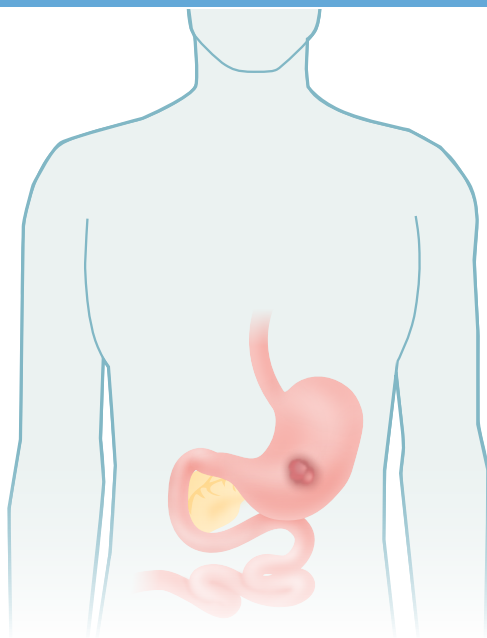


Stomach Cancer

Section 7 : Follow-Up



Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients
Patient Education Office

This booklet was developed by Dr. Carmen Mueller, Dr. Joanne Alfieri, Dr. Marie VanHuyse, Mary Diovisalvi, Brittnee Zwicker and Sarah-Eve Loiselle.

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IMPORTANT

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.



This material is also available through the MUHC Patient Education Office website www.muhcpatienteducation.ca

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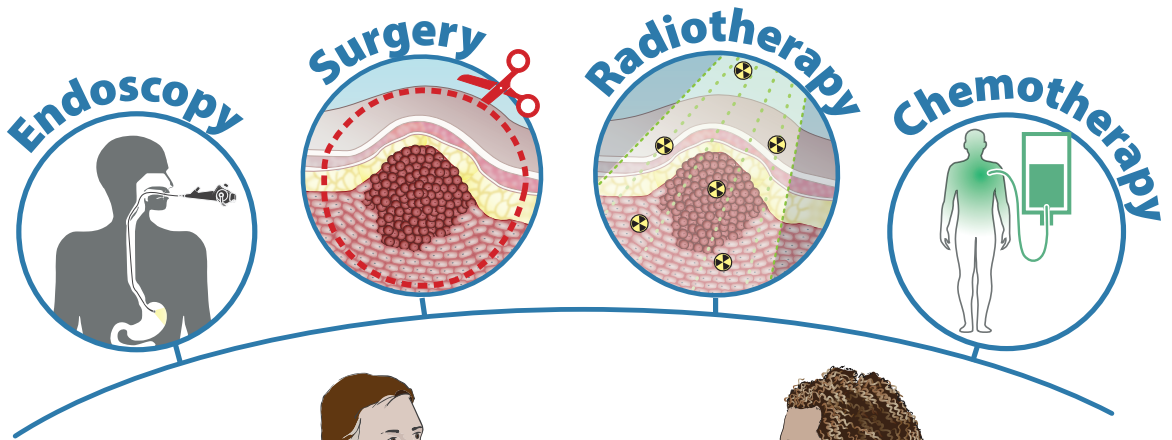
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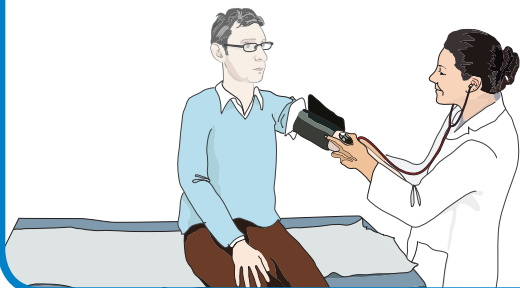
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Living with cancer

After treatment for your cancer, you will usually be followed by one or more members of the treating team with regularly scheduled visits.



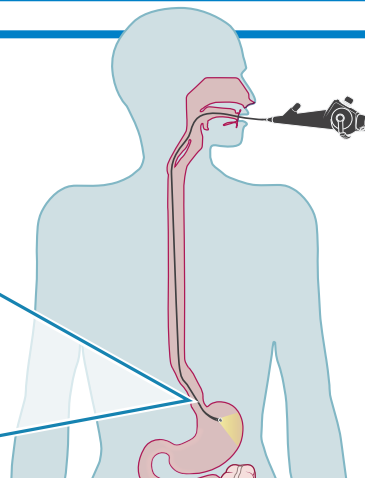
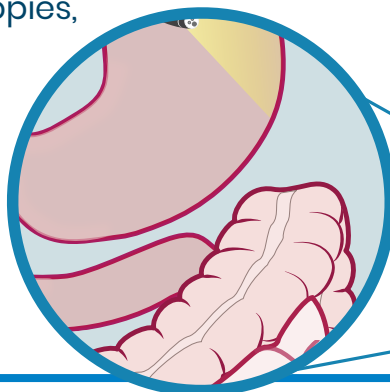
This will always include a physical exam;



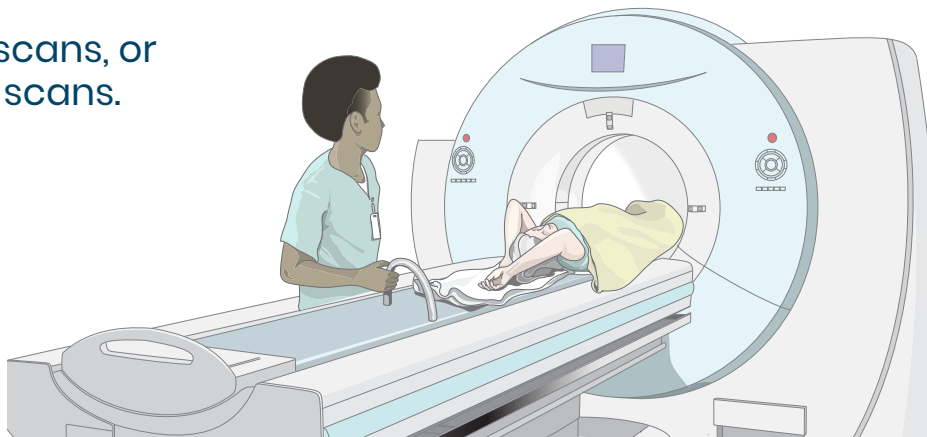
Blood tests;



and may include procedures such as gastroscopies,



CT scans, or PET scans.



What is Cedars CanSupport?



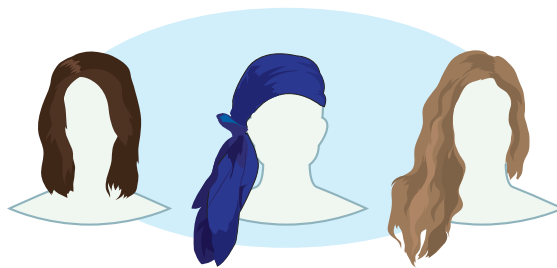
Cedars CanSupport was founded in 1988 by cancer survivor Gwendolyn Andrews Nacos, and is funded through the Cedars Cancer Institute.



Cedars CanSupport offers a wide range of services and support programs to help care for the mind, body and spirit of each cancer patient, their family, and friends.

All services and programs are free and bilingual.

Contact or drop by the Cedars CanSupport Resource Centres to learn more.





At Montreal General Hospital:

Room: A7.44

Tel: 514-934-1934 / local 42314

E-mail: cansupport.mgh@muhc.mcgill.ca



At the Cedars Cancer Centre of the Glen site:

Room: D.01.1329

Tel: 514-394-1934 ext. 31666

E-mail: cansupport.rvh@muhc.mcgill.ca

Who can benefit?

If you are a patient, family member or a friend, we are here for you.

Our services and programs are available at

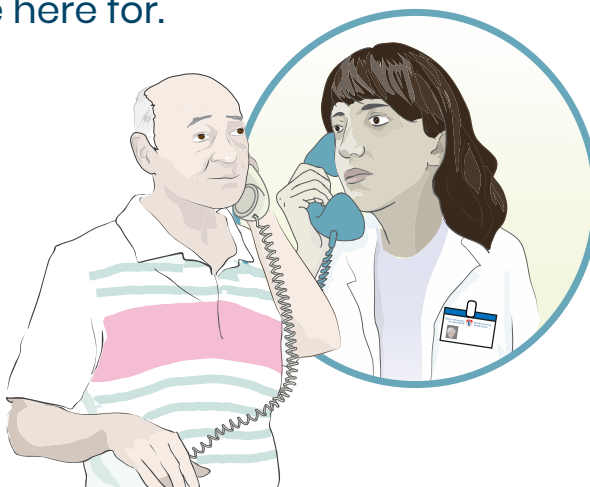
- The Montreal General Hospital (MGH)
- Cedars Cancer Centre at the Glen
- The Montreal Neurological Hospital (MNH)
- The Lachine Hospital
- As well as in the greater Montreal community



If you are a patient in active treatment or hospitalized at the MUHC, please call or ask your nurse to call a Cedars CanSupport Resource Centre.



Have questions? Need answers?
That's what we're here for.



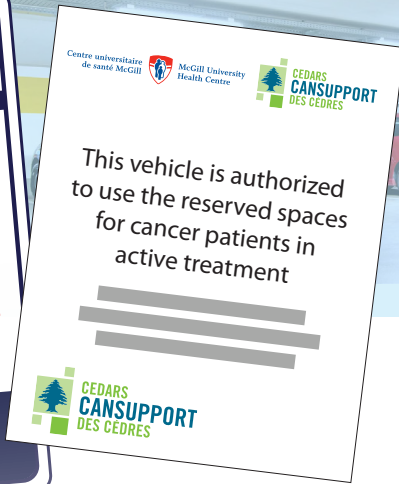
What services are offered?

Free wigs, caps, and turbans and lists of stores where you can buy wigs and breast prostheses (inserts).

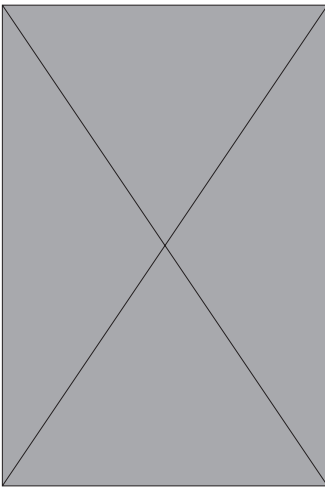


Music and relaxation CDs for use during chemotherapy.





Reduced parking rates and reserved parking tags for patients going through chemotherapy and / or radiation treatments.



Financial assistance. Funds may be available through the Wilfred Howick and the Cedars Cancer Institute Humanitarian Funds.

Coffee, tea, juice, and cookies in the hospital waiting rooms.



Volunteers to help you with wheelchairs, lunches, and offer companionship and friendly visits.



Weekly arts & crafts, movies, and games.

Weekly Tea Time, with homemade desserts and live music.

Friendly conversation for hospitalized patients and their loved ones.



Support groups

Support groups are bilingual. They are led by professionals, and include free parking.

New sessions begin when we have enough patients to make a group.



Coping Skills for patients and caregivers.



Learn and share helpful strategies for the emotional, physical, and relationship stresses of cancer with other patients and caregivers.

Complementary Therapies Coping Skills Group for patients and caregivers

Discover the benefits of the body-mind-spirit connection through relaxation, visualization, meditation, massage, reiki, art, and music therapy



Post Treatment Group

Sessions will help you talk about your concerns about setting future goals, intimacy issues, and fear of recurrence



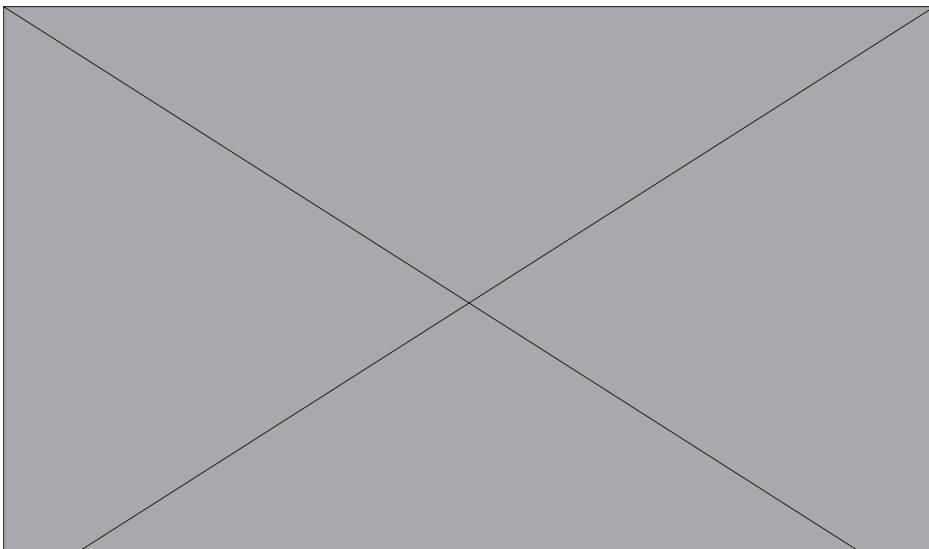
Bereavement Group

Gentle support for your grief. Gain strength from the supportive environment.



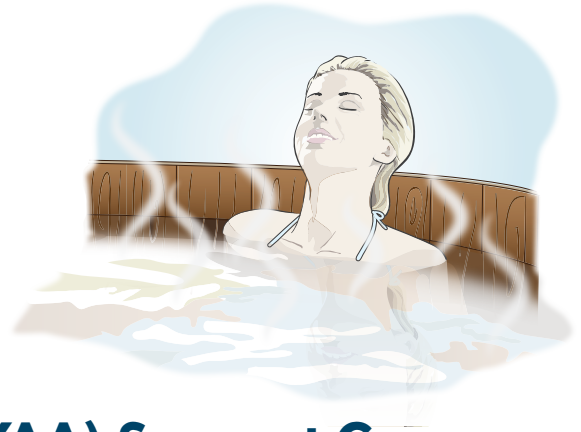
One-on-One Peer Support for Patients and Caregivers

Speak privately with a trained volunteer who has gone through the experience of cancer or is a caregiver to a loved one



Young Adult Support programs

Annual Summer Weekend Retreat



Young Adults in Action (YAA) Support Group:

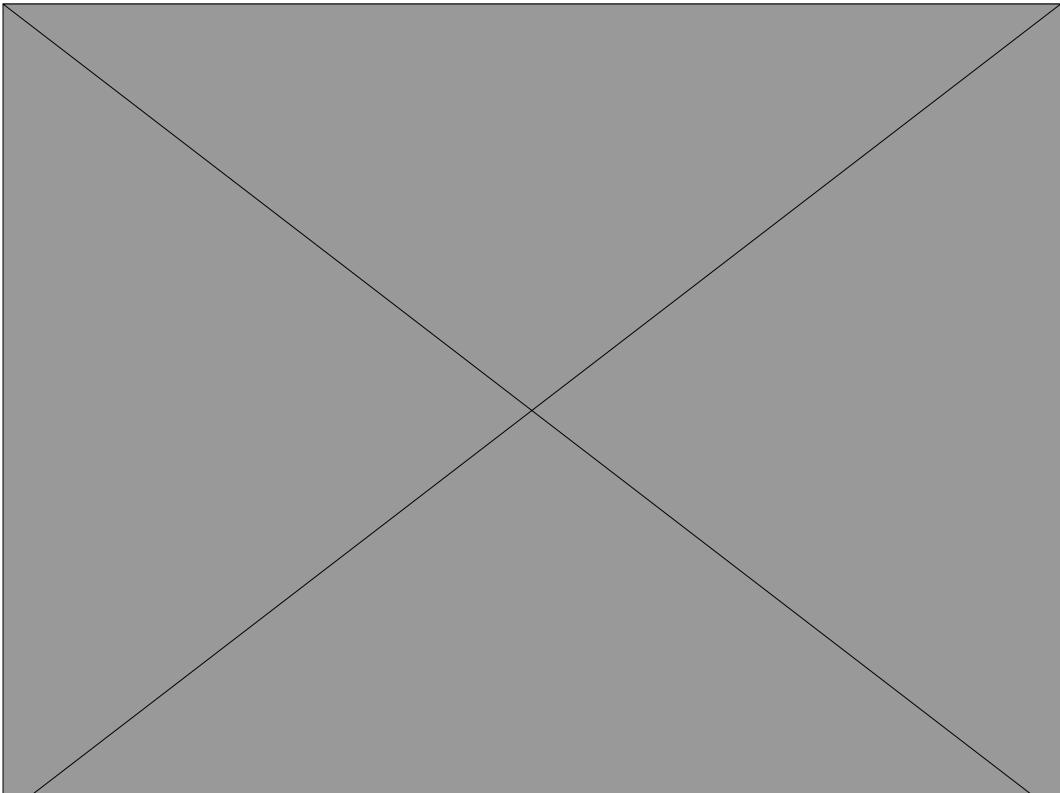
- No registration required
- Meet other young adults (18-39 yrs.)
- Get a chance to share and connect in a welcoming environment.
- Topics include coping with transitions, fears, isolation, uncertainty, changing relationships, identity, and more.

4C Retreats:

Information on special topics such as

- Nutrition
- Finances
- Sexuality
- Career concerns
- Side effects from treatment, and more...

Social activities and field trips organized in collaboration with Hope and Cope at the Jewish General Hospital.

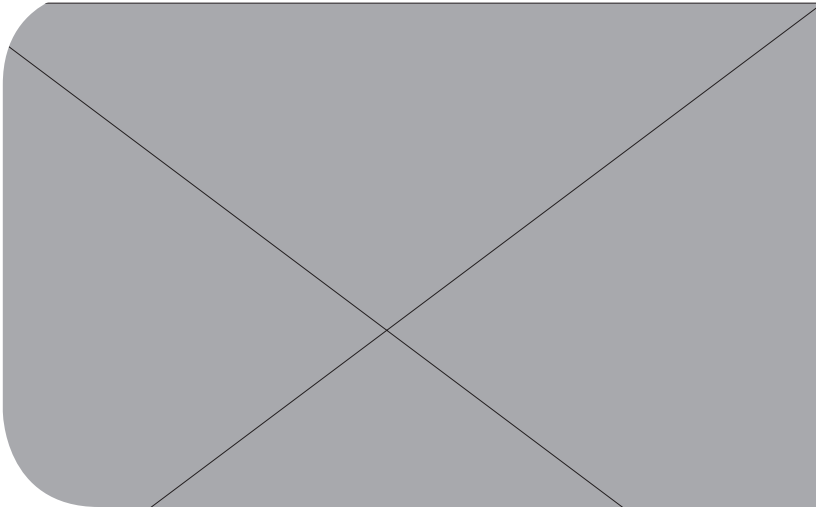


Cancer-related information

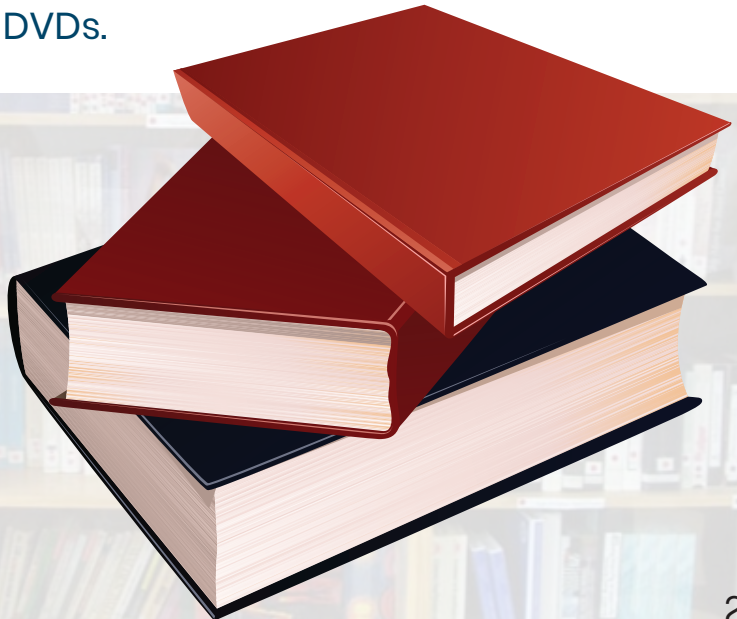
New Patient Information Sessions.



One-on-one help to find trustworthy information on the internet.



Lending libraries with helpful books, CDs, and DVDs.



Pamphlets on all cancers, treatments, side-effects, diet and nutrition, and complementary therapies.



Public lectures about cancer related topics by the experts and upcoming events.
Check our bulletin board for more information.



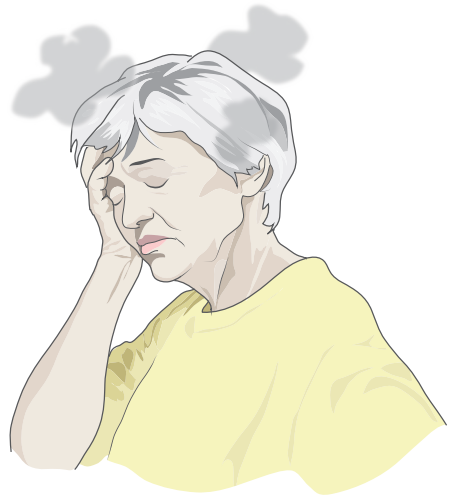
Educational Workshops

Brain Fog for Patients and Caregivers

Have cancer treatments, or stress left you with:

- Memory loss,
- Trouble finding words,
- Lower attention span and concentration, problems with multi-tasking, and changes in your coordination?

Brain Fog is an eight week program that introduces participants to mind and memory enhancing strategies that can be adapted to suit your own personal needs.



The Brain Fog program was developed by Dr. Heather Palmer of Maximum Capacity and is led by a Maximum Capacity trained professional.

Look Good Feel Better for Female Patients

Look Good Feel Better is a free, 2-hour hands-on workshop where women with cancer learn how to look and feel more like themselves.

This program can lift your spirits, nurture hope, and help you face your illness with greater confidence.



Complementary Therapies

"Complementary therapies are used together with conventional cancer treatments. They help a person cope with cancer, its treatment and side effects, and to feel better. They take a holistic approach by focusing on the whole person. They are used to ease symptoms, improve well-being and quality of life."

Canadian Cancer Society, 2010



Gentle Yoga at Happy Tree Yoga Studio

Breathing, meditation, and gentle postures help your body heal and become rested during and after your treatment.

Two free classes each week for any cancer patient.



Contact Cedars CanSupport or Happy Tree at 514-846-9642 or www.happyTreeYoga.com

Art Therapy (group or private) for patients and their families

Art Therapy Groups:

- For patients and their families
- For women living with breast cancer

Understand yourself Understand yourself in ways that words alone do not express. No experience required. Learn new skills and have fun in a supportive environment.

Media include: collage, sculpture, drawing, painting, book-making, paper mache, and more...



Yoga and Relaxation Therapy Group

For patients and their families

Gentle movements to lower your stress, anxiety, pain, and insomnia through simple breathing exercises and mindfulness training.

For women living with Breast Cancer

Understand yourself in ways that words alone do not express.

No experience required. Learn new skills and have fun in a supportive environment.

Media include: collage, sculpture, drawing, painting, book-making, paper mache, and more.



Yoga and Relaxation Therapy Group for Women Living with Breast Cancer

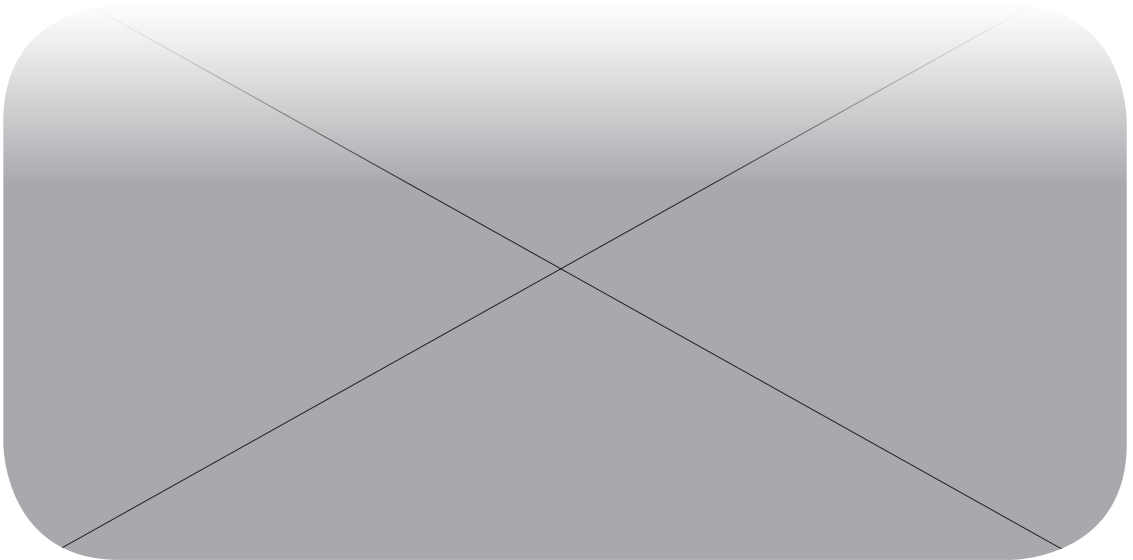
Specific exercises and poses are used to help your body and mind heal and become rested during and after treatment.



Private appointments

Therapeutic Massage

Massage therapy offers temporary relief from the side-effects caused by treatments, such as pain and anxiety.





Relaxation Therapy

Relaxation and meditation help lower stress levels, anxiety, pain, and insomnia through simple breathing exercises and mindfulness training.



Music Therapy

Music therapy offers opportunities for relaxation, expression, and communication. It helps reduce anxiety and feelings of loneliness or isolation, and provides a distraction from pain and discomfort while improving mood.



To learn more about these programs Contact or drop by the Cedars CanSupport Resource Centres:

At the Cedars Cancer Centre of the Glen site:

Room: D.01.1329

Tel: 514-394-1934 ext. 31666

E-mail: canSupport.rvh@muhc.mcgill.ca

At Montreal General Hospital

Room: A7.44

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