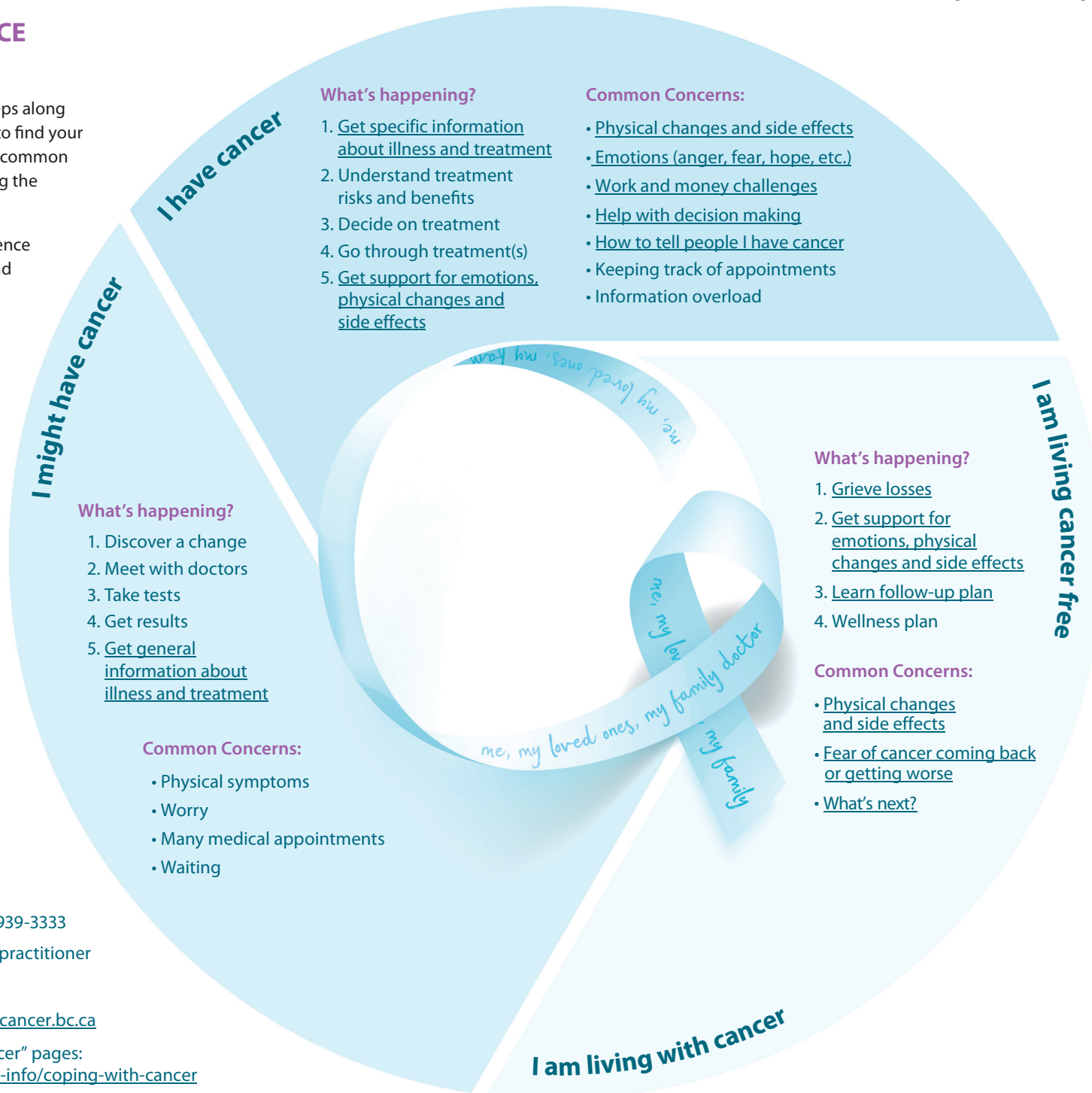


CANCER EXPERIENCE PATHWAY

This picture shows general steps along the pathway. Use this picture to find your place. Review the actions and common concerns. Get support by using the resources listed below.

Remember everyone's experience with cancer is unique. Tests and treatments are adapted to your needs. Your pathway will change as you go.



I have cancer

What's happening?

1. Get specific information about illness and treatment
2. Understand treatment risks and benefits
3. Decide on treatment
4. Go through treatment(s)
5. Get support for emotions, physical changes and side effects

Common Concerns:

- Physical changes and side effects
- Emotions (anger, fear, hope, etc.)
- Work and money challenges
- Help with decision making
- How to tell people I have cancer
- Keeping track of appointments
- Information overload

I might have cancer

What's happening?

1. Discover a change
2. Meet with doctors
3. Take tests
4. Get results
5. Get general information about illness and treatment

Common Concerns:

- Physical symptoms
- Worry
- Many medical appointments
- Waiting

I am living cancer free

What's happening?

1. Grieve losses
2. Get support for emotions, physical changes and side effects
3. Learn follow-up plan
4. Wellness plan

Common Concerns:

- Physical changes and side effects
- Fear of cancer coming back or getting worse
- What's next?

I am living with cancer

Phone numbers:

- Healthlink BC: dial 811
- Canadian Cancer Society Cancer Information Service: dial toll-free 1-888-939-3333
- Your family doctor or nurse practitioner

Websites:

- BC Cancer website: www.bccancer.bc.ca
- BC Cancer "coping with cancer" pages: www.bccancer.bc.ca/health-info/coping-with-cancer
- BC Cancer library: www.bccancer.bc.ca/our-services/services/library