

The Cancer Survivorship Program



PMH

If you have cancer, you do not have to face this difficult life experience alone. The Cancer Survivorship Program at Princess Margaret Hospital offers many programs and services to help guide you and your family throughout your cancer journey.

The Cancer Survivorship Program was developed with funds raised by walkers in the Princess Margaret Hospital's Weekend to End Women's Cancers. The walkers felt there was a need for a program to give ongoing education, clinical care and social support for cancer survivors and their families. The Cancer Survivorship Program is available to any patient of the University Health Network (Princess Margaret Hospital, Toronto General Hospital or Toronto Western Hospital) or Mount Sinai Hospital who has a breast or gynecologic cancer diagnosis.

Who is a Cancer Survivor?

Survivorship is a word that for many people describes their journey with cancer. It starts at diagnosis, and continues while you are in treatment and after treatment has ended. Anyone who has received a diagnosis of cancer is considered a Survivor from the time of diagnosis. Family members are also included in this group. For many, being a Survivor involves learning what you can do to help manage your cancer experience through information, education and support. Being as informed as possible about your cancer can help you make the best decisions for you and reduce the impact cancer may have on your life.

What is a Survivorship Consultation?

A 'Survivorship Consultation' is a thoughtful meeting with a social worker, nurse, psychologist or other clinician to help you reflect and prepare a plan to manage

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your cancer experience, to learn about your cancer, and to choose the services and programs that best meet your specific needs. The consultation can be very helpful in learning how you can be an informed and active patient in your care, and can answer questions like:

- Can someone help me understand my diagnosis?
- Who is my nurse?
- Where can I find emotional support and practical help?
- What support is in my community?
- How can I find a cancer survivor to talk with?
- What can I expect from my treatment?
- How will this affect my work and family?
- What are the side effects I should learn about?
- How do I manage the late effects I have?
- What resources will I find online?

The consultation is part of the care offered to you in the Princess Margaret Hospital Cancer Program. It will take approximately 45 minutes. In the consultation, you and the clinician will develop a ‘Survivorship Care Plan’ to help you manage any issues you may experience now or in the future as a breast or gynecologic cancer patient.

How can the Cancer Survivorship Clinics help me?

You can be referred to the Cancer Survivorship Program’s clinics and support for help with learning to reduce and/or manage any late and persistent effects that you may develop as a result of your treatments, such as:

- lymphedema (a late and long-term swelling that can occur after cancer treatment)
- pain
- problems moving
- difficulties with your thinking or memory
- fatigue or extreme tiredness
- difficulty achieving or maintaining healthy body weight
- difficulty with sexuality and intimacy
- bone health issues

Make your appointment today or when you feel you are ready to meet with us!

The Cancer Survivorship Program meets with survivors at diagnosis, during treatment and after treatment is finished. Some patients are referred for help with late and persistent treatment effects, but most patients call us to make an appointment to have a consultation early on in their journey. The sooner you have your consultation the sooner you will become aware of the supports available to you as a Survivor.

You will also find many of our staff are online through an online community for cancer survivors called www.caringvoices.ca, where they lead online chats about topics that are relevant and important for many cancer survivors. Caring Voices also has a specific Breast Cancer Community and Gynecologic Cancer Community where you can connect with other women and men who are living with cancer who can relate to you and your cancer experience.

Hours of Operation

Monday to Friday: 9:00 a.m. to 5:00 p.m.

Location

The Cancer Survivorship Centre, Princess Margaret Hospital, 2nd Floor

To book your Survivorship Consultation or Clinic Appointment:

- contact our receptionist at **(416) 946-4501 ext. 2363**
- visit the Cancer Survivorship Centre on the 2nd floor of the Princess Margaret Hospital

To find programs and services offered by the Cancer Survivorship Program check the Patient & Survivorship Education Calendar of Events by:

- Picking up a copy from the Cancer Survivorship Centre on the 2nd floor or the Patient & Family Library on the main floor
- Checking online at www.survivorship.ca