

# Resources to help you prepare for the first appointment with your cancer care team

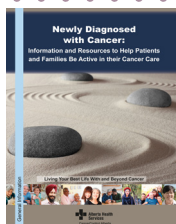
Being diagnosed with cancer can be life-changing.

Cancer Care Alberta (CCA) is here to help. We are part of Alberta Health Services and provide care at 17 centres across the province.

There is so much information about cancer out there. Try starting with these **trusted resources** as you prepare for the first appointment with your cancer doctor (oncologist) and use whatever is helpful to you.

Find urgent and non-urgent help in Alberta  
[bit.ly/ccagettinghelp](https://bit.ly/ccagettinghelp)

## Try this resource:

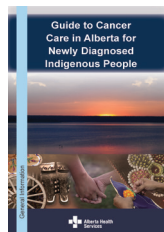


### Newly Diagnosed with Cancer

(CCA)

## To find more information on:

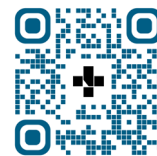
- cancer care teams
- helpful checklists and tools
- preparing for your first appointment and more



### Guide to Cancer Care in Alberta for Newly Diagnosed Indigenous People

(CCA)

- ideas to help talk with loved ones about your cancer diagnosis
- services, programs, and things you can do to help yourself



Use the web address or QR code to open a copy of the resource on your phone, tablet, or computer. Or, you can ask for a copy at your cancer centre.

## Cancer Care Alberta's website.

Start with 'Just Diagnosed' and move to other topics over time.

- information about each cancer centre, navigation supports, and more

[www.ahs.ca/cancerdiagnosed](https://www.ahs.ca/cancerdiagnosed)



## Wellspring Alberta

- supportive programs, and spaces, in person and virtually, across Alberta

<https://wellspringalberta.ca/>

## Canadian Cancer Society

- different types of cancer, treatments, and supports

[www.cancer.ca/](https://www.cancer.ca/)

**As you prepare for your first appointment**, know that it can be hard to remember everything you want to ask and everything you hear. Make a plan to help. You can:



Bring someone with you.



Write your questions down and take them with you. Take notes during your appointment.



Audio record with the Alberta Health Services *My Care Conversations* app. Download the free app from the App Store or Google Play.

