



Managing Symptoms and Side Effects
of Treatment and Diagnoses;

Finding Support Beyond the
Lymphoma Clinic

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Symptoms and Side Effects

Diagnoses

- ▶ Pain
- ▶ Itching
- ▶ Night sweats
- ▶ Fatigue
- ▶ Infection risk
- ▶ Bleeding
- ▶ Bowel issues
- ▶ Anxiety

Treatment Related

▶ Acute

- ▶ Nausea
- ▶ Constipation or Diarrhea
- ▶ Issues eating
- ▶ Hair loss
- ▶ Pain
- ▶ Taste changes
- ▶ Bleeding
- ▶ Infection risk

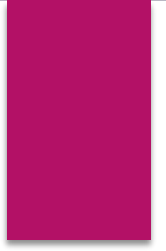
▶ Prolonged

- ▶ Chemo fog
- ▶ Sexual dysfunction or issues
- ▶ Neuropathy
- ▶ Fatigue
- ▶ Anxiety
- ▶ Infection risk

The Ottawa Hospital

- ▶ Hematologist office
- ▶ Psychosocial Oncology Program
- ▶ Future AYA support

Beyond The Hospital





Local Support

Patients with cancer have unique needs

- ▶ Varied
 - ▶ [http://www.ottawacancer.ca](#)
 - ▶ Side effects and social support
- ▶ Cancer
 - ▶ List of services and contact information

Clinical depression



Up to **1 in 4** have clinical depression¹

Need more information



30% require more information about their treatment options, education about their diagnosis, and encouragement to seek additional help²



Visit time

15 minutes is the average duration of a cancer patient's visit with a healthcare professional³

Need intervention



35–40% require specialized or professional intervention for symptom management and distress⁴

and Cancer
ation

Look Good Feel Better Program

Skincare & Cosmetics: Learn how to care for sensitive skin plus tips and techniques for managing the loss of brows and lashes, adding colour back to the face, makeup hygiene and sun safety.

Wigs & Hair Alternatives: See a demonstration on various head coverings, what to consider when selecting a wig, easy scarf-tying techniques, plus caring for your scalp during and after treatment.

Breast Prostheses, Bras & more: Learn about what to expect at a fitting, products available for post-surgery and beyond, tips for where to find financial coverage and more.

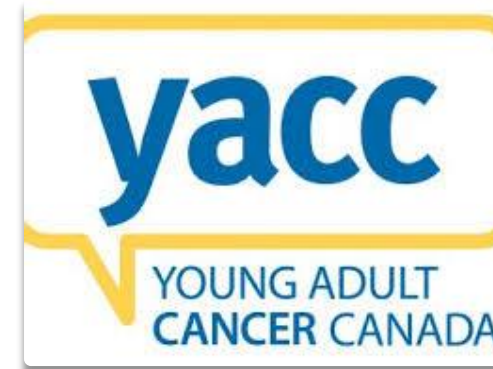
Teens: This special workshop just for teens includes skincare, on-trend make-up tips to feel your best and a demonstration of fun styles for caps, wraps and hair alternatives.

Men: Join us to learn how to manage dry and flaky skin, minimize irritation during shaving, tips for managing hair loss and more.

<https://lgfb.ca/en/workshop/register-workshop/>

AYA (Adult Young Adult)

- ▶ Different stage of life have different needs and considerations
- ▶ May not be reflected in treatment units
- ▶ YACC
- ▶ AYA Program at TOH – coming soon
- ▶ On The Tip Of The Toes
- ▶ Online programs
 - ▶ <https://stupidcancer.org/>



**ON THE TIP OF
THE TOES**

Centre for Health Innovation (Ottawa Integrative Cancer Centre)

- ▶ Wide array of services offered to people in various stages of cancer journey
 - ▶ Acupuncture
 - ▶ Chiropractic
 - ▶ Holistic nutrition
 - ▶ Yoga therapy
 - ▶ Craniosacral therapy
 - ▶ Reflexology
 - ▶ Massage therapy
 - ▶ Meditation
 - ▶ Physiotherapy



THE CENTRE FOR
HEALTH
INNOVATION

Your key to good health

Side effects

Some cancers and cancer treatments can cause a range of symptoms and side effects. Everyone experiences these differently. Your healthcare team can suggest ways to treat or manage many side effects, which can help improve your well-being and quality of life.

[Home](#) / [Treatments](#) / [Side effects](#)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

 Search a side effect

B

Bladder problems

Bone and muscle problems

Bowel obstruction

Bowel perforation

C

We are here to help.

Toll-free

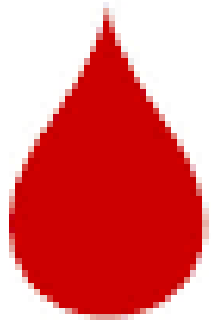
[1-888-939-3333](tel:1-888-939-3333)

[All contact options](#)

Need more information?



Leukemia and Lymphoma Society

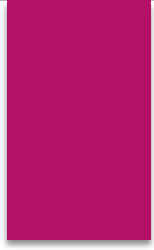


LEUKEMIA &
LYMPHOMA
SOCIETY OF
CANADA®



LIGHT 
THE NIGHT®

Virtual Support





https://www.youtube.com/watch?v=_jPxooFqv7k



Name	Category	Audience	Program Host	Program Location	Next Available Date (...)
2SLGBTQIA+ Cancer Support	Individual & Group Support	Living with cancer; Caregivers; Supporters	Wellspring Cancer Support Foundation	GTA/National Online	
Adventures in Art	Therapeutic Arts	Living with cancer; Caregivers; Supporters; Family	Wellspring Alberta	Alberta Online	2024-10-26 03:00 PM
Adventures in Art	Therapeutic Arts	Living with cancer; Caregivers; Supporters; Family	Wellspring Alberta	Carma House	2024-10-05 12:00 PM
Aquafit	Exercise & Movement	Living with cancer; Caregivers; Supporters; Family; Bereaved	Wellspring London and Region	Stratford	2024-10-02 10:45 AM
Aquafit	Exercise & Movement	Living with cancer; Caregivers; Supporters; Family; Bereaved	Wellspring London and Region	London	2024-10-08 01:00 PM
Art Expression Workshop	Therapeutic Arts	Living with cancer; Caregivers; Supporters; Bereaved	Wellspring London and Region	London	None Available
Art Sampling	Therapeutic Arts	Living with cancer; Caregivers; Supporters	Wellspring Alberta	Edmonton House	2024-10-08 12:00 PM
Art Sampling	Therapeutic Arts	Living with cancer; Caregivers; Supporters	Wellspring Alberta	Randy O'Dell House	2024-10-08 12:00 PM

Resources

- ▶ Canadian Cancer Society
 - ▶ <https://cancer.ca/en/>
- ▶ Leukemia and Lymphoma Society
 - ▶ <https://www.bloodcancers.ca/>
- ▶ LLS Light the Night
 - ▶ <https://www.lightthenight.ca/>
- ▶ Look Good Feel Better
 - ▶ <https://lgfb.ca/en/>
- ▶ Lymphoma Canada
 - ▶ <https://www.lymphoma.ca/>
- ▶ Oladele Foundation
 - ▶ <https://oladele.ca/>
- ▶ Ottawa Cancer Foundation
 - ▶ <https://ottawacancer.ca/>
- ▶ Queering Cancer
 - ▶ <https://queeringcancer.ca/>
- ▶ Wellspring Cancer Support
 - ▶ <https://wellspring.ca/>
- ▶ YACC – Young Adult Cancer Canada
 - ▶ <https://youngadultcancer.ca/>