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.

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 are the types of systemic treatments?
- Why do I need these types of treatments?
- 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?

**PRACTICAL NEEDS**
- 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, Level 0
Humber River Health
https://www.hrh.ca/resources/patient-family-resource-centre
Tel: (416) 242-1000 ext. 81200

You can also read:
Cancer Care: Resources and Support for you
http://hrccatalog.hrh.on.ca/InmagicGenie/DocumentFolder/001462_cancer%20resources.pdf