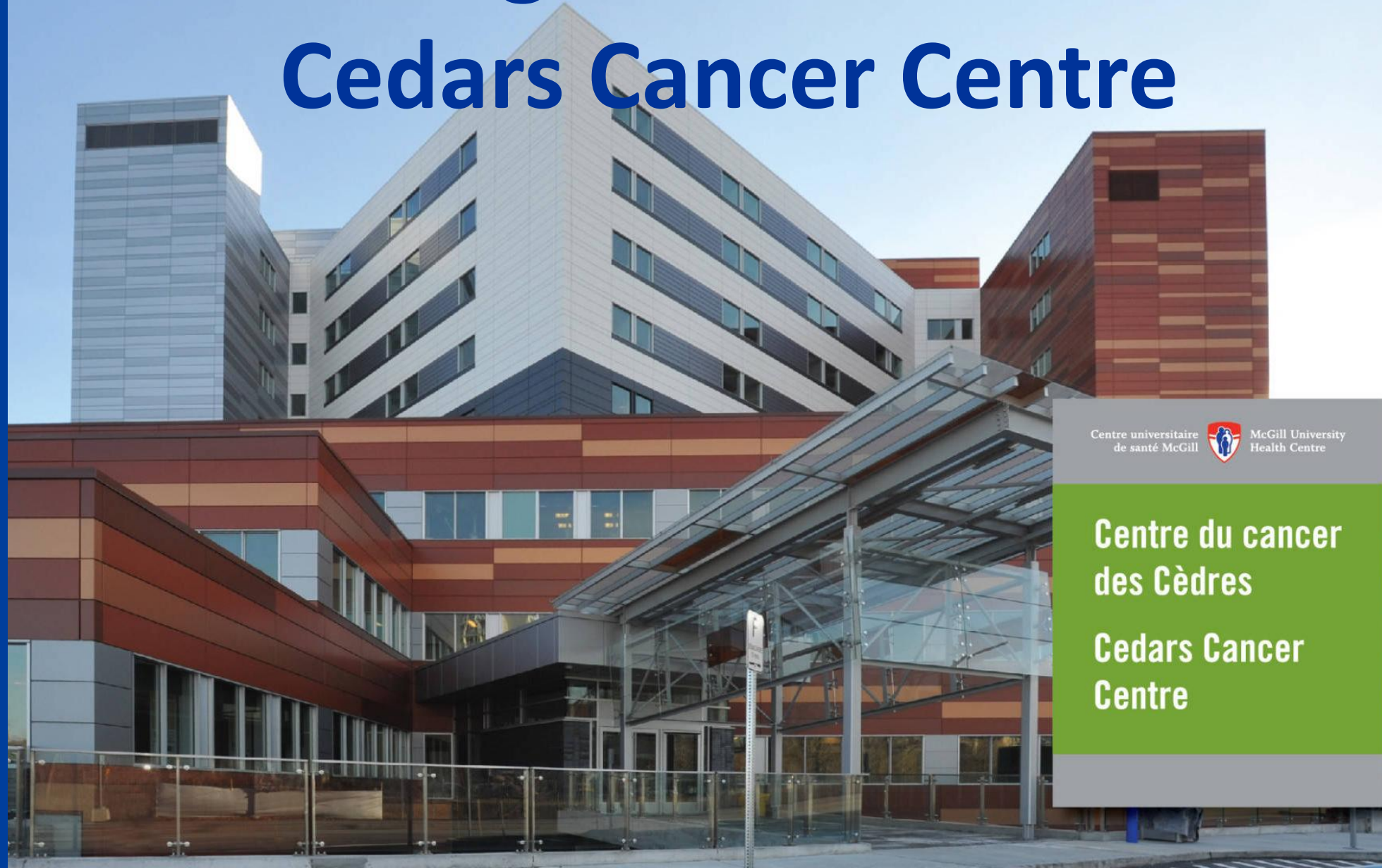




Receiving treatments at the Cedars Cancer Centre



Centre universitaire
de santé McGill



McGill University
Health Centre

Centre du cancer
des Cèdres

Cedars Cancer
Centre



Topics we will discuss

- 1. General information**
- 2. The day of your treatment**
- 3. Cancer, treatments and possible side effects**
- 4. Nutrition**
- 5. Services available**





General information

How to get to the hospital?



Bus



Train



Metro



Taxi/Uber



Car



Walking



General information

How much does it cost to park?

	DURATION	COST
Daily Rates	Less than 2 hours	Free
	2 h to 3 h 59 mins	\$ 6.75
	4 h to 24 h	\$ 11.25
Passes for frequent users (10 visits or more per month)	7 day pass	\$ 25.50
	Flexi-pass (10 visits/ month)	\$ 32.50
	30 day pass	\$ 51.00

Passes for frequent users

- Fill out a form at the ***Cedars CanSupport*** (D RC.1329)
- Present the form to the ***parking office*** (D RC.1000) to purchase your pass.



General information

Oncology day centre



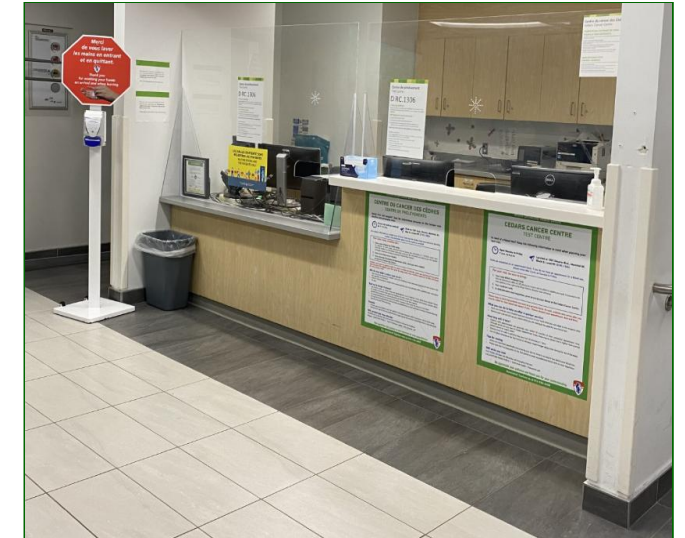
Treatment room:
D RC.1438

Clinic hours:
Monday to Thursday
8 am - 6 pm
Friday from 8 am - 5 pm



Radiation oncology clinic:
D S1.1620

Clinic hours:
Monday to Friday
8 am - 5:15 pm



Blood test center:
D RC.1306

Opening hours:
Monday to Friday
7 am - 4:15 pm



General information

Important phone numbers

Service	Phone number
General number (Oncology department)	514 934-4400
Oncology clinic nurse	514 934-1934, ext. 34160
Radiotherapy clinic nurse	514 934-1934, ext. 43400
Oncology pharmacist	514 934-1934, ext. 45470
Cedars CanSupport	514 934-1934, ext. 35297 or 31666
Psychosocial oncology program	514 934-1934, ext. 45502
Info-Santé	811



General information



If possible, bring a family member or a friend



One visitor ONLY

**Emotional
Support**

**Remember
information**



No pregnant women



No children under 12 years old

**Ask
questions**

**Bring you
home**



General information

The course of your treatment



Blood test



**Doctor's
appointment**



**Treatment
appointment**



General information

Step 1: Blood test



When?	Done 1-3 days before treatment.
Why?	To make sure you are fit for treatment.
Where?	1. At the Cancer Center 2. At the Cancer Center
Fasting?	No need to fast

Centre universitaire de santé McGill / McGill University Health Centre

Centre du Cancer des Cèdres, Site Glen DRC.1438, CUSM/
Cedars Cancer Center, Glen Site DRC.1438, MUHC
1001 Decarie Blvd Montreal, QC H4A 3J1 514-934-4400
DEMANDE DE LABORATOIRE / LABORATORY REQUISITION

Prescripteur: _____ N° Permis: _____ Signature de prescripteur: _____

No. du dossier: _____ Nom de patient: _____

Date de demande: _____

PROFILES

☐ **PROFIL ONCOLOGIE (NON-À JEUN)** (Aspartate aminotransférase (AST), Albumine, Calcium Total, Bilirubine Total, Chimie 7, Profil hépatique, Gamma GT, Magnésium, Phosphate, Protéines totales, Acide urique, Frottis sanguin & FSC)

☐ **PROFIL CHIMIE 7** (Aaap/Bicarb/Cl/Cr/Glu/K/Na)

☐ **PROFIL NOUVEAU PATIENT CHIMIO** (Profil oncologie, Profil coag, Urop, Fibrinogène)

☐ **PROFIL DANA FARBER INTENSIFICATION** (Profil oncologie, Profil coag, Urop, Fibrinogène)

☐ **PROFIL ENDO-ONCO (À JEUN)** (Albumine, Aminotransférase (AST), Aspartate, Cancer Antigen 125, Protéine C-réactive, FSC, Chimie 10, Créatinine Kinase (CK), Glucose à jeun, Insuline à jeun, Profil hépatique, Lactate Déshydrogénase (LD), Profil lipidique, Urée)

☐ **PROFIL GYNÉCO-ONCOLOGIE** (Albumine, Chimie 10, Protéine C-réactive, Cancer Antigen 125, Urée, FSC, Lactate Déshydrogénase (LD), Profil hépatique, Aspartate Aminotransférase (AST))

☐ **PROFIL HPB** (Albumine, Calcium Total, FSC, Profil coag, Chimie 7, Fibrinogène, Gamma GT, Urop, Profil lipidique 2, Profil hépatique, Urée)

☐ **PROFIL HCC** (Albumine, Alpha-Fetoprotéine, Calcium Total, Chimie 7, Profil coag, FSC, Gamma GT, Fibrinogène, Urop, Profil lipidique 2, Profil hépatique, Urée)

☐ **PROFIL NOUVEAU PATIENT HCC** (Profil HCC, Aspartate Aminotransférase (AST), Alpha-1-Antitrypsine, Anticorps antinucléaire, Protéine C-réactive, Ceruloplasmine, Anticorps de base de l'hépatite B, Anticorps de surface de l'hépatite B, Antigène de surface de l'hépatite B, Hépatite C anticorps, Ferritine sérique, Electrolytes, protéines, Profil fer (fer, non-sat-capacité totale de liaison du fer))

☐ **PROFIL NOUVEAU PATIENT HPB** (Profil HPB, Ferritine, Protéine C-Réactive, Profil fer)

ENDOCRINOLOGIE/IMMUNOLOGIE (Tube SST sauf où noté)

☐ 17-Hydroxy Progesterone

☐ ACTH (L sur glace)

☐ Dépistage anticorps antinucléaire

☐ Béta HCG (sérique quant)

☐ Complément C3 & C4

☐ Cortisol Aléatoire

☐ Estradiol

☐ Hormone folliculo-stimulante

☐ IgG4

☐ Insuline

☐ Profil mM (IgA, IgG, IgM)

☐ Hormone lutéalisante

☐ Hormone parathyroïdienne (IG)

☐ Prolactine (À JEUN)

☐ Facteur rhumatoïde quant

☐ Testostérone Totale

☐ Profil Thyroïdien (TSH, T4 libre si indiqué)

BANQUE DE SANG –SVP séparer les réquisitions

☐ Groupe sanguin (LI)

☐ Titre agglutinine froide (2L 2R en eau chaude)

☐ Antiglobuline directe (LI)

☐ Antiglobuline indirecte (LI)

☐ Épreuve de compatibilité croisée (LI)

HÉMATOLOGIE (Tube SST sauf où noté)

☐ Formule sanguine complète (FSC) (LI)

☐ Différentiel manuel & Formule sanguine complète en hémogramme (FSC/DEFF MAN) (LI)

☐ Profil COAG (INR/P/PTT) (R)

☐ Fibrinogène (R)

☐ Bétucocytes (LI)

☐ Taux de sédimentation (diagnostique requis)

☐ CD4 CD8 Direct (LI)

☐ Electrophorèse de l'hémoglobine (LI)

☐ Haptoglobine

☐ Ferritine

☐ Vitamine B12

☐ Concentrations sérique de folate (si besoin, requête manuelle)

☐ Erythropoïétine (R)

BIOCHIMIE (Tube SST sauf où noté)

☐ Albumine

☐ Bicarbonate

☐ Bilirubine Totale

☐ Protéine C-réactive

☐ Calcium Total

☐ Chimie 7 (Aaap/Bicarb/Cl/Cr/Glu/K/Na)

☐ Chimie 10 (Aaap/Bicarb/Cl/Cr/Glu/K/Na/Calcium Total/Mg/Phosphate)

☐ Créatinine

☐ Créatinine Kinase

☐ Gamma Glutamyl Transférase (GGT)

☐ Glucose Aléatoire

☐ Profil fer (fe, saturation, transferrine) (À JEUN)

☐ Lactate Déshydrogénase

☐ Lipase

☐ Profil lipidique? (Chol, Tri, HDL, LDL) (À JEUN)

☐ Profil hépatique (ALP/ALT, Bilirubine Totale)

☐ Magnésium

☐ Phosphate (À JEUN)

☐ Préalbumine

☐ Protéines totales

☐ Urée

☐ Acide urique

Tube Séparé

☐ Calcium ionisé

☐ Hémoglobine (A1c) (LI)

MARQUEURS SURFACE CELLULAIRE

Doit préciser un diagnostic suspecté

DX: _____

GREFFE DE CELLULES SOUCHES

(Tube 1 sauf où noté)

☐ Cyclosporine PIM (COI)

☐ Tacrolimus (FK506)

☐ CMV amplification génomique en chaîne avec polymérase (ACP)

☐ EBV amplification génomique en chaîne avec polymérase (ACP)

☐ Antigène sérique galactomanane (SST)

☐ Sérologie (greffe)

SÉROLOGIE VIRALE

(Tube SST sauf où noté)

☐ VIH Charge virale (LI)

☐ Hépatite B virale ADN Quantitative (LI)

☐ Hépatite C charge virale (LI)

☐ Dépistage VIH AB/AG

☐ Anticorps de base de l'hépatite B

☐ Anticorps de surface de l'hépatite B

☐ Antigène de surface de l'hépatite B

☐ Hépatite C Anticorps

☐ Herpès IGG Anticorps

☐ Varicelle zona IGG

☐ Cytomegalovirus IGG

MARQUEURS TUMORAUX

(Tube SST sauf où noté)

☐ Electrophorèse protéines

☐ Immunofixation (au besoin, réquisition manuelle requis)

☐ Chaînes légères libres

☐ Alpha-Fetoprotéine

☐ Beta2 Microglobuline

☐ Antigène tumoral cancer 125

☐ Antigène tumoral cancer 15-3

☐ Antigène tumoral cancer 19-9

☐ Carcino-embryonnaire Ag

☐ Chromogranine A (L sur glace)

☐ PSA Profil

AUTRES TESTS, spécifier:

EXPLICATION DES TUBES

(B) = Bleu (L) = Capsule lavende (EDTA)

(G) = Pastel vert (R) = Haut rouge (non SST)



General information

Step 2: Doctor appointment



When?	At regular times throughout your treatment
Why?	Your doctor will meet with you to make sure you are ready for your next treatment. Your informed consent is required before each treatment.
Where?	In person at the Cedars Cancer Centre



General information

Step 3: Treatment appointment



When?	24 to 72 hours after your doctor's visit
Why?	*Not the same day of the doctor. This allows enough time to make sure everything is safe. This is the safest way for you to receive your cancer treatments.
How often?	Depends on your treatment.
How long?	Ask your doctor, pharmacist, or nurse



General information

Importance of family doctors

If you have a family doctor

- **Stay in touch** with your family doctor for other health issues.
- It is important to give the full name of your family doctor to the admission office.

If you do not have a family doctor

1. It is important to register on the government website to be on the waiting list → Québec Family Doctor Finder | Gouvernement du Québec
2. CanSupport volunteers can help you register.

Cedars CanSupport des Cèdres

AVEZ-VOUS BESOIN D'UN MÉDECIN DE FAMILLE?

DO YOU NEED A FAMILY DOCTOR?

AVOIR UN MÉDECIN DE FAMILLE QUI VOUS ACCOMPAGNE PENDANT ET APRÈS LE TRAITEMENT VOUS ASSURE LA MEILLEURE EXPÉRIENCE POSSIBLE ET UNE QUALITÉ DE SOINS OPTIMALE.

HAVING A FAMILY DOCTOR WHO SUPPORTS YOU DURING TREATMENT AND AFTERWARDS ENSURES THE BEST POSSIBLE EXPERIENCE AND QUALITY OF CARE.



INSCRIVEZ-VOUS EN LIGNE OU AU CENTRE DE RESSOURCES
SIGN UP ONLINE OR AT THE RESOURCE CENTER
D.RC 1329



Ministère de la Santé et des Services sociaux du Québec



The day of your treatment

What should you do before coming?



Eat a light meal or snack



Take your usual medications

What should you wear?



Wear comfortable clothes



Blouse or top with buttons or a zipper that can easily open.



Bring something warm



The day of your treatment

What to bring?



Medicare card



Oncology passport



List of questions



**Vitamins, supplements and
natural products**



**Your regular medications
(regular and as needed)**



The day of your treatment

How to register?

Please arrive at your appointment time



**Check in at the kiosk with
your health card**



**Wait in the waiting
room**



**Your nurse will come
find you when they
are ready**



The day of your treatment

Treatment room



Pods with recliner chairs



Rooms with stretchers



The day of your treatment

During your treatment

What to expect?

- We will **evaluate** how you are doing
- We will **answer** your questions
- We will **double verify** your identity (name and date of birth)
- We will **administer** your treatment
- We will **monitor** for side effects
- You will **meet** with the pharmacist



Important

If you do **feel anything different** or are **uncomfortable**, tell your nurse





The day of your treatment

During your treatment



You must **stay** in the treatment room



Eat and drink



Go to the washroom



Use your cellphone
(Wi-Fi available)



Do things to pass the time
(read, listen to music, or watch videos)

Respect the other patients



Minimize noise, wear headphones



Speak softly



Put phone on **vibrate**



Avoid strong odours
(Parfume/food that smells strong)



After each treatment

For 4 days after receiving chemo, protect others by:

- ✓ **Sitting** to pee (for men)
- ✓ Flushing **twice** with the lid closed after using the toilet
- ✓ **Washing your hands with soap and water** after using the toilet
- ✓ **Cleaning** the toilet once a day
- ✓ Using a **condom** during sex



Intimacy with your partner

- If you feel up to it, you can have sex while on treatment. **You must use condoms to prevent pregnancy.**
- Besides having sex, there are other ways to stay intimate: hold hands, hug, touch or cuddle, spend time together.



 **A negative pregnancy test is required before starting treatment**



If you have any **questions** or **concerns**, talk to your doctor or nurse.





Cancer



What is cancer?



How is it treated?



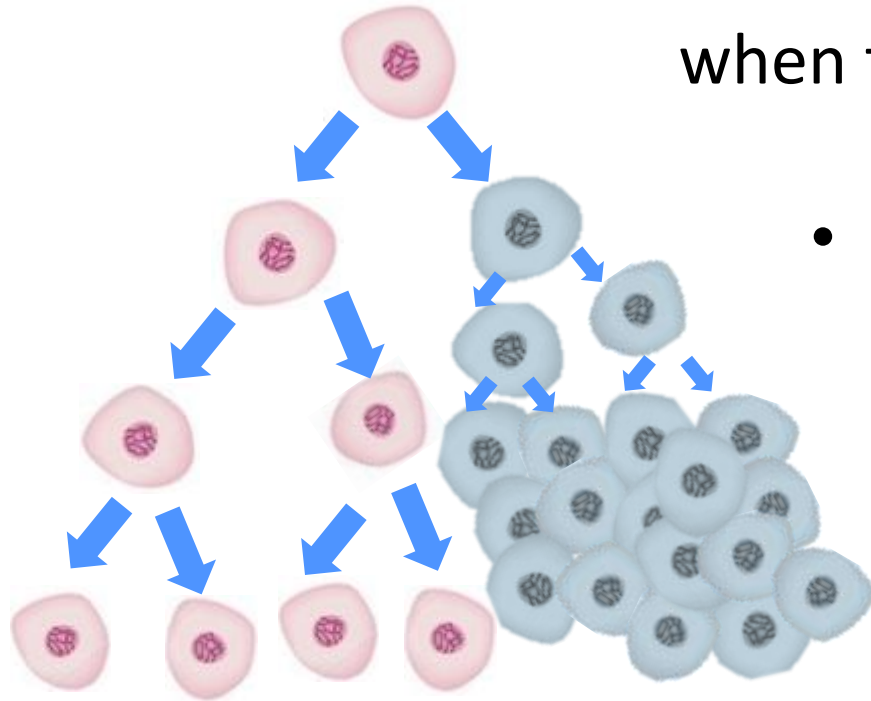
What are the possible side effects?



What is cancer?

Normal Cells

Grow, divide, and die.



Cancer Cells

- Grow and divide out of control. They do not die when they're supposed to.
- Sometimes they break away and travel to other parts of the body.





How is cancer treated?

3 main treatments



Surgery



Radiotherapy



Cancer medications

*Chemotherapy,
immunotherapy and Targeted
therapies*

Specific part of body

Whole body





How do cancer medications work?

Chemotherapy

Destroys cancer cells



Immunotherapy

Makes the body's own immune system fight the cancer cells.





How will you receive cancer medications?



Intravenous



Injection



Chemo pump



Pills

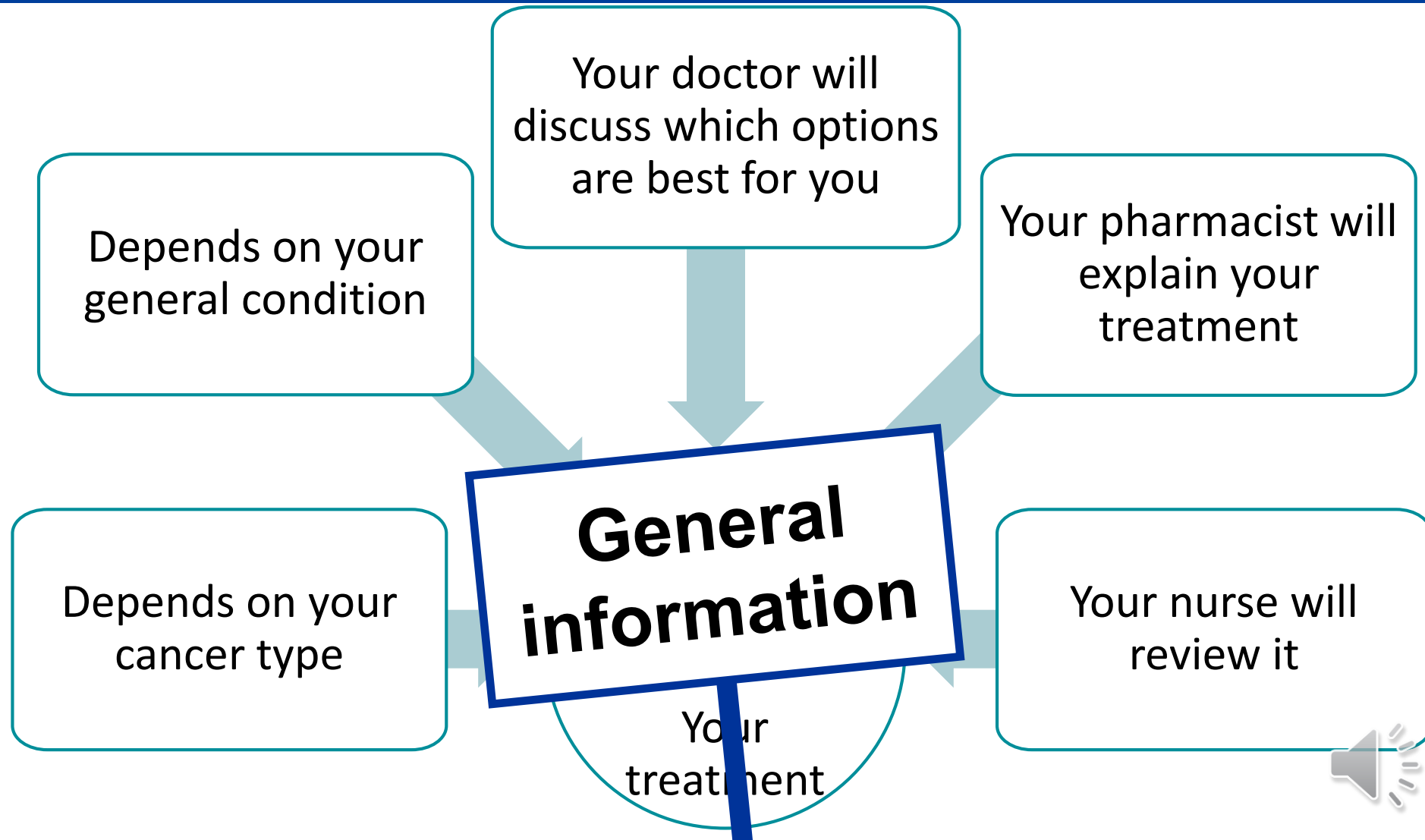
CLINIC

HOME



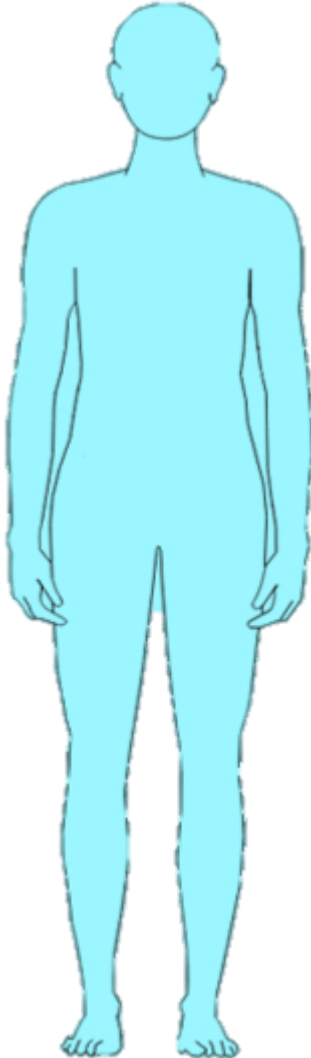


What is your treatment?





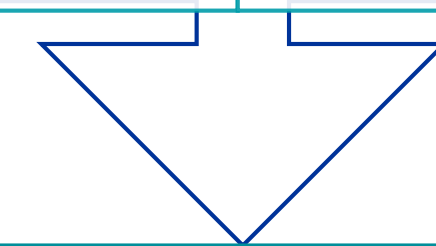
What about side effects?



Cancer medications work **all** over the body.

Chemotherapy affects healthy cells in the body, not just cancer cells.

Immunotherapy can make your immune system over-react towards healthy cells, not just cancer cells.



Side effects





What are the facts?

You will not get all the possible side effects!

- Different medications have different side effects. Your doctor, pharmacist and nurse will tell you about possible side effects of **your** treatment.
- Even if getting the same medication, each person may react differently to the same medications.

Side Effects

Some side effects can be prevented.

Most side effects are manageable and temporary.





Possible side effects

Due to chemotherapy

- Fatigue
- Brain fog (Chemo brain)
- Nausea and vomiting
- Mouth sores
- Diarrhea or constipation
- Peripheral neuropathy
- Change in the skin and nails
- Hair loss
- Risk of infection

Going Home

After Chemotherapy:

What I Need to Know



Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients



Possible side effects

Fatigue

Chemotherapy

Cancer-related fatigue is a draining, ongoing exhaustion that limits one's ability to enjoy life and do activities.

Happens for many reasons: cancer medications, emotions, or the cancer itself.

Not just **physical**, but also **mental**.



If you are concerned by the **level of fatigue**, speak to your doctor or call us.



Possible side effects

How to manage physical fatigue?

Chemotherapy



Moving is the best way
to reduce cancer-related
fatigue.

Get moving!



Listen to your body

You may have less energy
and may need to rest more
often.



Possible side effects

How to manage mental fatigue?

Chemotherapy

Restore mental energy



- Be **active physically**.
- Spend time **outdoors**.
- **Meditate**.
- **Socialize** and spend time with loved ones
- Practice **creative art**.

Remain mentally active

Play **games**



Read



Write in a **journal**
or take down
notes





Possible side effects

Brain fog

Chemotherapy

Brain fog is when you have difficulty:

- thinking clearly
- staying organized
- concentrating
- remembering words or things



Causes: cancer medications, emotions, cancer



If you are concerned by the **severity of the brain fog**, speak to your doctor or call us.



Possible side effects

Nausea and vomiting

Chemotherapy

Nausea: An uncomfortable feeling or uneasiness in your stomach.

Vomiting: Throwing up of the stomach content.

Causes: Cancer medications, or the cancer itself.



Generally prevented by medications and strategies from your oncology team.



If you take the anti-nausea medications and **you still have nausea and vomiting**, speak to your doctor or call us.



Possible side effects

Mouth sores

Chemotherapy



- If possible, **see your dentist** before you start treatment.
- Good **oral hygiene** can reduce the risk of mouth sores.
- Use a toothbrush with **soft bristles**.

Salt water & baking soda rinse recipe

2 cups of cool boiled water + 1 teaspoon of table salt +
1 teaspoon of baking soda



If you rinse your mouth with salt water & baking soda and **it is not help your mouth sores**, speak to your doctor or call us.



Possible side effects

Diarrhea or Constipation

Chemotherapy

Diarrhea: when you have to go to the bathroom more often and you have loose or watery bowel movements (stool).

Constipation: Having a hard time going to the bathroom and passing stool.

Generally prevented by medications and strategies from your oncology team.



If you are taking the medications to prevent diarrhea and constipation and there are **no changes**, speak to your doctor or call us.



Possible side effects

Peripheral neuropathy

Chemotherapy

- Numbness, tingling, burning, trembling, or pain in the hands and feet.
- Problems with balance and coordination



If you feel that the symptoms of peripheral neuropathy are **getting worse or preventing you from completing your daily activities**, speak to your doctor or call us.



Possible side effects

Skin and nail changes

Chemotherapy



- Can be **skin rashes** or **itchiness**.
- You can be more **sensitive to the sun**.
- Can be ***nail colour change*** or ***brittleness***.

- 1) Apply a **moisturizing cream** over the body as needed.
- 2) Use a **sunscreen**.
- 3) **Avoid** nail polish and artificial nails.



If the skin rashes or itchiness **do not get better** or the **nails appear infected**, speak to your doctor or call us.



Possible side effects

Hair loss

Chemotherapy

- Can be **thinning** or **complete hair loss**.
- In most cases, hair will grow back.

Avoid strong hair treatments like dyes or permanents (perm)



It is okay not to cover your head.



Scarves and turbans
Available at CanSupport



Wigs
Available at CanSupport

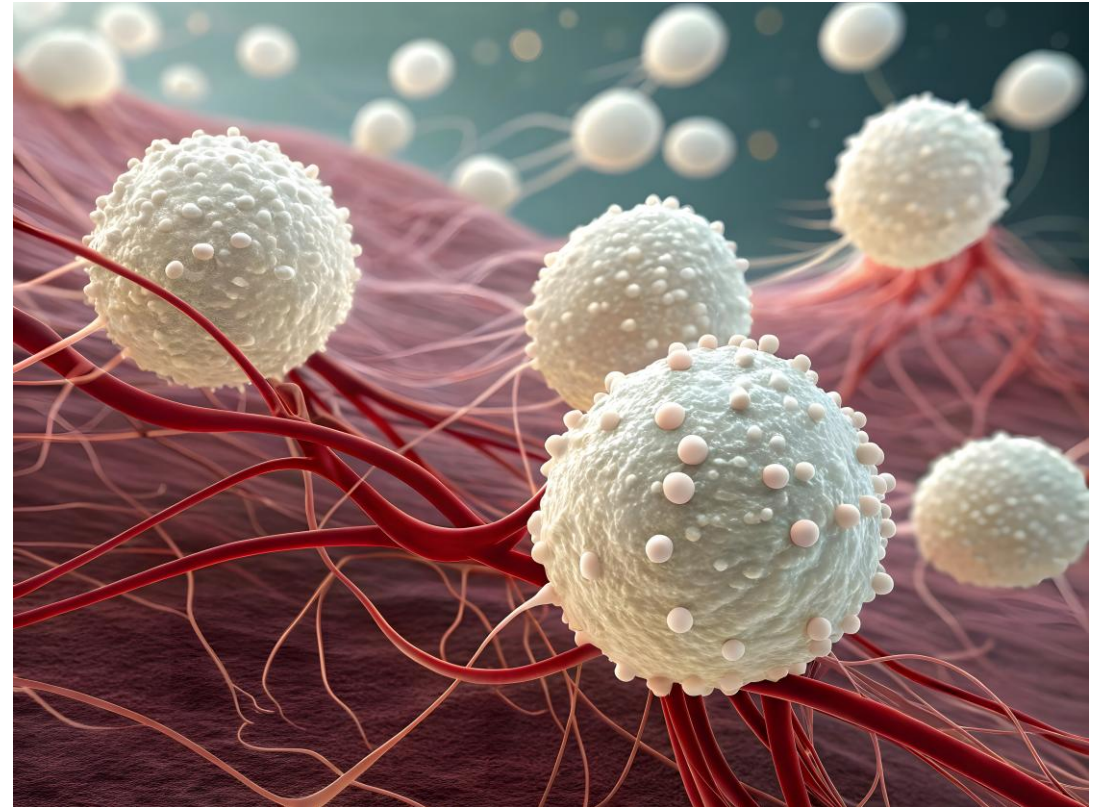


Possible side effects

Risk of infection

Chemotherapy

- White blood cells **protect** you from infections.
- Chemotherapy **reduces** how many white blood cells you have.
- It is **easier to get an infection** when you do not have as many white blood cells.





Possible side effects

Ways to prevent infection

Chemotherapy



Wash your hands!



Cough or sneeze into
your elbow



If you are sick or have symptoms,
stay home



Wear a **mask** in public
places (optional)



Possible side effects

Risk of infection – Watch out for fever

Chemotherapy

If you are on chemotherapy, a fever may be the only way to know you have an infection.

Fever is a temperature of

38.0 °C (100.4 °F) or higher for 1 hour

38.3 °C (100 °F) or higher just once



Do NOT take Tylenol/Advil/Aspirin.

During clinic opening hours, call the oncology nurse **or** go to the emergency right away!



Possible side effects

Due to immunotherapy

- Flu-like symptoms
- Fatigue
- Skin rashes and itchiness
- Diarrhea
- Inflammation of certain body organs





Possible side effects

Flu-like symptoms

Immunotherapy

Flu-like symptoms are a **common side effect** of immunotherapy that can occur immediately after treatment and disappear after a few days.

Symptoms to watch for:

- Fever
- Chills
- Muscle and joint aches
- Nausea
- Loss of appetite



If the symptoms do **not go away or are bothersome**, speak to your doctor or call us.



Possible side effects

Fatigue

Immunotherapy

Cancer-related fatigue is a draining, ongoing exhaustion that limits one's ability to enjoy life and do activities.

Happens for many reasons: cancer medications, emotions, or the cancer itself.

Not just **physical**, but also **mental**.



If you are concerned by the **level of fatigue**, speak to your doctor or call us.



Possible side effects

Skin rashes and itchiness

Immunotherapy

- Immunotherapy can give you a **rash** and make your skin **itchy**.
- The skin can become dry.
- You can be more **sensitive to the sun**.



- 1) Apply a **moisturizing cream** over the body as needed.
- 2) Use a **sunscreen**.



If the skin rashes or itchiness **do not get better or get worse**, speak to your doctor or call us.



Possible side effects

Diarrhea

Chemotherapy

- **Diarrhea:** when you have to go to the bathroom more often and you have loose or watery bowel movements (stool).
- Diarrhea can develop **during** treatment and **sometimes months or years** after treatment finished.



- 1) Important: **Hydrate well** (8-10 glasses of fluids per day)
- 2) **Generally prevented by medications and strategies from your oncology team.**



If you are taking the medications to prevent diarrhea and there are **no changes**, speak to your doctor or call us.



Possible side effects

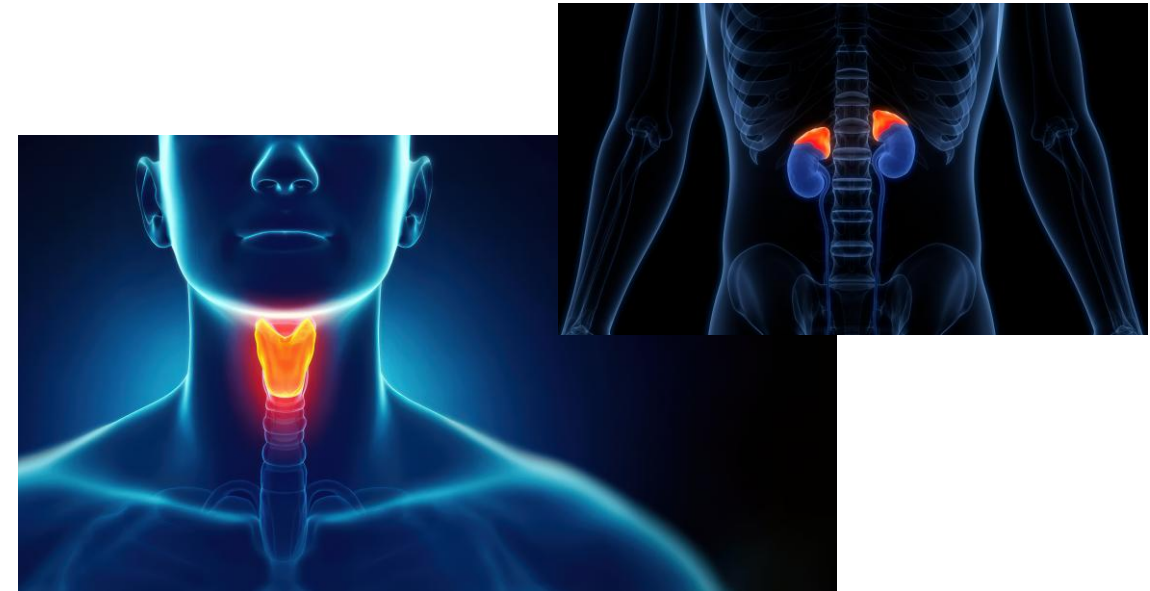
Inflammation of certain body organs

Immunotherapy

Inflammation of **certain body organs** (thyroid, adrenal, pituitary, pancreas) can happen and lead to insufficient hormone production.

Symptoms to watch for:

- Persistent and unusual headaches
- Dizziness or loss of consciousness
- Changes in your behavior
- Abdominal pain
- Decreased blood pressure



If you have these symptoms, call us during clinic hours or go to the emergency room.



Possible side effects

What can you do about the side effects?

Take action to prevent and manage side effects.

Going Home
After Chemotherapy:
What I Need to Know



Refer to the:
Going Home
after
Chemotherapy
booklet.



**Write down
your side
effects.** Tell your
doctor or nurse
about them
when you see
them.



Call us for
questions or
concerns.

***Please leave a
message with your
full name and
medicard number***



Possible side effects

Rapid Evaluation Clinic in Oncology (RECO)

How this service helps you:

We want to help you avoid going to the emergency room for symptoms that can be treated in a clinic from ***Monday to Friday from 8 am - 2 pm.***

Symptômes

- Nausea/ vomiting
- Fever
- Mouth sores
- Diarrhea
- Dehydration

You can be referred to the RECO only by a member of the oncology team following:

- A phone call
- A medical appointment (existing)
- A treatment appointment (existing)

Important:
An appointment
is required



You may be directed to the emergency room despite visiting the RECO



Nutrition





Nutrition



Maintain your weight

1. Eat regularly

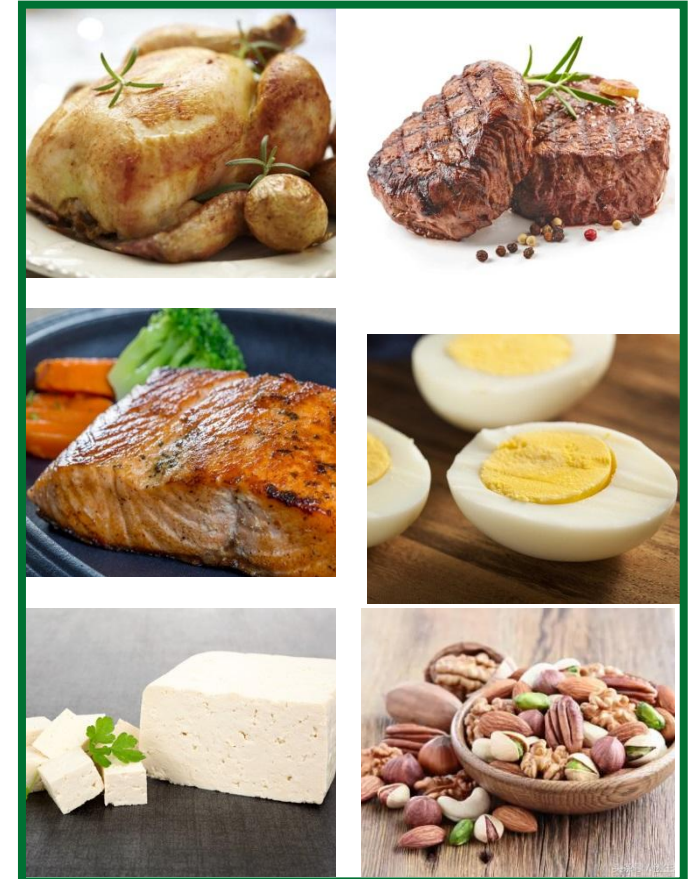
3 meals per day and snacks. Do not skip meals.

2. Have protein at every meal

And with most snacks.

3. Eat foods that you like

There are no “special” foods.





Nutrition



Stay hydrated



Drink 8 to 10 cups per day
1 cup = 250 mL

- Helps to **flush out** cancer medication from your body & fight fatigue
- **Examples:**
 - water, milk, juice, soup, smoothie
 - coffee, teas, soda (limit to 2 cups)





Nutrition

Precautions to take

- ☑ **Wash your hands** before and after preparing foods.
- ☑ Use a **separate cutting board** for raw meats.
- ☑ **Clean countertops** before and after use.
- ☑ **Wash dish rags** daily. Avoid sponges.
- ☑ Check expiration dates. **Avoid expired foods.**
- ☑ Hot foods can be left on the counter for max 2 hrs.
- ☑ Keep leftovers max 2 days in fridge or freeze right away. Do not reheat leftovers twice.



Nutrition

What to avoid?



Raw or undercooked meats, fish and eggs



Aged and unpasteurized cheese



Yogurt labeled “probiotics”



Raw vegetable sprouts



Cold cuts
(unless heated before eating)



Nutrition

Which foods or drinks can affect your medications?



Alcohol



Green Tea



**Grapefruit, blood
orange, pomegranate**



Natural products

**Do not assume you can't have it...
ask your pharmacist if you are not sure.**



Nutrition

When to contact a nutritionist?

Losing
weight
without
trying

Side effects
affecting your
eating or digestion

You cannot
eat normally



Ask your nurse or oncologist to talk to a nutritionist.



Services available



- ✓ Supportive and palliative care program
- ✓ Pivot nurses
- ✓ Psychosocial oncology program (PSO)
- ✓ Spiritual care
- ✓ Jackie Aziz Adolescent and Young Adult Program (AJA)
- ✓ Cancer rehabilitation program
- ✓ Social services
- ✓ CanSupport
- ✓ Smoking cessation program



Collaborative partnership with the services available

Your diagnosis can emotionally affect your family and friends.



Services are available for you and your family to **improve any symptoms** you may experience.



Help with managing your emotions and feelings (anger, sadness, isolation, fear)



Find solutions to support you along the cancer journey.



Speak to your medical team to **learn the services available for you and your family members.**



Services available

Supportive and palliative care – by referral

The team of **supportive care** is intended to:

- Improve the **quality of life** of cancer patients and caregivers.
- **Support** and **plan the care** of patients dealing with **advanced illnesses**.
- Refer to **community-based home support** services as necessary.



The **needs** and **well-being** of patients is a **priority** and the clinic offers:

- ✓ Management of symptoms caused by cancer and treatments;
- ✓ Pain management;
- ✓ Medical cannabis



Services available

Pivot Nurses – by referral

- Management of patients with **specific and complex needs** under active treatment.
- Helps the patient **navigate through the hospital system**.
- Guide the patient in organizing their care and services, direct them **to other health professionals or community resources**.
- Provides support to patients and their family members.

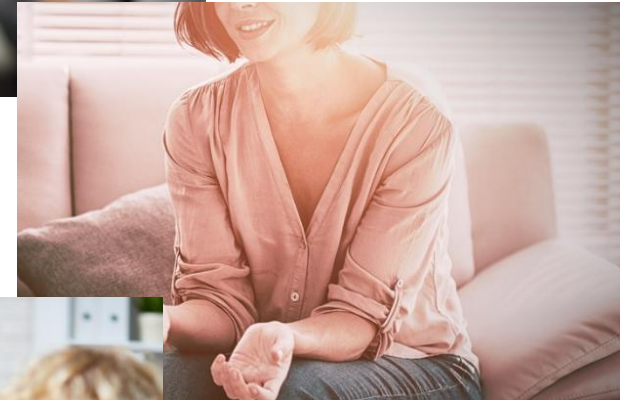




Services available

Psychosocial oncology – without referral

- Professional team to support adults with **cancer-related concerns** or **stressors** (for example fears of cancer recurrence, return to work).
- **Psychosocial oncology is addressed to:**
 - ✓ Adults **18 years and over**, **recently diagnosed** with cancer and on **active treatments**.
 - ✓ **Primary caregivers** of a family member with cancer.
 - ✓ **Children (aged 18 or younger)** of a parent with cancer.





Services available

Spiritual care - without referral

- **Available daily:**
 - ✓ 8 am to 8 pm
 - ✓ 8 am to 4 pm (on weekends and holidays)
- **Offers** spiritual, emotional, and religious support to patients and their families.
- **Responds** to all patients in the greatest respect of their beliefs, values, or tradition.





Services available

Jackie Aziz Adolescent and Young Adult Program (AJA) – by referral

- Provides comprehensive **support for young cancer** patients aged **15 – 39 years old**.
- Provides education and support adapted to your situation.
- Connects you with services and resources in the hospital and community.
- Organizes group meetings and activities specifically for young adults like you.
- **A cancer diagnosis can affect many areas of a young person's life:**
 - ✓ School
 - ✓ Work
 - ✓ Relationships
 - ✓ Fertility
 - ✓ Finances
 - ✓ Body image
 - ✓ Sexual health
 - ✓ Spiritual beliefs

*** If you are in this age category, please come see us at the end of this session.**



« J'ai toujours voulu effectuer des changements positifs. »

"Effecting positive change is all I ever wanted to do."

- Jackie Aziz



Services available

Cancer rehabilitation program – by referral

- **Located:** Montreal General Hospital (temporary)
(1650 Cedar Avenue, Montreal, QC H3H 1V6 – 10th floor
Livingston Hall)
- This program develops **specialized treatment plans** to help patients feel their best.
- **Managing cancer-related symptoms, eating well, and exercising** are some of the ways this is accomplished.
- **Other services:**
 - Cachexia clinic
 - Lymphedema program





Services available

Social services – by referral

- Provide **emotional support**.
- Help find **community resources**.
- Help manage **financial concerns**.
- Help with **transportation issues**.





Services available

Cedars CanSupport



Free services offered:

- Free wig and head cover program
- Complementary therapies
- MUHC reduced parking
- Patient parking vignette
- Cancer information resources
- Book lending services
- Financial aid
- Family doctor registration





Services available

Cedars CanSupport



Cedars Resource Center: D RC 1329

Contact information

Phone:

514 934-1934 ext. 35297 or 31666

Email: cedarscansupport@muhc.mcgill.ca

Website: <https://cansupport.ca>

Facebook page:

[@cansupportdescedres.cedarscansupport](https://www.facebook.com/cansupportdescedres.cedarscansupport)





Services available

Smoking cessation



Smoking can impair treatment response and increase treatment-related toxicity

Chemotherapy/Immunotherapy: ↑ risks of infection, and changes how your body processes medications.

Radiotherapy: ↓ effectiveness of the treatment and increased risk of toxicity and side effects.

We highly recommend to stop smoking



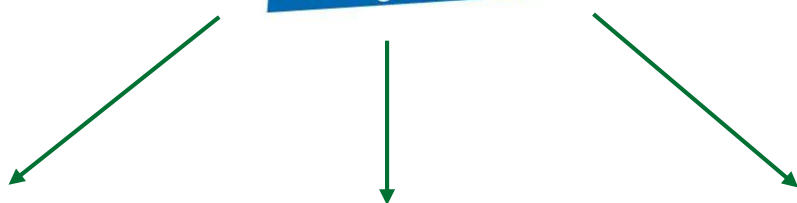


Services available

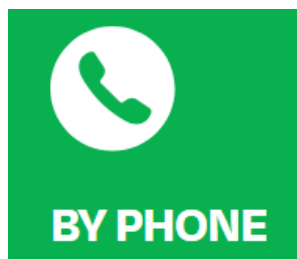
Smoking cessation

Preferable option:

Reference to the program **J'arrête**



ONLINE



BY PHONE



IN PERSON

Other options:

- ✓ Reference to the **Smoking cessation program at the MUHC**
- ✓ Family doctor
- ✓ Community pharmacy
- ✓ CLSC Quit Smoking centres





Online resources

- **Canadian Cancer Society** www.cancer.ca
- **Community Services Directory** <https://csl.cancer.ca/fr>
- **American Cancer Society** www.cancer.org
- **MUHC Patient Education** www.muhcpatienteducation.ca
- **Quebec Cancer Foundation** <https://fqc.qc.ca>
- **The French National Cancer Institute** www.e-cancer.fr
- **Proche Aidance Québec** <https://procheaidance.quebec/>



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IMPORTANT: PLEASE READ

Information provided is for educational purposes. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute for medical care.

Contact a qualified healthcare practitioner if you have any questions concerning your care.

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Redesign of New Patient Orientation
Cancer Care Mission, MUHC

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