Sources of Help

In Alberta for People with Cancer

Alberta Health Services
CancerControl Alberta
CancerControl Alberta provides treatment for your cancer and offers many services to support you and your family during and after your cancer treatments.

This booklet lists many sources of support and information from Alberta Health Services, the government, community and business organizations which you may find helpful. This is not a complete list of all options.

For health advice and information

⚠️ Medical emergency 📞 911

벽Alberta cancer care resources at your cancer centre or online www.cancercontrolalberta.ca

📞 Health Link at 811
(24 hours a day, 7 days a week)

Helpful symbols to know:

📞 Phone
🌐 Web – shows a web page link to an online resource
🔍 Arrow with magnifying glass – shows a keyword or phrase to use when searching a website

You can use the free AHS My Care Conversations app to prepare for your next appointment and to record conversations with your health care team. You can listen to your recordings at home and share with family or trusted friends.

Download it from the App Store or Google Play.
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Support and Counselling

1) Alberta Health Services — Addiction and Mental Health Services

A variety of services are provided for patients and their families 24 hours a day, 7 days a week.

- Addiction: 1-866-332-2322
- Mental Health: 1-877-303-2642
- www.albertahealthservices.ca/amh/amh.aspx

2) CancerControl Alberta — Psychosocial Oncology

The Psychosocial Oncology team are professionals with different specialties and may include psychologists, psychiatrists, social workers or spiritual care providers. They offer different supports and services to patients and family members to help reduce emotional distress and explore how to cope. They can help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image or loneliness. They also make referrals to other community resources as needed.

Call to speak with someone and find out what services are available. See the contact numbers in the table on the next page.
Comprehensive (Tertiary) Cancer Centres - Psychosocial Oncology

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<thead>
<tr>
<th>City</th>
<th>Center</th>
<th>Phone</th>
</tr>
</thead>
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<tr>
<td>Calgary</td>
<td>Tom Baker Cancer Centre and Holy Cross Centre</td>
<td>403-355-3207</td>
</tr>
<tr>
<td>Edmonton</td>
<td>Cross Cancer Institute (Westmount location)</td>
<td>780-643-4303</td>
</tr>
</tbody>
</table>

Regional Cancer Centres - Ask to speak with a social worker

<table>
<thead>
<tr>
<th>City</th>
<th>Center</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grande Prairie</td>
<td>Grande Prairie Cancer Centre</td>
<td>780-538-7588</td>
</tr>
<tr>
<td>Lethbridge</td>
<td>Jack Ady Cancer Centre</td>
<td>403-388-6800</td>
</tr>
<tr>
<td>Medicine Hat</td>
<td>Margery E. Yuill Cancer Centre</td>
<td>403-529-8817</td>
</tr>
<tr>
<td>Red Deer</td>
<td>Central Alberta Cancer Centre</td>
<td>403-343-4526</td>
</tr>
</tbody>
</table>

Community Cancer Centres

Call your cancer centre and ask about how to make an appointment to see a social worker.

bit.ly/abcancercaremap

Psychologists or Psychiatrists:

- Offer counselling or therapy to patients and their families to help reduce emotional distress and explore ways to cope.
- Facilitate support groups.
- Help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image or loneliness.
Social Workers:

- **Resource Social Workers** Provide practical support and information on resources about discharge planning, finance, personal affairs, transportation, accommodations, long-term placement and other non-medical concerns.

- **Clinical Social Workers** Offer counselling to patients and family members to help reduce emotional distress and explore ways to cope; facilitate support groups.

Spiritual Care Providers/Counsellors:

- Help people explore their beliefs, values, and emotions as they consider what gives them hope and comfort while living with cancer, grieving losses, and seeking meaning.

- Offer support to all, whether religious or non-religious.

Most health care centres have an area for multi-faith prayer. These spaces offer a peaceful space for quiet prayer, meditation, or reflection.

3) **Cancer Patient Navigators**

Cancer Patient Navigators are registered nurses with training in cancer care. They:

- Work at the community and regional cancer centres (see map, inside front cover).

- Guide patients through cancer tests, appointments, treatments and emotions.

- Offer support close to home.

- Help patients and families before, during and after treatment.

Talk to your doctor or clinic nurse at your next visit or look in the phone number listing in the Patient Guide.
4) Care Closer to Home

There are 17 cancer centres in Alberta. Depending on where you live, you may be able to receive all or some treatment and supportive resources closer to home. For example, some patients start their chemotherapy in Calgary or Edmonton, and complete it at a cancer centre closer to home. Talk to your doctor or clinic nurse at your next visit to see if these options are available for you.

Radiation therapy is currently available in Edmonton, Red Deer, Calgary, and Lethbridge, with Grande Prairie offering this treatment in the future.
Palliative care is often misunderstood and can be seen as a negative or scary thing. In fact, palliative care can provide many benefits to both patients and families. It can be:

- an added layer of support for you and your family
- appropriate at any age and at any stage of cancer
- provided along with treatment for the cancer or by itself

**Palliative care can help patients and families live life to the fullest.** Palliative care:

Who provides palliative care?
Your current care team can provide some palliative care. There are also specialized palliative care teams (doctors, nurses, social workers and other professionals) who work together with you, your cancer doctor and your family doctor to focus on the issues important to you. This team works with you to make care plans based on your values, preferences and wishes.
How do I get palliative care?
Palliative care is available in the home, community, nursing homes, outpatient clinics and hospitals. If you think palliative care may help you ask your care team for more information.

Alberta Health Services — Palliative Care
Health care services for people needing palliative care and their families. Information and links to resources by area are available.

811
www.albertahealthservices.ca/info/Page14778.aspx

MyHealth Alberta
Information, resources and tools about all aspects of palliative care.

myhealth.alberta.ca
» Palliative and End of Life Care

Living My Culture
Quality palliative care that helps you honour your culture, spirituality and traditions. Stories and wisdom about living with serious illness, end of life, and grief to support others offered by people from various cultures.

www.livingmyculture.ca
6) Rehabilitation Oncology

Cancer and cancer treatment can disrupt your lifestyle and cause physical problems that can affect how well your body functions. Sometimes, everyday activities, such as feeding or dressing yourself may become difficult.

Rehabilitation or “rehab” specialists can help with these concerns. Types of specialists include:

- Physical Therapy (PT)
- Occupational Therapy (OT)
- Speech Language Pathology (SLP)

Some cancer centres have their own rehabilitation (rehab) staff, while others work with rehab specialists in their community. Talk to your health care provider if you think rehabilitation is right for you or to get a referral.
7) Sexuality and Fertility

Oncology and Sexuality, Intimacy & Survivorship (OASIS) Program

Offers resources and a patient education class for people who have sexuality and intimacy concerns.

📞 403-355-3246 (Calgary)
📞 780-432-8260 (Edmonton)

🌐 https://myhealth.alberta.ca/HealthTopics/cancer-and-sexuality

The Canadian Cancer Society

Provides information about sexuality, fertility and cancer.

🌐 www.cancer.ca
  » Sexuality or Fertility

Your Family Doctor or Nurse

Ask your family doctor or nurse for information.

Fertility Services

🌐 www.albertahealthservices.ca » Fertility Program
🌐 www.readyornotalberta.ca

LiveStrong - Fertility

This website helps inform people about fertility issues and options related to cancer and treatment.

🌐 https://www.livestrong.org/we-can-help/livestrong-fertility
End of life care ensures loved ones die as peacefully and comfortably as possible. End of life care can be provided in any care setting, including your home. Other care services, such as grief support and pain and symptom management, can be arranged.

**Alberta Health Services — End of Life Care**
Quick links and a list of services and supports for your area.

- **811**
- [www.albertahealthservices.ca/info/Page14778.aspx](http://www.albertahealthservices.ca/info/Page14778.aspx)

**Alberta Hospice Palliative Care Association**
- Provides a list of resources and services specific to palliative care.
- Can help you find resources in your community.

- **403-206-9938**
- [www.ahpca.ca](http://www.ahpca.ca) » Resource Directory

**Canadian Virtual Hospice**
- Online information and support for palliative and end-of-life care, loss and grief.
- A team of experts can answer your questions about life-threatening illness and loss.

- [www.virtualhospice.ca](http://www.virtualhospice.ca)
1) Support Groups and Online Forums

Canadian Cancer Society — Cancer Connection
- A support network that offers peer-to-peer support to cancer patients and their caregivers.
- Talk with caregivers or current and former patients with your same type of cancer.

1-888-939-3333  www.cancerconnection.ca

Cancer Chat Canada
Offers professionally-led online support groups—connect with others who are having similar experiences.

cancerchat.desouzainstitute.com

Wellspring
- Offers one-on-one sessions with trained volunteers who have experience with cancer for those diagnosed with cancer, their caregivers or both.
- Hosts meetings for several support groups.
People who live out of town are welcome to attend.

Calgary  403-521-5292 (NW)  www.wellspringcalgary.ca
587-747-0260 (SE)

Edmonton  780-758-4433  www.wellspring.ca/edmonton
Many community organizations offer in-person, online or telephone support. This includes peer support, discussion forums, and support groups for people with different types of cancer, and their families.

Below is a list of some of the community organizations with these services:

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<thead>
<tr>
<th>Organization</th>
<th>Website/URL</th>
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<tbody>
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<td>Bladder Cancer Canada</td>
<td>bladdercancercanada.org</td>
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<tr>
<td>Cancer Chat Canada</td>
<td>cancerchat.desouzainstitute.com</td>
</tr>
<tr>
<td>Cancer Connection (Canadian Cancer Society)</td>
<td>cancerconnection.ca</td>
</tr>
<tr>
<td>Colorectal Cancer Canada</td>
<td>coloncancercanada.ca</td>
</tr>
<tr>
<td>Kidney Cancer Canada</td>
<td>kidneycancercanada.ca</td>
</tr>
<tr>
<td>Leukemia &amp; Lymphoma Society of Canada</td>
<td>llscanada.org</td>
</tr>
<tr>
<td>National LGBT Cancer Network</td>
<td>cancernetwork.com</td>
</tr>
<tr>
<td>Melanoma Network of Canada</td>
<td>melanomanetwork.ca</td>
</tr>
<tr>
<td>Ovarian Cancer Canada</td>
<td>ovariancanada.org</td>
</tr>
<tr>
<td>Prostate Cancer Canada</td>
<td>prostatecancer.ca</td>
</tr>
<tr>
<td>Testicular Cancer Canada</td>
<td>testicularcancer.ngo</td>
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2) Grief Support

My Grief
Can help you understand grief and work through some of the difficult issues you may be facing. It is not meant to replace professional counselling or other health care services.

www.mygrief.ca

Kids’ Grief - see page 13-14, Support for Children

3) Support for Caregivers

Caregivers are those working hard to take care of a loved one with cancer, or other health issues. Caring for someone with cancer can be difficult. There is support that can help provide relief for caregivers.

Caregivers Alberta
Support for people who provide unpaid care for a loved one living with a disability, illness or aging.

The organization offers:

- information
- support
- education
- advocacy

It helps caregivers connect with others.

1-877-453-5088

www.caregiversalberta.ca
Community Supports and Services

Home Care
Alberta’s Home Care Program supports Albertans through health promotion, treatments, rehabilitation and home support for you and your caregiver(s).

www.ahs.ca/cc/Page15488.aspx

Helping Someone with Cancer / Caregiver Support
The Canadian Cancer Society has lots of information on helping others with cancer and ways you can help yourself.

www.cancer.ca » helping someone with cancer
» caregiver role

Respite Care
This service gives caregivers a short period of rest or relief from their responsibilities. A respite bed is provided in the Continuing Care area of the facility. The person can usually stay up to 6 weeks a year.

www.ahs.ca/info/service.aspx?id=5436

4) Support for Children

Telling Children About Cancer
The Canadian Cancer Society provides tips and advice on how to tell children about your cancer.

www.cancer.ca » talking about cancer

Kid’s Grief
• Can help you understand how children grieve and how to support them when someone in their life is dying or has died.
• Learning modules are developed by a team of experts in children’s grief, along with people who have experienced loss and supported children through grief.
• It is not meant to replace professional counselling or other health care services.

www.kidsgrief.ca

5) Support for Indigenous Patients & Families

Indigenous Cancer Care Experiences in Canada
Supporting Indigenous patients and families experiencing cancer in culturally appropriate ways is important. 8 videos promote discussion and awareness about the cancer experience of Indigenous patients and families. The book, Guide to Cancer Care in Alberta for Newly Diagnosed Indigenous People, can also be viewed here.

myhealth.alberta.ca/alberta/indigenous-cancer-care
Community Supports and Services

6) Support for LGBTQ

Cancer’s Margins
Uses a community-and-arts based approach to explore sexual and gender diversity, and experiences of cancer health, support and care.

www.lgbtcancer.ca

National LGBT Cancer Network
Works to improve the lives of LGBT cancer survivors and those at risk by:

• Educating the LGBT community about cancer risk and the importance of screening and early detection.

• Training health care providers to offer more culturally-competent, safe and welcoming care.

• Advocating for LGBT survivors in mainstream cancer organizations, the media and research.

cancer-network.org

LGBTQ Sexual and Gender Diversity (AHS)
Links and resources supporting diversity and inclusion.

www.albertahealthservices.ca/info/Page15590.aspx

7) Support for Seniors

Government of Alberta
Provides a number of programs and services to support seniors in Alberta. Information on benefits including Retirement Benefits, Canada Pension Plan, Widow’s Pension Program, Survivor Benefits and others.

www.seniors.gov.ab.ca
8) Support for Young Adults

**Stupid Cancer**
A non-profit organization that empowers those affected by young adult cancer through innovative programs, forums and services.

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

**Survive & Thrive Cancer Programs**
Use adventure expeditions, film, healthy living, experiential education and research to encourage and inspire those touched by cancer to live well.

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

**Young Adult Cancer Canada**
Supports young adults as they move through and beyond cancer, connects them to peers, provides a bridge out of isolation, and can be a source of inspiration.

[www.youngadultcancer.ca](http://www.youngadultcancer.ca)
1) Local Resources

Social Worker or Cancer Patient Navigator
Your cancer centre may have staff who can help you with supports or resources during your cancer treatment.

Book an appointment or call to speak with a social worker at your local cancer centre (phone numbers are on page 2).

Alberta 211
Other resources may be available for your local area.

211  www.ab.211.ca

2) Government of Alberta Resources

Alberta Adult Health Benefit: can help pay for prescription drugs and other medical supplies. This service may help pay for health services not covered by the Alberta Health Care Insurance Plan.

1-877-644-9992

www.humanservices.alberta.ca
» Adult Health Benefit

Assured Income for the Severely Handicapped (AISH): financial and health-related support to adults with a disability.

1-877-644-9992

www.humanservices.alberta.ca » AISH
Child Care Subsidy: helps lower income families get professional childcare services. Families must qualify and the rates will be different for each family.

1-877-644-9992

www.humanservices.alberta.ca » Child Care Subsidy

Alberta Seniors Benefit: monthly income supplement for seniors with low incomes.

1-877-644-9992

www.seniors.alberta.ca » Alberta Seniors Benefit

Alberta Works: helps unemployed people find and keep jobs, employers meet their need for skilled workers, and Albertans with low incomes cover their basic costs of living.

www.humanservices.alberta.ca » Alberta Works

Income Support: financial help for Albertans who do not have the resources to meet their basic needs. People who cannot work because of chronic health or other problems, may qualify for income support.

1-877-644-9992

1-866-644-5135 (24 hr. Emergency Support Contact Centre)

www.humanservices.alberta.ca » Income Support

Special Needs Assistance for Seniors: a lump-sum payment to low-income seniors who qualify for the Alberta Seniors Benefit. Helps with some of the cost of appliances, minor home repairs and some health and personal supports.

1-877-644-9992

www.seniors.alberta.ca » Special Needs Assistance
3) Government of Canada Resources

Employment Insurance Benefits

- **Employment Insurance Sickness Benefit**: benefits for a certain number of weeks for people who have contributed to the program.
  
  \[1-800-206-7218\]
  
  \[www.servicecanada.gc.ca \] Sickness Benefits

- **Employment Insurance Compassionate Care Benefit**: up to 28 weeks of benefits for people who need to take time off work to care for a family member who is not expected to live long.
  
  \[1-800-206-7218\]
  
  \[www.servicecanada.gc.ca \] Compassionate Care

Canada Pension Plan (CPP) Benefits

- **CPP Disability Benefit**: support for people who have a long-term disability and have paid into CPP.
  
  \[1-800-277-9914\]
  
  \[www.servicecanada.gc.ca \] Disability Benefit

- **CPP Children’s Benefit**: provides monthly pension to the dependent children of a disabled or deceased contributor to CPP.
  
  \[1-800-277-9914\]
  
  \[www.servicecanada.gc.ca \] Children’s Benefit
• **CPP Survivor’s Pension:** a monthly benefit for widows or widowers of a legal or common law marriage who have little or no other income. Must be 60 to 64 years of age and have lived in Canada for a certain time.
  
  1-800-277-9914

  [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) » Survivor’s Pension

• **Old Age Security Pension:** monthly income for most people 65 years of age or older, who live in Canada.

  1-800-277-9914

  [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) » Old Age Security Pension

**Veterans’ Affairs**

Offers a wide range of services and benefits to qualified veterans, Canadian Forces members, some members of the RCMP, and certain civilians and their families.

  1-866-522-2122

  [www.veterans.gc.ca](http://www.veterans.gc.ca)

**4) Returning to Work**

During your cancer experience you may have stopped working. If you are thinking about returning to work, talk with your health care team and workplace or disability provider to determine the right timing for you. A gradual return to work may be recommended.

[www.cancerandwork.com](http://www.cancerandwork.com)
Covering the Costs

1) Medical and Health Insurance

Alberta Health Care pays for the costs of your radiation treatment and systemic treatment such as chemotherapy. However, it does not cover medications like those for pain and nausea. It is important that you have some type of private or provincial health insurance because some medicines are expensive.

If you have private or public insurance find out:

- If you have a yearly maximum for prescriptions
- Your co-pay portion
- If your plan is a direct bill plan or a reimbursement plan
- What level of coverage you have (for example, full or partial coverage)

If you need help with drug coverage, talk to a resource social worker. Phone numbers can be found in your Patient Guide.

Alberta Blue Cross

Alberta Blue Cross plans provide practical benefits you’ll use on a regular basis, and affordable protection against the high cost of unexpected illness, accidents or medical conditions.

1-800-661-6995

www.ab.bluecross.ca.

If you have no drug coverage, we encourage you to apply for Alberta Blue Cross Non Group coverage as soon as possible. It will take 3 to 4 months before Alberta Blue Cross starts covering your medicines.
Alberta Palliative Coverage Program
This insurance plan covers most of the costs for prescription drugs for those who are dealing with a terminal illness.

www.health.alberta.ca » Palliative Coverage
Alberta Blue Cross at 1-800-661-6995

Drug Access Coordinator
Many supportive medications, such as anti-nausea drugs or blood thinners, are not covered by Alberta Health Care. Without a drug plan, these prescriptions can be very expensive and patients can face thousands of dollars’ of medication costs.

Your Drug Access Coordinator can talk with the drug company to see if there are any programs that cover, or share the cost of the drug.

Please call the location closest to you.

Calgary (Tom Baker Cancer Centre) 403-521-3656
Edmonton (Cross Cancer Institute) 780-432-8799
Monday–Friday; 8am to 4pm
2) Medical Equipment and Supplies

**Alberta Aids to Daily Living (AADL)**
- Helps Albertans with a long-term disability, chronic illness or terminal illness.
- Gives financial assistance to buy medical equipment and supplies, such as home oxygen.
- Helps with mastectomy prostheses.

You will need a medical assessment to determine what equipment and supplies you can receive.

- [www.health.alberta.ca](http://www.health.alberta.ca) » Aids to Daily Living
- 310-0000, then 780-427-0731 (toll-free)

**Canadian Red Cross Health Equipment Loan Program (HELP)**
Gives short-term loans of basic medical equipment to people recovering from surgery or injury, or who have problems moving on their own. You will need a referral from a health care provider.

- [www.redcross.ca](http://www.redcross.ca) » Health Equipment Loan Program
1) Advance Care Planning

Advance Care Planning can help you:

- Think about, talk about, and document your wishes for health care
- Make health care decisions now and for the future
- Tell others what would be important if you were ill and unable to communicate

It means talking with family and friends, and considering legally naming someone your Alternate Decision Maker (the person who will speak for you if you cannot speak for yourself). Write down your wishes and talk with health care providers and financial or legal professionals.

Alberta Health Services Advance Care Planning
[www.albertahealthservices.ca/info/Page12585.aspx](http://www.albertahealthservices.ca/info/Page12585.aspx)

Conversations Matter (AHS)
[www.conversationsmatter.ca](http://www.conversationsmatter.ca)

Human Services Alberta
Personal directives and other options for making decisions about personal matters.
[www.humanservices.alberta.ca](http://www.humanservices.alberta.ca)

Speak Up - Advance Care Planning in Canada
National interactive online workbooks, guides and resources.
[www.advancecareplanning.ca](http://www.advancecareplanning.ca)
2) Being Active

University of Calgary Health and Wellness Lab
Numerous community-based exercise programs are available.

[Website Link]

Yoga Thrive
- Research-based and therapeutic yoga program for cancer survivors and their support persons.
- Gentle, 12–week yoga program modified for cancer survivors.
- Good for those with stiffness, pain, stress or fatigue.

Classes are offered in a number of locations across Alberta.

[Phone Number]
[Email]
[Website]

TrueNTH (True North)
A lifestyle and supportive wellness resource for men with prostate cancer.

[Website Link]
Alberta Cancer Exercise (ACE) Program

• 12-week, free exercise study program open to any person who is pre-cancer treatment, currently receiving treatment or is within 3 years of treatment finishing.
• Designed to be delivered in a community setting, and is group-based.
• Exercise is tailored to the needs of the participants and led by trained fitness instructors.

www.albertacancerexercise.com

Wellspring

Offers a variety of exercise and movement programs to help improve physical function, fatigue, and overall quality of life. In Edmonton and Calgary.

wellspring.ca

3) Better Choices, Better Health® Program

Provides free online or in-person workshops that support people with ongoing chronic health conditions (including cancer) learn how to better manage their health. This free, 6 week program includes information on how to:

• Make healthy lifestyle changes
• Deal with difficult emotions
• Develop communication skills
• Manage medications

www.ahs.ca/bcbh.asp
4) Eating Well

Nutrition Services
While you are having treatment or coming for other appointments or classes at the cancer centre, you can book to meet with a Registered Dietitian. Appointments can be over the phone if needed. Registered Dietitians also offer classes about nutrition and how to eat well when you have cancer.

Ask your Family doctor or Oncologist for a referral, or see your Patient Guide.

Education resources available at:
www.albertahealthservices.ca/nutrition/Page11115.aspx

5) Finding a Family Doctor

Family doctors (or other primary health care providers) are key members of your health care team and it is important that you have one. Your family doctor can help you manage your health before, during and after treatment. If you need to find a family doctor:

811 (Health Link)

www.albertahealthservices.ca
find a doctor
Primary Care Networks (PCN)

- A network of providers such as doctors, nurses, dietitians and pharmacists working together to provide health care to patients in their communities.
- Help improve our health by bringing together teams who focus on health promotion, disease and injury prevention, care of patients and patients with chronic diseases.

To find a Primary Care Network in your community:

www.pcnpmo.ca

6) Living Your Best Life With and Beyond Cancer Video Series

This video series includes 3 expert speakers in areas to help you live well beyond your diagnosis. Mike Lang uses his personal cancer experience to help connect each of the 3 topics to real life situations.

https://myhealth.alberta.ca/Alberta/cancer-lybl

- watch videos back-to-back, or one at a time
- start with a topic most interesting to you

Print or download the guide to help form a plan or list of things you would like to try.
7) Quitting Tobacco

Alberta Quits
If you want to quit smoking or need help cutting down, Alberta Quits can help and give you:

- Support from trained counsellors
- Access, day and night, to community chat forums
- Information on medications to help you quit
- Fact sheets on various tobacco-related topics.
- An “ask the expert” section where tobacco experts answer all your questions

E-quit tips and an interactive texting service is available.

1-866-710-7848
www.albertaquits.ca
1) Alberta 211

Connects you to non-emergency social, health, government and community services in many towns and cities. You can get information in different languages.

211

www.ab.211.ca

2) Alberta Public Libraries

Most Alberta communities have one or more public libraries. Public libraries can help you access website information.

3) Canadian Cancer Society (CCS)

Information Specialists

This is a national, free service provided by CCS. Information Specialists take time to answer your questions about cancer in a clear way in English or French (for other languages an interpreter service will be used). They also help connect you with other types of support.

1-888-939-3333

www.cancer.ca info@cis.cancer.ca
4) Cancer Glossary (Word Meanings)

**Canadian Cancer Society**
Wondering what a cancer-related word means? Search for a word or browse a list of terms from the drop-down menu to find out what it means.

[info.cancer.ca/glossary/](info.cancer.ca/glossary/)

**Pauktuutit Inuit Women of Canada**
Kaggutiq Inuit Cancer Glossary - Review general cancer terms or use the Table of Contents to choose specific cancers. [pauktuutit.ca/kaggutiq](pauktuutit.ca/kaggutiq)

5) Recommended Resources

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More Information

Searching for reliable online information

Anyone can share information online and individual opinions can be confusing, scary or unrealistic. Follow these tips to help you find reliable, evidence-based information:

• Start by searching on trusted sites like those on pages 31 and 32
• Check to see if the information is current (less than 5 years old)
• Check for the credentials of the author (such as a doctor, nurse or psychologist)

More tips:

• AHS Knowledge Resource professionals have a number of website ‘Best Bets’
  krs.libguides.com/cancer/patientresources
  bit.ly/tipsonline2

If you find information that is new or different than what you were told at the cancer centre, talk to your health care team. Your health care providers can help clarify or correct information and help relate information to your diagnosis and treatment.

CancerControl Alberta - Classes and Events

Local and provincial classes, workshops and other special events are available at different cancer centres. Check with your local centre or go online for provincial events. Enjoy live presentations on wellness at the annual Living Your Best Life With and Beyond education event.

www.cancercontrolalberta.ca
Information can change. Please send updates to:

cancerpatienteducation@ahs.ca

Disclaimer
Alberta Health Services, CancerControl Alberta is providing you with this information as a courtesy. We do not endorse any of the community organizations or businesses, as we cannot fully determine their quality, benefit, and safety.