

Post-treatment Resources

Post-treatment is an important phase of the cancer continuum. For many cancer survivors this phase involves challenges such as managing pain and other physical symptoms, fear of recurrence and changes in lifestyle and quality of life.

A “survivor” is anyone who:

- was treated for cancer and now has no signs of cancer in their body
- has finished active cancer treatment and is in recovery
- is on maintenance therapy (such as tamoxifen)
- is having ongoing treatment for a cancer that is stable

The booklet [Life after Cancer Treatment](#) (by the Canadian Cancer Society) is an excellent resource. We encourage you to look through it.

Topic	Organization	Contact Information
Cancer information	Library Services BC Cancer Agency	Phone the nearest cancer centre www.bccancer.bc.ca/library
	BC Cancer Agency Library Services Life After Cancer Pathfinder	www.bccancer.bc.ca/library-site/Documents/pathfinder_After_Cancer-General.pdf
	Canadian Cancer Society	1-888-939-3333 www.cancer.ca
Your feelings: Professional counselling, support groups, and talking to others who have been there	Patient and Family Counselling BC Cancer Agency	Phone the nearest cancer centre http://www.bccancer.bc.ca/our-services/services/patient-family-counselling
	CancerChat Canada de Souza Institute	1-844-725-2476 https://cancerchat.desouzainstitute.com/
	CancerConnection.ca Canadian Cancer Society	www.cancerconnection.ca
Follow-up care: Finding a family doctor	College of Physician and Surgeons	1-800-461-3008 https://www.cpsbc.ca/
Healthy living	Oncology Dietitian Services HealthLink BC	Dial 8-1-1 www.healthlinkbc.ca
	Nutrition BC Cancer Agency	www.bccancer.bc.ca/health-info/coping-with-cancer/nutrition
	The Physical Activity Line Healthy Families BC	1-877-725-1149 www.physicalactivityline.com
Dealing with practical issues	Patient and Family Counselling BC Cancer Agency	Phone the nearest cancer centre www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support
Resources and Community-based groups and services	Community Services Locator Canadian Cancer Society	1-888-939-3333 www.cancer.ca/csl
Complementary and Alternative therapies (incl. vitamins & supplements)	Ask your local pharmacist	
	Complementary Medicine (CAM) Education and Outcomes Research Program	http://cameoprogram.org/