead of 3 large meals each day
- Eat dry crackers or toast. (You may wish to keep some dry crackers by your bed to eat before getting up in the morning).



- Eat slowly and chew well
- Take small sips of cold, clear fluids (such as water, juice or broth) throughout the day. Try to drink at least 1500 mL (6 cups) each day.
- Try not to drink fluids at meals
- Do not drink coffee as your first drink of the day
- Choose foods that are not spicy, greasy, or have a strong smell
- Relax after eating, but do not lie down or lean over for at least 30 minutes



When do I call for help?

Speak to your treating team if:

- Nausea or vomiting stops you from taking your prescribed medication
- You have vomited more than 3 times in 24 hours
- Your prescribed medications are not working to control your nausea or vomiting

CONSTIPATION



What is this?

Constipation is:

- Difficulty or unable to move your bowels (passing stool)
- Needing to push hard to move your bowels
- Moving your bowels less often than usual

What can I do?

- Take your medications as prescribed
- Drink 8-10 glasses (2 litres) of liquid each day
- Eat foods high in fibre like prunes (prune juice), fresh fruits and vegetables, beans, whole grain bread and bran cereals
- Moderate exercise can help

What other resources are available?

- You can buy stool softeners (example, Colace®) over the counter.
- Many people need laxatives to relieve constipation. Over the counter laxatives such as Senokot® (sennosides) can help. This treatment is available in pill form or as a tea.
- If you have any questions, your doctor, nurse, nutritionist or pharmacist can help.

Do not use any suppositories unless prescribed by your doctor.



When do I call for help?

Speak to your treating team if:

- You do not have bowel movement for 3 days or more
- You are not able to pass gas
- Your stomach feels bloated or is swollen
- Stools are very hard and difficult to pass
- Constipation does not respond to laxatives and/or stool softeners

DIARRHEA



What is this?

Diarrhea is when you have an increased number of bowel movements (stools) that are loose or watery.

What can I do?

- STOP any laxatives or stool softeners
- Eat low fibre foods: white rice, fish or chicken, bananas, applesauce, white bread
- Drink at least 8-10 glasses (2 litres) of liquid each day to prevent dehydration
- Drink water, fruit juice, soup, rehydration drinks (example, Gastrolyte®) or 'sports' drinks (example, Gatorade®, Powerade®).
- Avoid milk, dairy products, caffeine, alcohol, orange juice or prune juice, foods high in fibre (beans, fresh and dried fruits) and spicy or fried foods
- Apply the cream suggested by your treatment team around the anal area for relief. (Do not use the applicator. Do not apply cream inside the rectum).
- Ask your doctor, nurse or pharmacist about sitz baths

Do not decide on your own to take medication to stop the diarrhea. Only take the medication that is prescribed for you



When do I call for help?

Speak to your treating team if you have:

- More than 3 watery bowel movements per day for 3 consecutive days
- Blood in the stool or black stool
- Fatigue
- Signs of dehydration like dizziness, palpitations, urinating less, feeling thirsty, dry mouth
- Sore skin in the anal area after frequent bowel movements



REHYDRATION DRINK RECIPE

3 cups (500 mL)boiled water
1 teaspoon (5mL)salt
1 cuporange juice

Keep in fridge for up to 1 week



LOSS OF APPETITE

What is this?

Appetite is hunger, which is your desire to eat. Cancer and cancer treatments may decrease your appetite.

What can I do?

Eating well will help you recover from your treatments. Good nutrition will help you feel stronger and better overall.

To help improve your appetite:

- Eat 6 small meals every day
- Snack as often as you can.
- Drink fluids between meals instead of with meals. This will help you avoid filling up too quickly.
- Eat your favourite foods.
- Choose foods that are high in calories and protein, for example: meat, poultry, fish, beans, cheese, eggs, yogurt, and whole milk
- If you find it difficult to eat enough or if you are losing weight, drink supplements like Boost® or Ensure®
- Do light exercise (like walking) every day



When do I call for help?

Speak to your treating team if:

- You have not been eating for more than 3 days
- You have rapid weight loss

HAIR LOSS



What is this?

Chemotherapy destroys cancer cells. It may also damage the healthy cells in your body that make your hair. This may cause you to lose your hair.

Hair loss depends on the type of chemotherapy given. You can discuss your chances of hair loss with your treating team.

- It usually starts 1 to 3 weeks after starting chemotherapy, and can continue for up to 6 weeks after chemotherapy has been completed
- It will likely start on your head. It may continue to other parts of your body (eyebrows, eyelashes and pubic hair).
- You may notice it first as hair on your pillow
- Some people lose all of their hair. Others may have 'patchy' hair loss.
- Your head may be itchy or more sensitive

It is normal to feel upset about losing your hair with chemotherapy. When hair loss happens, it is usually temporary. You will likely have a full head of hair in 6 months to 1 year. However, it may grow back with a different colour and texture.

You can also lose your hair if you are receiving radiotherapy to the head. The hair can grow or not grow back, depending on the dose of radiation that a person receives. It is worth asking your oncologist if your treatment will cause you to lose your hair.



What can I do?

You may choose to:

- Cut your hair short or shave your head before you lose your hair
- Wear a wig, scarf, turban or hat

Be gentle with your hair:

- Use a mild shampoo
- If blow drying, use a cool setting
- Brush gently
- Avoid strong hair treatments like dyes or permanents (perms)

Protect your head:

- Cover your head from the sun
- For your scalp, use a broad spectrum sunscreen with a SPF of 30 or more
- Wear a hat to stay warm



SEXUAL HEALTH



What is this?

Many patients worry about their sex life. Illness and worry can affect how a person responds sexually. Cancer and the effects of treatment can decrease your interest in having sex. Learning to manage these effects may help.

What can I do?

Speak to your treatment team about your concerns.

Q - Is it okay to have sex during treatment?

A - Speak with your doctor to make sure it is safe for you and your partner. Listen to your body and do what feels right for you.

Q - What about sex when my neutrophils or platelets are low?

A - You should not have sex during this time. This may increase your risk of infection or bleeding.

Q - Do my partner and I need to use contraception (birth control)?

A - Yes. Speak to your treatment team if you need help choosing the right method of birth control for you.



Q - Do we need to use a condom?

A - Yes. You should use a condom during treatment and for the first 3 days after each treatment. This will protect your partner from small amounts of chemotherapy that could be in your body fluids.

Q - What if I find sex painful?

A - You could try using a water based lubricant; which you can buy at any pharmacy. This may increase comfort during sex.

Q - What if I don't feel like having sex anymore?

A - Some people prefer to find other ways to give and receive pleasure, like cuddling, caressing, or watching a movie together. Talk to your partner about your feelings. This can help you both feel more comfortable about this subject.

Q - Will I be able to have children after treatment?

A - This will depend on your treatment. Some patients may be eligible for treatments to preserve their ability to have children. If this is a concern for you, speak to your treating team before treatment begins.

Q - Will my menstrual cycle (period) be affected?

A - This will depend on the treatment. Speak to your treating team.

Q - Can chemotherapy cause impotence?

A - This will depend on the treatment. Speak to your treating team.

Q - Can chemotherapy cause menopause?

A - Yes, chemotherapy may cause irregular periods or stop them entirely. You may develop symptoms of menopause including hot flashes, vaginal dryness, and others. Speak to your treating team if you have symptoms or concerns.

The information provided in this section has been adapted from: «*Going Home After Chemotherapy: What I Need to Know*», published by the McGill University Health Centre. The creation of the original booklet was coordinated by Nancy Lee Brown and Nicette Ramirez. It was written in collaboration with the nurses of 17 East, and edited by Louise Duguay.

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Your healthcare team

You can write the names and contact details of your healthcare team in the section “Other” at the end of this binder. If you would like to share your experience or have any comments about our care or services you can:

- Speak to one of our staff members at your next appointment
- Speak with the head nurse of the Cancer Care Department
- Meet or speak to the hospital Ombudsman at (514)734-2618



Physicians

The oncologists, hematologists, general practitioners and other cancer specialists are there for you. They will determine the best treatment approach based on the type of cancer you have as well as on the results of various tests and investigations that you have undergone.



Palliative care physicians

The palliative care team is part of the Cancer Care team. The overall goal is to improve your quality of life by managing symptoms caused by cancer or its treatment. You will be referred to one of these professionals as needed.



Nurses

Nurses provide care in our out-patient centre (day treatment) and our inpatient unit (admission for overnight stay). You will be assigned with a primary care nurse in the Cancer Care Day Centre who will be caring for you each time or as often as possible when you are coming for your treatment.



Pivot nurses

Depending on your situation, you will also be assigned to a pivot nurse. This team member coordinates your care within St. Mary’s Hospital Center and acts as liaison with community resources as needed.



Pharmacists

You will be scheduled for an individual session with a Cancer Care pharmacist. This team member works with your doctor to find the best treatment for you. She/he will help you understand this treatment and manage its possible side effects.



Nutritionist

Part of your scheduled orientation session is dedicated to nutrition. The Cancer Care nutritionist will provide you and your family with nutritional care counseling. You may have some questions about eating problems or weight change after treatment. The nutritionist will provide you with the information about nutrition, vitamins, minerals and special diets that might be of importance for your health.





Clerical team

The clerical team is in charge of the coordination of all the appointments and documents you will need during your patient journey.



Our volunteers

The team of volunteers can provide you with support and a friendly presence during your appointments. They help your doctor coordinate your journey in the clinic using the pager system. They are also available to give you some information material, assistance with wigs and scarves or borrowing a book from our library. In addition, volunteers are always happy to have a friendly conversation with you or enjoy a light snack.

Psycho-oncology team

Your psycho-oncology team consist of a social worker, a psychologist, a music therapist, a massage therapist, a couple and family therapist and a pastoral and spiritual care agent. This team can provide support with financial issues, distress issues, family concerns or any other relationship issues you may have. You will be referred to one of these professionals if needed.



Social worker

The social worker in Cancer Care Program offers guidance and counselling to assist patients and their loved ones with practical concerns as well as social and family issues. Social workers help clarify the needs of clients, identify the source of stressors, help to find adequate solutions, and orient people to appropriate resources as needed.



Psychologist

Our psychologist works in collaboration with the patient. She can help you understand the nature of your psychological distress following the diagnosis of cancer. A full psychological assessment, individual or group support psychotherapy treatments, adapted to your specific needs may be offered.



Couple and family therapist

The couple and family therapist is here to help patients, couples and families (in personal or group sessions), to face a diagnosis of cancer and its consequences. Her support reduces psychological distress of all family members, for example, by helping children understand the illness of a parent or addressing issues of the end of life and bereavement.



Music therapist and massage therapist

The music therapist and the massage therapist work closely together to provide you relaxation and visualization sessions during your treatment. The music therapist also offers a Legacy Art Therapy service.



Pastoral and spiritual services agents

The cancer diagnosis can lead you to have several questions about your beliefs and / or your faith. Do not hesitate to request support from one of our pastoral and spiritual agents.

Frequently asked questions

Does chemotherapy hurt?

The only pain you should feel during an intravenous (IV) chemotherapy session is discomfort from the needle stick that delivers the medication to the bloodstream through a catheter.

If you are feeling any discomfort or sensations such as burning, cooling, or anything unusual where the IV was started, notify your oncology nurse or doctor immediately. Many patients do report feeling a cold or slight burning sensation once the medication enters the vein. This feeling varies depending on the chemotherapy treatment prescribed. But it is still important to let your nurse or doctor know if you are feeling this sensation.

If you experience any unusual sensations at the IV site after your chemotherapy session has ended, speak to your treating team.

How will my doctor know if my treatment is working?

Your cancer care team will measure how well your treatments are working by doing certain tests. This may include physical exams, blood tests, bone marrow biopsies, scans, and x-rays. Ask your doctor about the test results and what they show about your progress.

Can I travel during my treatment?

For many people, having cancer won't affect their ability to travel or where they go. Others may need to make special arrangements. Cancer is many different diseases and two people with the same type of cancer may have different treatments and different needs. Speak with your physician before making travel plans.



Can I continue to exercise?

Research strongly suggests that exercise is not only safe during cancer treatment, but it can also improve physical functioning and many aspects of quality of life. Moderate exercise has been shown to improve fatigue (extreme tiredness), anxiety, and self-esteem. It also helps improve muscle strength, and body composition (how much of your body is made up of fat, bone, or muscle).



[HTTP://BREASTCANCERYOGABLOG.COM/CATEGORY/CHEMOTHERAPY/](http://breastcanceryogablog.com/category/chemotherapy/)

People undergoing chemotherapy and/or radiotherapy who already exercise may need to do so at a lower intensity and build up more slowly than people who are not getting cancer treatment. The goal should be to stay as active as possible and slowly increase your level of activity over time after treatment.

Can I drink alcohol during cancer treatments?

The cancer type and stage (extent), as well as the type of treatment should be taken into account when deciding whether to drink alcohol during treatment. Many of the medications used to treat cancer are broken down by the liver, and alcohol, by causing liver inflammation, could impair drug breakdown, increasing side effects. It's a good idea to drink only a little, if any alcohol during treatment to prevent interactions with the medications used to treat cancer (speak with the pharmacist).



Will I be able to wash or shower as normal during treatments?

Yes but in order to prevent skin problems during chemotherapy:

- Avoid long, hot showers or baths.
- Use gentle, fragrance-free soaps and laundry detergent.
- Use moisturizers, preferably creams or ointments rather than lotions because the thicker consistency is better at preventing skin dehydration. Apply the cream or ointment within 15 minutes of showering. Reapply moisturizer at night, and moisturize your hands every time after you wash them.
- If your skin is very dry and flaky, ammonium lactate cream can increase moisture. These creams are available by prescription and over-the-counter.



- Some chemotherapy medications make skin more susceptible to sunburn. Make sure you are well protected with proper clothes and use a sunscreen with at least an SPF 30 that protects against both UVA and UVB rays. Protection against UVA requires ingredients such as zinc oxide, titanium dioxide, or avobenzone.

Can someone accompany me to my treatment?

Friends or family are welcome to accompany you to your treatments. However, we will ask you to come with only one person (children under 12 and pregnant women are not allowed) in order to protect the safety and privacy of all the patients.

What if I have a question/concern during the weekend/night?

During evenings, nights and weekends you can call: 514 345-3511 ext. 3622



Psychological impact

Take care of yourself

Going through the cancer experience can lead to a lot of psychological and physical distress. Here are some suggestions that may help you to cope:

- Take care of yourself. Do not hesitate if you need a little rest.
- Focus on the positive aspects of your life.
- Set yourself goals and make plans
- Take short breaks such as a picnic, a visit to the museum or a concert, for example.
- Use the arts to express yourself and find yourself: music painting, dance, crafts and pottery.
- Exercise and have a healthy diet.
- Participate in yoga, tai chi, visualization, meditation.
- Keep a sense of humor and laugh.
- Ask for help, participate in support groups.
- Make informed decisions: ask questions, be informed. Take Control

Your family and caregivers

No one is left untouched after a diagnosis of cancer, and that includes your family members or caregivers. Please remember that we also offer support and resources for your loved ones, to help them take care of themselves so they can take better care of you. If you are worried about your children, parents, friends, do not hesitate to speak with a member of the healthcare team.

Telling children

Depending on the age of your children, it might be difficult to know how or what to tell them about your cancer diagnosis, treatment or prognosis. Even so, it's important to be honest with children. You will be the best judge of how much your child will understand about the situation. In general, children need to know at least enough to be prepared for changes to their routine and day-to-day life.

You may want to prepare yourself to talk about death in case your children ask about it. Many kids may think about it, but do not ask. What you tell children about death will depend on many things, including the type of cancer you have, how easy it is to treat, the stage of the cancer and what the doctor has told you. It's important to let children know that you're willing to tell them the truth and that you'll keep talking to them as you get more information.

You may wish to speak with the social worker or couple and family therapist for further support, information, or resources that may be helpful for these discussions.



Next steps

What happens after your cancer treatments have finished?

The cancer diagnosis may affect your life before, during and even after the end of treatments. You may feel concerned about emotions, nutrition or “getting back to normal life”.

We want you to know that even if your treatment is completed, we are here to help you. Do not hesitate to share your concerns with a member of our team. After your cancer treatment has finished, you will receive follow-up care.

Where you get your follow-up care will depend on the kind of care that you need and the type of cancer you were diagnosed with.

You and your family may find it helpful to read the booklet “Life After Cancer” available from the Canadian Cancer Society, call 1-888-939-3333 or visit www.cancer.ca.

