

## **Additional Sources of Patient Information**

### Eating Well When You Have Cancer

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/nutrition>

### Emotional Support

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support>

### Financial Assistance

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support/financial-assistance>

### Practical tips to Help Manage Nausea

<http://www.bccancer.bc.ca/nutrition-site/Documents/Patient%20Education/Practical%20Tips%20to%20Help%20Manage%20Nausea.pdf>

### Food Ideas to Help Manage Diarrhea

<http://www.bccancer.bc.ca/nutrition-site/Documents/Food%20Choices%20to%20Help%20Manage%20Diarrhea-%202011.pdf>

### Food Ideas to help with Decreased Appetite

<http://www.bccancer.bc.ca/nutrition-site/Documents/Food%20Ideas%20to%20Help%20with%20Decreased%20Appetite-%202011.pdf>

### Food Ideas to Cope with Taste and Smell Changes

<http://www.bccancer.bc.ca/nutrition-site/Documents/Food%20ideas%20to%20help%20cope%20with%20taste%20and%20smell%20changes-%202011.pdf>

### Increasing Fluid Intake

<http://www.bccancer.bc.ca/nutrition-site/Documents/Patient%20Education/IncreasingFluidIntake3.doc>

### Your Medications and Sun Sensitivity

[http://www.bccancer.bc.ca/drug-database-site/Documents/SunSensitivityPatientHandout\\_Apr2011.pdf](http://www.bccancer.bc.ca/drug-database-site/Documents/SunSensitivityPatientHandout_Apr2011.pdf)

### Getting to Your cancer Appointments

<http://www.bccancer.bc.ca/coping-and-support-site/Documents/Getting%20to%20Your%20Cancer%20Appointments.pdf>

### Library/Cancer Information

<http://www.bccancer.bc.ca/our-services/services/library>

### Living with Cancer

<http://www.cancer.ca/~media/cancer.ca/CW/publications/Living%20with%20cancer/Living-with-cancer-2012-EN.pdf>

[Complementary and Alternative Therapies/ Natural Health Products](http://www.bccancer.bc.ca/health-info/coping-with-cancer/complementary-alternative-therapies)

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/complementary-alternative-therapies>

[Hair Loss and Appearance](http://www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms/hair-loss-appearance-changes)

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms/hair-loss-appearance-changes>

[Advanced Cancer Information and Resources](http://www.bccancer.bc.ca/health-info/coping-with-cancer/advanced-cancer-palliative-care)

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/advanced-cancer-palliative-care>

[Sexuality and Cancer](http://www.cancer.ca/en/cancer-information/cancer-journey/living-with-cancer/sexuality-and-cancer/?region=bc)

<http://www.cancer.ca/en/cancer-information/cancer-journey/living-with-cancer/sexuality-and-cancer/?region=bc>

[Food Choices to help Manage Constipation](http://www.bccancer.bc.ca/nutrition-site/Documents/Food%20choices%20to%20help%20manage%20constipation%20%20%282%29.pdf)

<http://www.bccancer.bc.ca/nutrition-site/Documents/Food%20choices%20to%20help%20manage%20constipation%20%20%282%29.pdf>

**These additional resources are available through any BC Cancer Agency Library**

Your Energy Bank to Savings: Managing Fatigue (Janssen)

Volunteer Driver (Canadian Cancer Society) <http://www.cancer.ca/en/support-and-services/support-services/transportation-bc/?region=bc>

Dietitian Services (HealthLink 811)

<http://www.healthlinkbc.ca/healthyeating/conditions/cancer.html>

Emotional Facts of Life with Cancer (CAPO) <http://capo.ca/docs/bookletREVISED.pdf>

Helping Women with Cancer--Look Good, Feel Better <http://www.lgfb.ca/en/workshop-finder/?province=2&city=>

Lodges (Canadian Cancer Society) <http://www.cancer.ca/en/support-and-services/support-services/travel-and-accommodations-bc/?region=bc>

Patient & Family Counselling Services (BCCA)

<http://www.bccancer.bc.ca/our-services/services/patient-family-counselling>