

# Pathfinder Series: Symptom Management

It is very important that you discuss any symptoms you have with your healthcare team. You can take an active role by completing symptom screening before every appointment to help manage the symptoms you experience such as pain, fatigue, nausea, depression, etc. By completing your symptom screening online or at the Juravinski Cancer Centre, your healthcare team will know what you need help with most.

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*100 Questions & Answers about Cancer Symptoms and Cancer Treatment Side Effects/*

Joanne Kelvin and Leslie Tyson

Call number: 1.1.28 2011

This book provides answers to the most commonly asked questions about cancer symptoms and treatments. Written by cancer professionals and featuring comments from actual patients, this handy guide gives you the information you need to understand the disease and manage treatment side effects.

*A Patient's Guide to Cancer Symptom Management/* Carlton G. Brown

Call number: 1.1.27 2011

A small, yet detailed overview of the symptoms cancer patients often have to deal with. Chapters include anxiety, constipation, sleep problems, depression, fatigue and much more.

*Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management/*

Colleen O. Lee and Georgia Decker

Call number: 3.15.6 2012

This book provides patients with an introduction to CAM (complementary and alternative therapies) and its use in cancer symptom management, allowing patients to make informed and safe choices. Chapters examine issues such as symptom management, healthy living, safe usage of complementary and alternative therapies, and details the types of CAM available as well as herbs, vitamins and supplements.

*Take Control of Side Effects with Medicine, Mind and Body/* Cancer Support Community

Call number: 5.5.15 2011

This book provides information on ways in which cancer patients and caregivers can manage the various side effects of cancer treatments. The audio/visual version of this book can also be found on YouTube at: <https://www.youtube.com/watch?v=uHbZlkyIU3I>

Jan/19

## Websites

American Cancer Society - Managing Cancer-related Side Effects

<http://www.cancer.org/acs/groups/cid/documents/webcontent/002818-pdf.pdf>

This resource covers over 40 symptoms that may be experienced during different stages of cancer and treatments. From confusion to mouth problems to swelling and weakness, each symptom contains information on what to look for, what patients can do to help themselves, what caregivers can do to help and signs that a patient's healthcare team should be contacted.

Canadian Cancer Society - Managing Symptoms and Side Effects

<http://www.cancer.ca/en/cancer-information/diagnosis-and-treatment/managing-side-effects/?region=on>

This website provides information on what to do if you are experiencing symptoms of various types of cancer. Over 45 possible symptoms are covered and each topic covers causes, what a patient will experience, and changes that can be made to improve the side-effects of these symptoms.

Cancer Care Ontario - Patient Symptom Management Guides

[https://www.cancercare.on.ca/toolbox/symptools/patient\\_symptom\\_management\\_guides](https://www.cancercare.on.ca/toolbox/symptools/patient_symptom_management_guides)

This website provides a collection of 23 booklets on the most common side effects of various types of cancer and treatments. The symptoms covered include: pain, fatigue, nausea and vomiting, loss of appetite, mouth problems, anxiety, depression, constipation, diarrhea, and shortness of breath. The PDFs are available online and print versions can be found in the Patient & Family Resource Centre and throughout the cancer centre.

Cancer.net - Side Effects

<http://www.cancer.net/navigating-cancer-care/side-effects>

This website provides patients and their family information on over 45 potential side effects of cancer and its treatment. The information covered includes how to prevent, relieve or manage symptoms and side effects.

Interactive Symptom Assessment and Collection (ISAAC)

<https://isaac.cancercare.on.ca/>

This website allows patients to perform a symptom self-screening from the comfort of their own home before their appointment. This assessment can also be completed at one of the kiosks on site. A valid health card is required.

National Cancer Institute - Coping with Cancer

<http://www.cancer.gov/about-cancer/coping>

This website provides information for patients, caregivers and survivors dealing with emotions, symptoms, side effects of the cancer journey. The focus is not just on physical symptoms, but mental health and well being also. The resources are meant to help people cope with a cancer diagnosis and the various aspects of cancer.