























## Preparing for Intravenous Treatment

You will be scheduled to attend a Pre-Chemotherapy Teaching class before you start your treatment. The class is taught by a nurse and will help you and your family to prepare for treatment and know what to expect. This class is available online at

[https://southlake.ca/patient-care-program/cancer/#nav-programservice\\_clinics](https://southlake.ca/patient-care-program/cancer/#nav-programservice_clinics)

When you come for your treatments, you should dress in layers because you may feel warm or cool at times during your treatment. You cannot leave the systemic unit while you have the intravenous drugs running.

Other items that might make you feel more comfortable are an extra pair of socks, your own music, books, headphones or games to help pass the time.

## Medication Refills

Before the end of your appointment, please make sure you have enough medication to last until your next visit with the doctor. If you need a refill, please call your community pharmacy and ask that they fax a prescription refill request to the Cancer Clinic at 905-952-3051. It can take up to 2 days to process a refill. For your safety, you should use the same community pharmacy for all of your prescriptions

# RADIATION THERAPY PLANNING AND TREATMENT

Radiation therapy is a cancer treatment that uses high energy x-rays to damage and stop cancer cells from growing. The radiation cannot tell the difference between cancer cells and normal cells, which is why you may get side effects related to the treatment area. Normal cells can heal and regrow, so your side effects will get better over time.

Your radiation oncologist will prescribe a treatment schedule that is best for you. Patients who come for radiation will have a Pre-Radiation Patient Assessment (PRPA) teaching appointment with a radiation therapist, where you will get information about what to expect during treatment.

## Radiation Therapy Planning

Your first appointment will be a Computed Tomography (CT) Simulation. The radiation team will determine your treatment position and take images to accurately outline your treatment area. You may also receive tiny permanent tattoo marks that will be used daily to position you for treatment. The tattoos look like a small freckle.

## Radiation Treatment

The first radiation treatment appointment will be the longest (30-45 minutes) and the following appointments are usually 15-30 minutes. The radiation therapist and other members of the team will check all the details of your treatment plan before you get any radiation treatment and will be verified daily.

Getting a radiation treatment is like having an x-ray. You won't see or feel anything, and you won't become radioactive. During treatment the radiation therapists will not stay in the room, but they can see and hear you at all times.

## Radiation Treatment Review

You will see your radiation oncologist for a Radiation Treatment Review once a week while you are on treatment. Please remember to complete *Your Symptoms Matter* before your appointment. Write down any questions that you have for your doctor and bring them to your review appointment.

# PSYCHOSOCIAL ONCOLOGY AND PALLIATIVE CARE PROGRAMS

Psychosocial oncology is a whole-person approach to cancer care that addresses a range of physical, emotional and nutritional needs. This team helps people affected by cancer at any stage.

Palliative care is a team approach to care that is meant for anyone living with a life-limiting illness. Many people think it is only about care at the end of life, but palliative care is much broader. SRCC's Palliative Care team is dedicated to helping patients access ongoing treatments to manage symptoms and extend life, arrange home care and hospice services and determine your goals of care.

The Psychosocial Oncology and Palliative Care teams help patients improve their quality of life at any stage of cancer. They can help you with pain, physical, social, psychological, emotional, and practical problems.

The Psychosocial and Palliative Care Programs offer:

- A Pain and Symptom Management Clinic to help improve overall well-being
- A Psychosocial Assessment Clinic to help patients with emotional well-being or concerns with coping
- Individual counseling sessions with a dietitian, a social worker, a psychiatrist or a psychotherapist
- Group Support Programs to help with memory, breathing, insomnia, life after treatment, and stress reduction through mindfulness classes

Ask any member of your healthcare team about which program or service may help you and how to get a referral.

# WHAT TO EXPECT WHEN YOUR TREATMENT FINISHES

You and your oncologists will decide on a treatment plan that is best for you and for your type and stage of cancer. You may have a set period of treatment cycles that may last several months, or you may have ongoing types of treatments that last for many years.

After finishing treatment or between different types of treatments, you may feel relieved, but you may also have physical and emotional challenges. These may include anxiety, trouble coping with your new normal, managing relationships or getting back to work. Your oncology team will develop a plan for your follow up care. They will give you information and resources to help you cope physically and emotionally, as you adjust to life after cancer treatment.

Support programs are available at the cancer centre, in the community and online to help you at all stages of your treatment and after treatment is over. Your family practitioner (doctor, nurse practitioner) is a very important part of your continuing care after cancer treatments are over.

DRAFT

# PATIENT RESOURCES

## Patient and Family Resource Centre (PFRC)

The Patient and Family Resource Centre is located beside the Welcome Centre on the lobby level of the Cancer Centre. You have free access to current, reliable, health information, Newmarket Public Library books, printed resources and the internet.

The Patient and Family Resource Centre is staffed by trained volunteers Monday to Friday, 9:00 a.m. to 4:00 p.m., and supported by a qualified medical librarian. You can email the resource centre and request information at [pfrc@southlakeregional.org](mailto:pfrc@southlakeregional.org). The information provided by the Resource Centre is not a substitute for talking with your healthcare team.

## The Quiet Room

The Cancer Centre offers a Quiet Room for patients, family, staff and volunteers. It is located on the first level, near the main elevators. The room is available for quiet reflection, prayer and meditation.

## The Healing Garden

The Healing Garden is located on the west side of the cancer centre. You can get to it from the Prospect Street exit (lobby level) or through the Radiation Therapy Department on the ground level. The garden has a fountain and benches and is a quiet, calm place to spend time.

## Food Services

The Stronach Regional Cancer Centre does not have its own cafeteria or food outlets. You can bring your own food and snacks in case you get hungry during your visit.

If you want to buy food,

- Druxy's is the closest to the Cancer Centre, on the second floor around the corner from the parking garage
- Tim Horton's has two locations in the main hospital building; one on Level 1 by the East entrance and another on Level 2
- Subway restaurant is located in the main hospital on Level 1
- Aquene Cafeteria is located in the main hospital on Level 1

Some of these services are open seven days a week for patients, visitors and families. Hours are posted.

## Retail Services

There is a gift shop on Level 1 of the main hospital. You can buy toiletries, cards, gifts, snacks, magazines and even clothes. There are also different vendors each day selling everything from clothing to jewelry.

## Head Coverings for Hair Loss

Some cancer treatments can cause thinning or loss of hair. Your hair will usually grow back after the end of treatment, and sometimes even sooner. You can ask your oncologist if you have any questions or concerns about possible hair loss from your treatment.

There is a selection of new, free, knitted hats and fabric head coverings in the resource room on the second floor of the cancer centre. A volunteer or the receptionist on Level 2 will be happy to help you look for something you like. Many people choose not to cover their heads if they lose their hair, but you should keep your head covered if you are outside to protect it from the sun.

### **Before you buy a wig:**

If you have extended health insurance policy, your policy may cover you for all or part of the cost of the wig. You will need a prescription from your doctor before you buy it.

DRAFT



# COMMUNITY RESOURCES

A diagnosis of cancer affects you and your whole family. The volunteers in the Patient and Family Resource Centre are happy to help you and your family find information about programs close to you. Reliable information is available at the websites below:

**Canadian Cancer Society** (for all cancer types) - [www.cancer.ca](http://www.cancer.ca)

**Cancer Chat Canada** - <https://cancerchat.desouzainstitute.com/>

**Cancer and Work Canada** - [www.cancerandwork.ca](http://www.cancerandwork.ca)

**Canadian Virtual Hospice** - [www.virtualhospice.ca](http://www.virtualhospice.ca)

**Gilda's Club Cancer Support** - <https://gildasclubtoronto.org/calendar/>

**Look Good Feel Better Workshops** - <https://lgfb.ca/en/>

**Ontario Caregiver Organization** - <https://ontariocaregiver.ca/>

**Ontario Health (Cancer Care Ontario)** - [www.cancercare.on.ca](http://www.cancercare.on.ca)

**Wellspring** - <https://wellspring.ca/> **Online programs** - <https://wellspring.ca/online-programs/>

**Cancer Websites in other languages** - <http://www.bccancer.bc.ca/our-services/services/library/recommended-websites/websites-in-other-languages>

**Bladder Cancer Canada** - <https://bladdercancercanada.org/en/>

**Canadian Breast Cancer Foundation** - [www.cbcf.org](http://www.cbcf.org)

**Colorectal Cancer Canada** - <https://www.colorectalcancercanada.com/>

**Leukemia and Lymphoma Society of Canada** - [www.llscanada.org](http://www.llscanada.org)

**Lung Cancer Canada** - [www.lungcancercanada.ca](http://www.lungcancercanada.ca)

**Myeloma** - [www.myelomacanada.ca](http://www.myelomacanada.ca)

**Pancreatic Cancer** - <https://pancreaticcancercanada.ca/>

**Prostate Cancer Canada** - [www.prostatecancer.ca](http://www.prostatecancer.ca)

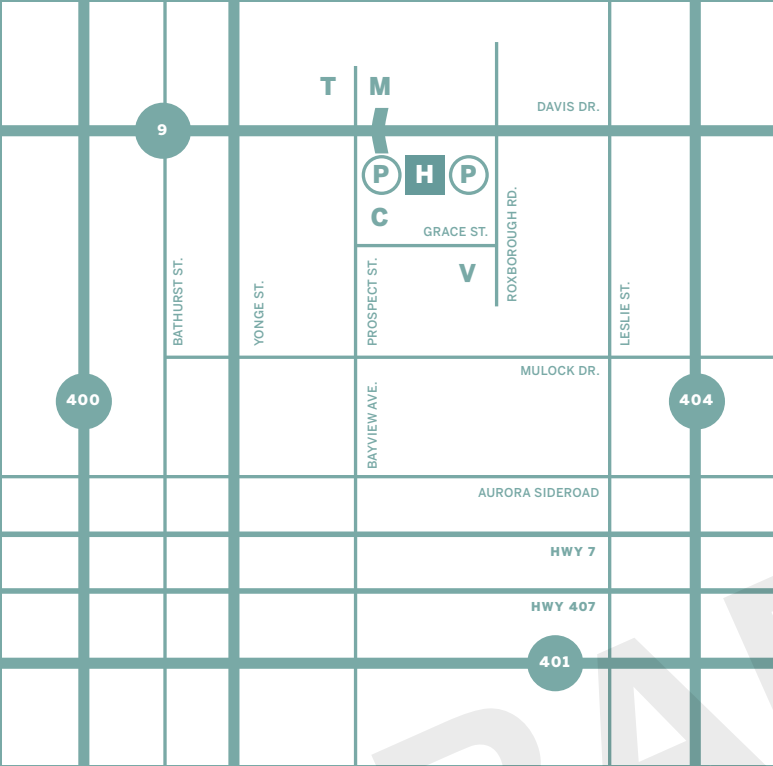
## York Region and Surrounding Area Community Supports

- **Doane House (Newmarket)** - <http://www.doanehospice.org/>
- **Hospice Georgina** - <http://www.hospicegeorgina.com/>
- **Hope House (Richmond Hill/Aurora)** - <https://www.hopehousehospice.com/>
- **Matthews House (Alliston)** - <https://www.matthewshousehospice.ca/>





# HOW TO FIND US



- V** Southlake Village, 640 Grace Street
- M** Medical Arts Building, 581 Davis Drive
- Southlake Foundation, 581 Davis Drive
- H** Southlake Regional Health Centre
- C** Stronach Regional Cancer Centre
- T** The Tannery Mall, 465 Davis Drive
- P** Parking
- V** Bridge over Davis Drive – accessible from P3 of the Parking Garage and Level 3 of the Medical Arts Building.

For more information, please contact:

**Stronach Regional Cancer Centre**  
**Southlake Regional Health Centre**  
 Tel: 905-895-4521, ext. 2290  
 596 Davis Drive  
 Newmarket, Ontario L3Y 2P9  
[southlake.ca](http://southlake.ca)