In 2017, an estimated 26,800 Canadians were diagnosed with colon cancer. If caught early enough, over 90% of these cases may result in a full recovery, which is why early detection through screening is so important.

Listed below are some resources available from the Patient & Family Library located on the main floor of the Princess Margaret Cancer Centre. Learn about cancer screening and prevention, signs of colon cancer, detection and diagnosis, treatment options and survivorship stories.

Books available in the library

...A Staged Colon Cancer Survivor's Journey
ON THE FAR SIDE OF THE CURVE
Wayne Cooke

Semi-Colon
A Writer's Cheeky Journey Through Colorectal Cancer
Neil Crane

MEDIKIDZ EXPLAIN COLORECTAL CANCER
Brochures available in the library

- Colorectal Cancer: Understanding your diagnosis
- What to do When Getting Radiation Therapy to the Pelvis (Rectal or anal cancers)
- What to Expect When Receiving Radiation Therapy to the Abdomen
- How to Manage Your Constipation
- How to Manage Your Diarrhea
- How to Prepare Normal Saline at Home
- Saline Soaks

Find more colon cancer and colon cancer screening information online

Canadian Cancer Society
www.cancer.ca

Colorectal Cancer Association of Canada
www.colorectal-cancer.ca

Cancer Care Ontario
www.cancercare.on.ca

Search colon cancer screening

National Cancer Institute
www.cancer.gov

Ostomy Toronto
www.ostomytoronto.ca

Visit the library:

📍 Hours: Monday to Thursday
8:30 am to 4:30 pm
Fridays 8:30 – 4:00

Location: Princess Margaret Cancer Centre, main floor, atrium

📞 Phone: 416 946-4591 x 5383

✉️ E-mail: patienteducation@uhn.ca
YOU ARE NOT ALONE

Over 22,000 Canadians a year are diagnosed with blood cancers

The Leukemia and Lymphoma Society of Canada (LLSC) has been helping people affected by blood cancers since 1955.

Take advantage of the services provided by the LLSC at no cost to you or your family:

🔴 Connect with an Information Specialist who can assist you throughout your cancer treatment with:
  - Accurate, up-to-date disease and treatment information
  - Information about clinical trial opportunities
  - Access to a nutritionist

🔴 Talk with survivors and families who have experienced your type of blood cancer and understand what you are going through

🔴 Access a wide range educational resources to help you understand and manage your type of blood cancer

There are 137 types of blood cancers including:

- non-Hodgkin lymphoma
- acute myeloid leukemia
- multiple myeloma
- chronic lymphocytic leukemia
- acute lymphoblastic leukemia

WE ARE HERE TO HELP

Information, Understanding and Support are a Phone Call Away

A blood cancer diagnosis can have many challenges for you and your family.

The Leukemia and Lymphoma Society of Canada has services to support patients and their families every step of the way: from diagnosis to recovery and beyond.

Our mission is to find a cure for blood cancers and improve the quality of life of patients and their families.

Reach out to the Ontario LLSC office for more information about the services listed at 1-877-668-8326 admincanada@lls.org llscanada.org
“When you’ve had cancer, every day is a gift.” – Chris Taylor

“Thanks to the groundbreaking research, the care of Dr. Messner and the compassion of the whole team at The Princess Margaret, I’m here today.”

A gift left in your Will can save lives. If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email legacy@thepmcf.ca

See Chris Taylor’s story at www.thepmcf.ca

The Princess Margaret Cancer Foundation UHN