

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.

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 - Side Effects

<https://cancer.ca/en/treatments/side-effects>

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 – Managing Symptoms, Side Effects & Well-Being

https://www.cancercare.on.ca/toolbox/symptools/patient_symptom_management_guides

This website provides a collection 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. Print versions are available in the Patient & Family Resource Centre and throughout the cancer centre.



Cancer.net – Managing Physical 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.



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 also mental health and wellbeing. The resources are meant to help people cope with a cancer diagnosis and the various aspects of cancer.



Your Symptoms Matter

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

This symptom assessment screening tool is an electronic form with questions for you to answer on the day of your scheduled appointment so that your healthcare team knows how you are doing. Your answers are kept in your electronic patient record and will allow the team to track any trends. A valid health card is required.

