

DIAGNOSIS AND TREATMENT

SURGERY What type of surgery is right for you? Many factors will guide the decision, but your *preference* is important. Talk to your surgeon about your options. A mastectomy can be followed by *breast reconstruction*. The surgery is covered by MCP. For more information, talk to your nurse or physician.

CHEMOTHERAPY Many of the hospitals and community health centres in the province provide chemotherapy. If you would like to know more about *clinical trials* (studies of new drug therapies) and whether you are eligible to take part, contact the NCTRF site nearest you.

RADIATION THERAPY Dr. H. Bliss Murphy Cancer Centre in St. John's is the only facility for *radiation therapy* in Newfoundland and Labrador. If you need a place to stay while receiving radiation, there is a hostel next door in the Health Sciences Centre for patients and their families. For information and nightly rates, call Agnes Cowan Hostel at (709) 777-6831.

HOME CARE Contact your local Health and Community Services office to arrange *home care* (nursing, personal care, housekeeping, etc.). Look under Health and Community Services in the white pages of the phone book. In the Western Region there is a toll-free information line: 1-888-973-4466.

OCCUPATIONAL THERAPY AND PHYSIOTHERAPY Contact your local hospital, community health centre, Health and Community Services office, or check in the yellow pages of your phone book.

FINANCIAL AND EMOTIONAL COUNSELLING

To apply for help with the costs of treatment and transportation, or to talk to a counsellor, try:

Dr. H. Bliss Murphy Cancer Centre's social workers at (709) 777-7604.

The **Social Work department** of your local health care facility or the NCTRF cancer centre in your area.

THE NEWFOUNDLAND CANCER TREATMENT AND RESEARCH FOUNDATION (NCTRF)

The NCTRF works with hospitals and health centres across Newfoundland and Labrador to bring assessment, treatment, support and follow-up to patients as close to home as possible.

The NCTRF has cancer centres in the following facilities:

General Hospital – Dr. H. Bliss Murphy Cancer Centre
St. John's. Phone: (709) 777-6480

Western Memorial Regional Hospital
Corner Brook. Phone: (709) 637-5476

James Paton Memorial Hospital
Gander. Phone: (709) 256-5545

Central Newfoundland Regional Health Centre
Grand Falls/Windsor. Phone: (709) 292-2112

Burin Peninsula Health Centre
Marystown. Phone: (709) 891-1040

Charles S. Curtis Memorial Hospital
St. Anthony. Phone (709) 454-3999

Labrador Health Centre
Happy Valley-Goose Bay. Phone: (709) 897-2000

Captain William Jackman Memorial Hospital
Labrador City. Phone: (709) 944-9242

INFORMATION SERVICES

"**Breast Cancer Support and Services in Newfoundland and Labrador Resource Guide**" a Purple Lupin Project publication is available at the Public Library, the NCTRF Cancer Centres and on the Web at: www.purplelupin.ca

LIBRARIES

Patient and Family Resource Library at Dr. H. Bliss Murphy Cancer Centre, St. John's (709) 777-6480 has books, pamphlets, video and audiotapes for patients and their families to borrow. People outside St. John's can use a provincial loan system by contacting their nearest NCTRF centre.

The Public Library's books are available across the province through interlibrary loan. Check the Yellow Pages under Libraries for local telephone numbers and on the Web at: www.nlpubliclibraries.ca

Hospital Libraries such as the Health Sciences Library at Memorial University, (709) 777-6672 are often open to the public and can provide access to medical journals, databases such as Medline and the help of medical librarians.

THE INTERNET Access to the Internet is available at many of the Public Library branches in Newfoundland. If you are unfamiliar with the Internet, the librarian can help you get started. A word of caution: there is a great deal of factual information on the Internet, but there is also some misinformation. Check your sources carefully. Here are some sites to explore:

Healthy Newfoundland and Labrador is a source of general health information in the province, www.healthy.nf.ca

The National Cancer Institute in the USA is a good source of current information, www.cancer.gov

PubMed gives you access to the National Library of Medicine in the USA, www.ncbi.nlm.nih.gov/pubmed

BC Cancer Agency has a website with an extensive section about Unconventional Cancer Therapies, www.bccancer.bc.ca

The Purple Lupin Project lists Newfoundland and Labrador resources, www.purplelupin.ca

Search Engines help locate information on specific topics. Start with: www.google.ca

CANCER INFORMATION SERVICE (CIS) The Canadian Cancer Society's Cancer Information Service – Canada's only national, bilingual, toll-free service – offers comprehensive, credible information to cancer patients, their families, the public and healthcare professionals. Monday-Friday, 9am-6pm (ET). Call 1-888-939-3333

OTHER ORGANIZATIONS

Community Contacts Program is a network of volunteers who can link you with local resources and support services. (toll free) 1-800-730-4824

Canadian Breast Cancer Network can direct you to many different sources of help and information. (toll free) 1-800-685-8820. www.cbcn.ca

COMPLEMENTARY SERVICES

BREAST PROSTHESES AND MASTECTOMY BRAS

Burin Health Aids, Carolann Riggs (709) 891-2824

Carbonear Midway Medical Supplies (709) 596-2122

Clareville Atlantic Health Products Inc. (709) 466-3803

Corner Brook Lawton's Home Health Care Centre
(toll free) 1-800-563-1145 or (709) 639-1083

Gander Central Orthotic Supplies (709) 651-3858 or 651-2896

Grand Falls HealthQuest Inc. (toll free) 1-800-713-2605

Mount Pearl Home Medical Shoppe (709) 364-2500

St. Anthony Charles Curtis Memorial Hospital, Bonnie Decker,
(709) 454-3999 ext. 185.

St. John's Eastern Medical Suppliers Ltd. (709) 754-7711

HealthQuest Inc. (toll free) 1-800-713-2605

Orthotics Aids Ltd. (709) 579-2135

Parkdale Home Health Care (709) 722-3171
extremity pumps and compression sleeves only

SUPPORT SERVICES

FACE-TO-FACE SUPPORT GROUPS

Monthly meetings open to people with all types of cancer.

Canadian Cancer Society Support Groups

There are CCS support groups throughout NL, including Baie Verte, Botwood, Burgeo, Catalina/Port Union, Change Islands, Clarenville, Codroy Valley, Corner Brook, Deer Lake, Fogo Island, Gander, Glovertown, Grand Bank / Fortune, Grand Falls-Windsor, Hawkes Bay / Port au Choix, Head of the Bay / St. Albans / Harbour Breton, Labrador City, Marystown, Port aux Basques, Springdale, St. John's, Stephenville, Twillingate, and Whitbourne.

Contact the CCS in your region for more information:

Eastern Region	(709) 753-6520	(toll free) 1-888-753-6520
Central Region	(709) 489-5822	(toll free) 1-866-545-9534
Western Region	(709) 634-6542	(toll free) 1-866-545-9533
Labrador Region	(709) 896-4500	(toll free) 1-866-996-4500

Other Support Groups

A Gathering of Friends. Contact Theresa Collins, (709) 227-2432. Placentia.

Sharing Our Strength (SOS), a breast cancer group.

Contact Peggy Manning, (709) 437-1549, St. John's.

Exceptional Patients Against Cancer.

Contact Monica Bridger, (709) 722-9166, St. John's

SUPPORT BY TELEPHONE

Breast Cancer Support Teleconference: (toll free) 1-800-730-4824

see description under Canadian Cancer Society

Mental Health Services Crisis Line: (toll free) 1-888-737-4668

available to anyone in Newfoundland experiencing a crisis in their lives

Cancer Connection: (toll free) 1-800-263-6750

see description under Canadian Cancer Society

INTERNET SUPPORT

Breast Cancer Mailing List: A source of information and support with almost 1000 subscribers worldwide. To subscribe, send the email message: subscribe breast-cancer Firstname Lastname to listserv@mun.ca

The Breast Cancer List's archive can be found at: www.bclist.petebevin.com

CANADIAN CANCER SOCIETY

The Canadian Cancer Society (CCS) offers a wide range of support services across the province with the help of trained volunteers.

REGIONAL CCS OFFICES

To ask about any of their programs, contact the CCS Office in your region:

Eastern Region	(709) 753-6520	(toll free) 1-888-753-6520
Central Region	(709) 489-5822	(toll free) 1-866-545-9534
Western Region	(709) 634-6542	(toll free) 1-866-545-9533
Labrador Region	(709) 896-4500	(toll free) 1-866-996-4500

EMOTIONAL SUPPORT PROGRAMS

One to One Support: Our trained volunteers have gone through a similar cancer experience and can provide much comfort and inspiration during the difficult time of a cancer diagnosis.

Emotional Support Groups: There are CCS support groups throughout NL that meet regularly to provide support and understanding.

Cancer Connection: A telephone support service that matches callers with volunteers from this province or other parts of Canada who have gone through a similar cancer experience. Call (toll free) 1-800-263-6750.

Breast Cancer Support Teleconference Network: This toll free support service can be accessed from your own home. The network meets every second Saturday from September to June. Call the facilitator, Dr Jon Church, at 1-800-730-4824, or the CCS Office in your region.

INFORMATION SERVICES

CANCER INFORMATION SERVICE (CIS) The Canadian Cancer Society's Cancer Information Service – Canada's only national, bilingual, toll-free service – offers comprehensive, credible information to cancer patients, their families, the public and healthcare professionals. Monday-Friday, 9am-6pm (ET). Call 1-888-939-3333

GENERAL SUPPORT PROGRAMS

Volunteer Driving Program: Our dedicated and friendly volunteers can provide a drive to and from cancer treatments (not available in all regions).

Practical Support: The following items are provided free of charge – wigs, turbans, temporary breast prostheses, and mastectomy exercise and information kits.

PATIENT AND FAMILY SUPPORT FUND

The fund provides limited short-term financial assistance to patients for treatment-related expenses. For more information consult the nurse in your regional cancer clinic, or the Social Work Department at the H. Bliss Murphy Cancer Centre at (709) 777-7604

For information about this brochure or the Purple Lupin Project, contact: Jon Church at (toll free) 1-800-730-4824 or email: jchurch@mun.ca

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IN NEWFOUNDLAND AND LABRADOR

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a publication of
THE PURPLE LUPIN PROJECT