

# Pathfinder Series: Symptom Management

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It is very important that you discuss any symptoms you have with your healthcare team.

You can take an active role by completing “Your Symptoms Matter” 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

<https://www.cancer.org/cancer/managing-cancer/side-effects.html>

- covers over 40 symptoms that may be experienced during different stages of cancer and treatments.
- 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.



### BC Cancer – Managing Symptoms & Side Effects

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects>

- information to help you understand what you or your loved one are going through and prepare you for what may happen.
- alphabetical list of symptoms and side effects.



### Canadian Cancer Society - Side Effects

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

- information on what to do if you are experiencing symptoms of various types of cancer.
- over 60 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.cancercareontario.ca/en/symptom-management>

- patient guides on the most common side effects of various types of cancer and treatments.
- 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 Juravinski Cancer Centre.



## **National Cancer Institute - Coping with Cancer**

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

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



## **Your Symptoms Matter**

<https://isaac.ontariohealth.ca/>

- symptom assessment screening tool
- 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.
- answers are kept in your electronic patient record and will allow the team to track any trends.
- a valid health card is required.

