

# Cancer: Preparing for your Care after Diagnosis

A diagnosis of cancer can be very difficult. It is important to have the support and the information you need so that you can make decisions about treatments that are right for you.

## What questions can I ask my health care team?

To learn more about what to expect in your care, think about asking the following questions to your doctor or any member of the health care team (for example, your nurse or social worker). Please keep in mind that every person treated for cancer is different. Your own circumstances will guide the decisions that you and your doctors make.

You may find it helpful to keep a journal where you can write down your questions and keep a record of the discussions you have with your health care team. You may also want to bring a relative or a friend when you meet with the doctor or health care team.

Questions to your health care team may include:

### Treatment & Side Effects

- How often do I need to come to the hospital?
- How will I know if the treatment is working?
- What can I expect when I first come to the clinic for treatment?
- What is chemotherapy?
- Why do I need chemotherapy?
- What is radiation?
- Why do I need radiation?
- What are the side effects to the treatments?
- How do I cope with the side effects?



### Emotional Needs

- I feel scared and uncertain. Whom can I talk to about my feelings?
- How do I tell my family or friends about what is happening to me?
- How do I tell my children about what is happening to me?
- How do I help my children cope with the news?
- Will I need birth control during my treatments?
- Can I continue to have sex?



**English**

This information is important! If you have trouble reading this, ask someone to help you.

**Italian**

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish**

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

## Treatment & Side Effects

- Can I keep working?
- How do I get Employment Insurance (unemployment)?
- Do I apply for Disability Benefits?
- Will I still go to my family doctor?
- Will my family doctor know about my cancer treatments?
- Will I need help at home? Who will help me?
- Will I have pain?
- Is there anything to help with pain?
- Will I be able to look after my children when I have treatments?
- Will I need someone to help me make decisions? Do I need a Power of Attorney or Advanced Directives (a Living Will)?



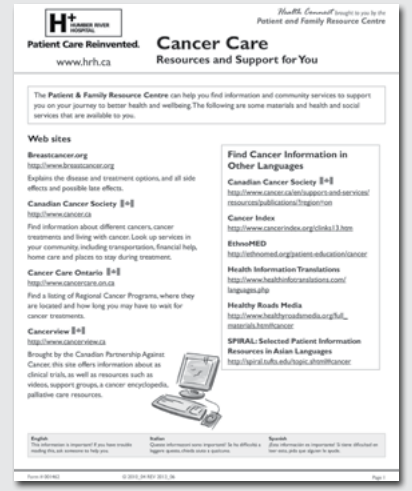
**If you would like more information about resources and services in the community related to cancer care, please contact:**

**Patient & Family Resource Centre  
Humber River Hospital**

<http://www.hrh.ca/patientandfamilyresourcecentre>  
Tel: (416) 242-1000 ext. 81200

You can also read:

**Cancer Care: Resources and Support for you**  
[http://hrccatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/001462\\_cancer%20care%20resources.pdf](http://hrccatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/001462_cancer%20care%20resources.pdf)



The screenshot shows the website header with the Humber River Hospital logo and the title "Cancer Care Resources and Support for You". Below the header, there is a section titled "Web sites" with several links to external resources like Breastcancer.org, Canadian Cancer Society, and Cancer Care Ontario. There is also a section for "Find Cancer Information in Other Languages" with links to various language-specific resources. At the bottom, there are small icons for English, Italian, and Spanish, indicating language options.



### Power of Attorney for Personal Care

*(Made in accordance with the Substitute Decisions Act, 1992)*

1. I, \_\_\_\_\_, revoke any previous power of attorney for personal care made by me and APPOINT: \_\_\_\_\_

to be my attorney(s) for personal care in accordance with the *Substitute Decisions Act, 1992*.

[Note: A person who provides health care, residential, social, training, or support services to the person giving this power of attorney for compensation may not act as his or her attorney unless that person is also his or her spouse, partner, or relative.]

2. If you have named more than one attorney and you want them to have the authority to act separately, insert the words "jointly and severally" here:

*(This may be left blank)*

3. If the person(s) I have appointed, or any one of them, cannot or will not be my attorney because of refusal, resignation, death, mental incapacity, or removal by the Court, I SUBSTITUTE:

*(This may be left blank)*

to act as my attorney for personal care in the same manner and subject to the same authority as the person he or she is replacing.

4. I give my attorney(s) the **AUTHORITY** to make any personal care decision for me that I am mentally incapable of making for myself, including the giving or refusing of consent to any matter to which the *Health Care Consent Act, 1996* applies, subject to the *Substitute Decisions Act, 1992*, and any instructions, conditions or restrictions contained in this form.

NOT FOR SALE