

NAVIGATING YOUR CANCER JOURNEY:

A RESOURCE FOR CANCER PATIENTS
IN THE NORTHWEST TERRITORIES



English

French

Cree

Tłchq

Chipewyan

South Slavey

North Slavey

Gwich'in

Inuvialuktun

Inuktitut

Inuinnaqtun

1-855-846-9601



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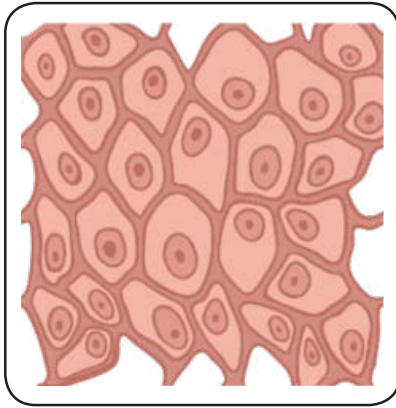
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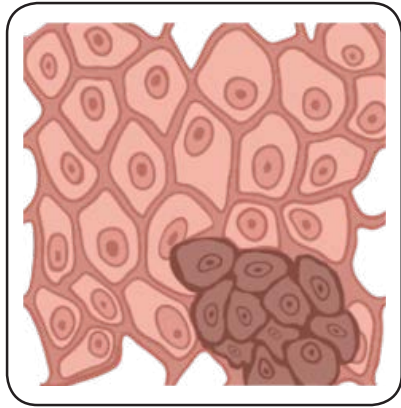
SECTION 1: UNDERSTANDING THE CANCER JOURNEY

WHAT IS CANCER?

Cancer is not just one disease. There are more than 200 different types of cancer, depending on where in the body it starts. Cancer is a group of diseases characterized by unusual cell growth.



Normal Cells



Cancerous Cells

Our bodies are made of millions of cells and when cells are damaged, some of them may start to grow out of control, crowding out healthy cells and spreading to other parts of the body. When this happens, we say the cancer has become malignant.

As we get older, the risk of damage to our cells increases. Specific genetics, some viruses, or environmental exposure may also increase our risk. Quitting smoking, limiting alcohol consumption, healthy eating, physical activity, and sun protection can help reduce your cancer risk.

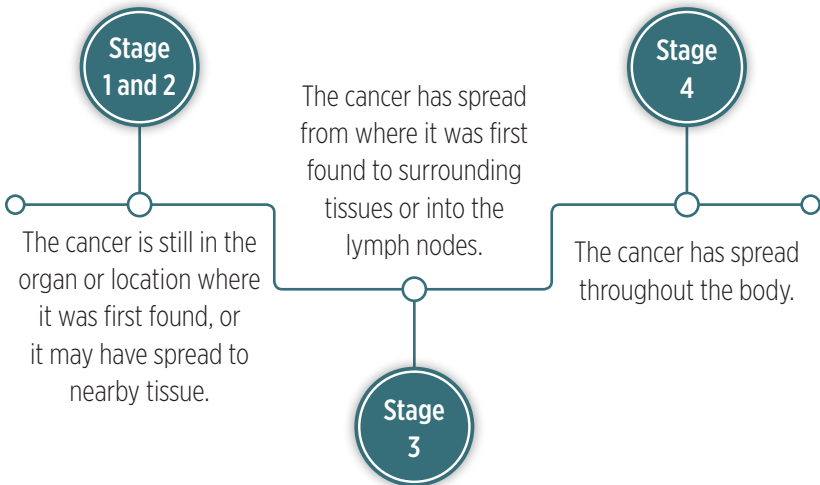
CANCER STAGING AND TNM

When you receive your cancer diagnosis, you may be required to undergo further testing. These tests can include:

- Biopsy (take a little piece of the body tissue)
- Blood tests
- X-Rays
- Ultrasounds
- CT Scans
- MRI Scans
- Scopes (e.g. colonoscopy, gastroscopy).

Tests results will give the oncologist information about your cancer diagnosis. This includes details on the stage of your cancer.

There are four commonly used cancer stages: Stage 1, Stage 2, Stage 3, and Stage 4.



The oncologist may use the TNM (tumour, node and metastasis) staging system to describe your cancer.

- T** Indication of the size of the main tumour and how much it has or has not spread into nearby tissue.
- N** Indication whether the cancer has spread throughout the body.
- M** Indication whether the cancer has spread to the lymph nodes.

UNDERSTANDING TREATMENT

Once you receive your diagnosis, you will talk about treatment with your family and oncologist to come up with a plan. Your plan may include:



Surgery

This may be done in Yellowknife or Edmonton.



Chemotherapy

Where you receive treatment depends on scheduling and the type of chemotherapy. You may need to travel to Edmonton for your first appointment. Later treatment can be done in Yellowknife.



Radiation

This requires referral to the Cross Cancer Institute in Edmonton. Radiation therapy is not available in Northwest Territories (NWT).



Biological or Targeted Therapy

This therapy may be delivered using intravenous therapy (IV), which is injection into a vein.



Medications

Depending on your diagnosis, your oncologist may ask you take additional medications as part of your treatment. These medications may be taken orally, by injection, or through an IV at the same time as other treatment.

You may want to involve the Cancer Care Coordinator at Stanton Territorial Hospital in your planning. They can provide additional support and education as needed (more information on page 9).



Chemotherapy

Chemotherapy, also called chemo, is one kind of cancer treatment. It is made up of specific drugs and medications, based on the type of cancer you have. Depending on your cancer you may receive chemotherapy only, or chemotherapy together with other treatment.

Chemotherapy can help stop cancer cell growth, or may be used to shrink cancer before surgery. Chemotherapy can be given many ways, but it is usually done by IV. Sometimes chemotherapy can be given with pills, liquids or creams.ⁱ



Radiation

Radiation is another type of cancer treatment. It uses high energy x-ray beams to kill cancer cells in the body. Like chemotherapy, it can be used on its own or in combination with other treatments.ⁱⁱ



You Are Unique

Your treatment will be unique to you. You, your oncologist, and family will determine the best treatment plan for you. Your oncologist will follow your treatment closely and make changes as necessary.



Travel and Specialists

You may see different doctors or specialists during your appointments and treatment. You may need to travel to Yellowknife or Edmonton. As your treatment continues you will have regular appointments with your oncologist and doctor to make sure you are doing well.



Side Effects

Treatment may have side effects. It is important to tell your oncologist, doctor or nurses how you are feeling so that they can help. Keep a record of the medicines you take, how they make you feel, and what makes you feel better or worse. Take medications as directed and bring any concerns to your oncologist, doctor or nurse.

If you have questions or concerns about your treatment at Stanton Territorial Hospital, please call the Medical Day Care Unit:

Phone: (867) 669-4187

* Please note that Medical Day Care is only open Monday to Friday, Hours: 7:30am-3:30pm

If you have questions or concerns about your treatment at the Cross Cancer Institute in Edmonton, please call:

Daytime Hours (8:30am-4:00pm): 1-877-707-484 or 1-780-432-8919

QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER

Preparing for Your Appointment

It is important to prepare for appointments. You, your family and your doctor can work as a team to achieve the best results. Be an active participant in your health and cancer journey. Here is a list of things for you and your family to consider before your appointments with your oncologist or doctor.

- ☐ Before your appointment, take some time to yourself or with your family to reflect on any questions you have for your health care provider.
- ☐ Make a list of these questions and write them down.
- ☐ Speak with your family members about any of their questions or concerns.
- ☐ Choose a family member or friend to come with you to your appointment. Give this person plenty of notice so they can adjust their schedule.

During Your Appointment

- ☐ Take notes. If you have a family member or friend with you, they can take notes for you.
- ☐ If you wish, ask your doctor if you can record your appointment with your cell phone or other device. This way you can review it later on.
- ☐ Ask your list of questions.
- ☐ If you do not understand the meaning of the words being used, ask for explanation.

Speaking With Your Health Care Provider

Asking questions during your appointment is not always easy. Taking an active role in your health means that you express your concerns with your doctor and health care team. Using your list of prepared questions can help make you feel more comfortable and confident. If you are uncomfortable, your family member or other support person can ask your questions instead.

Medical terminology and processing all the information provided by your doctor can be difficult. As a patient, it is important to understand your health condition. Listed below are some questions you can use to clarify the information you receive from your doctor.

- I did not understand what you just said. Would you please explain it in another way?
- Would you please explain how _____?
- What should I do if _____?
- I do not understand my treatment plan, would you please explain it to me?
- I am worried about _____. Can you suggest something that may help?
- I have been taking notes during my appointment. Can I repeat back what you told me to make sure I have it right?
- I am feeling rushed. Can we slow things down a little?
- Where can I find more information about _____?

Example Questions ⁱⁱⁱ

Diagnosis

1. Does this mean I am going to die?
2. Can my cancer make other people sick?
3. What are my treatment options?
4. What are the risks of my treatment options?
5. What is the chance this will remove all my cancer?
6. How long will I have to stay in the hospital?
7. How soon can I be treated?
8. How much time do I have to make my decision about treatment?

Treatment

1. Is there anything I need to do to get ready?
2. What are your recommendations for eating and exercise before treatment?
3. What side effects am I likely to experience from treatment, and how can I manage them?
4. How will treatment affect my daily life and my ability to work?
5. How often will I have to come to the hospital?
6. How long will it take for me to recover from my treatment?
7. Are there special precautions I should take during my treatment? Why?
8. If I am experiencing a bad side effect during my treatment, who do I contact?

Recovery

1. Which symptoms require immediate medical attention?
2. What kind of help will I need at home while I recover?
3. What symptoms and side effects should I keep track of and report to my doctor?

Life after treatment

1. Will I be able to do my normal activities or work?
2. What are your recommendations for eating and exercising?
3. How do I know if my treatment is working?
4. I would like to start a survivorship care plan, where do I start?
5. I have started a survivorship care plan, can I please go through it with you?



SECTION 2: CANCER SUPPORT CONTACTS

YELLOWKNIFE

Cancer Care Coordinator at Stanton Territorial Hospital

The Cancer Care Coordinator is located in Stanton Territorial Hospital. The Coordinator is a nurse with oncology experience who is available to serve cancer patients throughout NWT and the Kitikmeot region of Nunavut. The Coordinator's primary responsibility is to support patients and families to find resources and other assistance navigating the cancer care system in NWT. Patients can directly contact the Cancer Care Coordinator or they may be referred by their doctor or nurse. The Coordinator can be reached using the contact information below.

Phone: 867-669-4310

Email: cancer_care_coordinator@gov.nt.ca

Aboriginal Wellness Program at Stanton Territorial Hospital

The Aboriginal Wellness Program provides patient supports, healing practices, traditional northern foods and traditional medicine.

Program Manager: 867-669-4382

Cultural Liaison Services: 867-669-4388

Languages Services at Stanton Territorial Hospital

Language and interpretation services are available at Stanton Territorial Hospital 24 hours a day in all official languages of the NWT.

Main Phone: 867-669-4388

Cell: 867-445-3979

Cell: 867-445-7991

Department of Health and Social Services System Navigator

The System Navigator does not have decision making authority but can provide information and process guidance. The System Navigator can help by:

- Resolving concerns;
- Providing information on all health and social services available in NWT;
- Connecting you with your health and social services provider to address your issues or concerns;
- Helping you find commonly used forms such as health care card application.

Phone: 1-855-846-9601

Email: hss_navigator@gov.nt.ca

Cancernwt.ca

www.cancernwt.ca provides information about cancer prevention, screening/early detections and support for patients, families and communities. Cancernwt.ca contains information and resources relevant to NWT residents and is based on best practices and current research.

Cancernwt.ca is home to the *Let's Talk About Cancer* videos series. Located in the *Our Living Library* section of the website, this collection of short videos shares the cancer experiences of community members from across the NWT.

Cancernwt.ca is the hub for NWT specific electronic resources. You can download posters, fact sheets and support resource, including this navigation resource.

EDMONTON

Indigenous Cancer Patient Navigator at Cross Cancer Institute

The Indigenous Cancer Patient Navigator supports patients undergoing treatment at the Cross Cancer Institute in Edmonton, Alberta. The Indigenous Cancer Patient Navigator will work with patients who identify as First Nations, Inuit or Métis. Services offered include:

- Education and teaching about tests, treatments, symptoms or medications;
- Organizational support and preparing for appointments with oncologists and other health care providers;
- Emotional, spiritual, psychological or physical support.

The Indigenous Cancer Patient Navigator can be reached by phone at 780-432-8747.

Northern Health Services Network in Edmonton

Northern Health Services Network (NHSN) is a team of health care professionals who work with patients from the northern territories who travel to Edmonton hospitals for specialized medical treatment. NHSN has significant experience coordinating treatment and discharge care, as well as assisting with access to equipment and supplies for cancer patients. The NHSN liaises with the Cross Cancer Institute, Stanton Territorial Hospital, and the patient's community health centre. All NHSN staff members have nursing experience in Canada's north and can advocate on behalf of northern clients to meet their linguistic, cultural, and spiritual needs.

Contact:

Program Supervisor

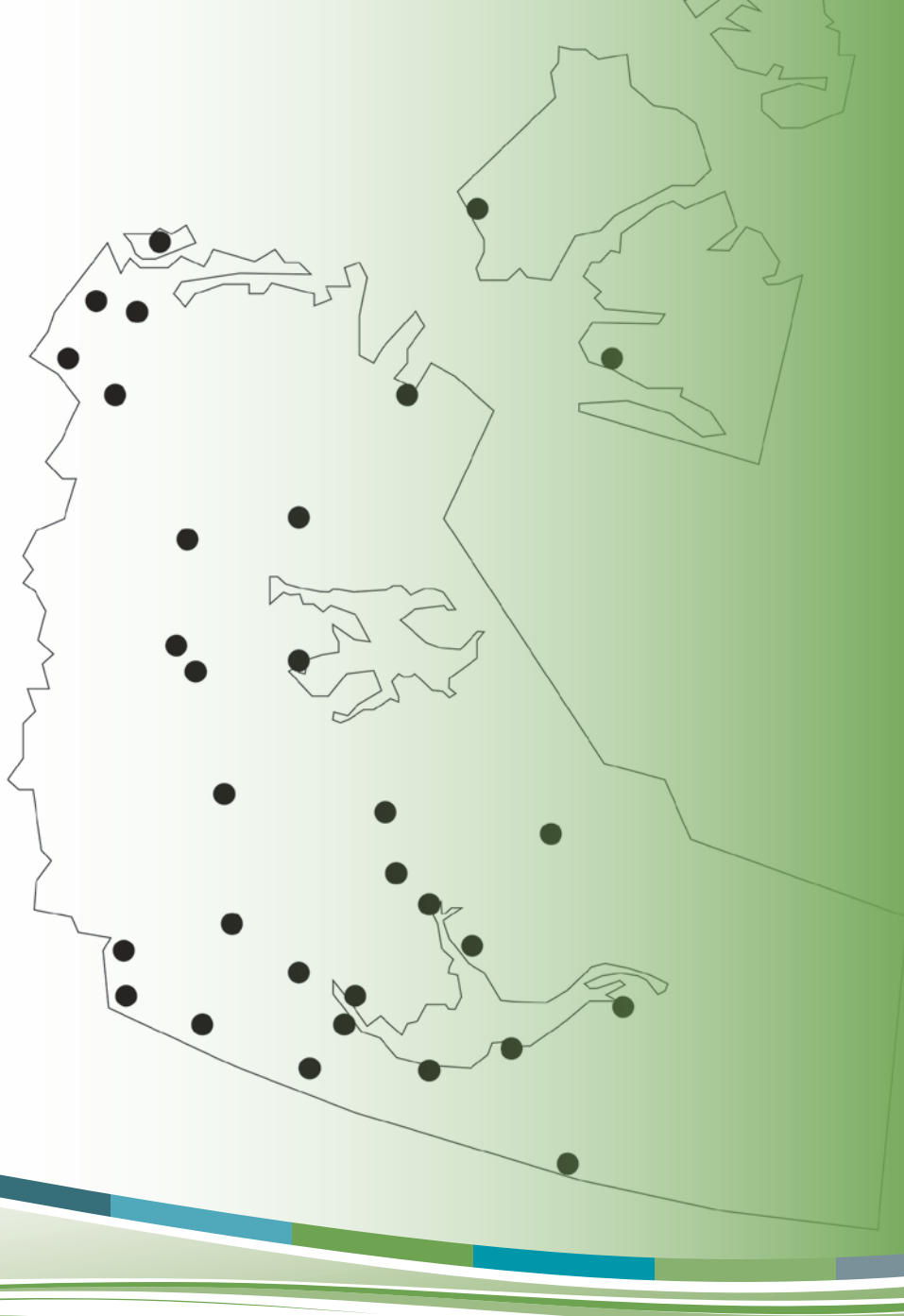
Community Services Centre Room 570

Royal Alexandra Hospital

10240 Kingsway, Edmonton T5H 3V9

Phone: 780-735-5761

Fax: 780-735-5763



SECTION 3: TRAVELLING TO TREATMENT

MEDICAL TRAVEL

There are several different medical travel benefits programs that offer medical travel assistance to patients. It is important that you apply for the medical travel benefits you are eligible for. Note that additional benefits may be available under your spouse or legal guardian.

For more information on medical travel please visit www.hss.gov.nt.ca. Hard copies of the Medical Travel resource can be obtained by contacting the Department of Health and Social Services Communications Unit at 867-767-9052 ext. 49034.

THE CROSS CANCER INSTITUTE

The Cross Cancer Institute (CCI) is a cancer centre that services Northern Alberta and NWT. The CCI is located in Edmonton, Alberta. The CCI is located on the University of Alberta campus. The CCI has both inpatient and outpatient services.

Address: 1560 University Avenue, Edmonton, Alberta T6G 1Z2

Phone: 780-432-8771 (switchboard)

Fax: 780-489-6813

Getting to the CCI

- Taxi: 780-462-3456
- Bus: Stop at 114 Street NW – Routes 313, 51,924, 501, 502
- LRT: Station is located northeast of the Kaye Edmonton Clinic along 114 Street NW.
- Parking: Patients may find parking at metered parking areas or in the parkade. The parkade is located beside 117 Street, north of the CCI. Parking rates are posted and permits can be purchased using credit card, debit, or cash. Patients can purchase monthly parking passes.
- Van Shuttle: This service is provided free of charge to out-of-town patients seeking care. Patients are picked up at their accommodation and returned after their appointment. Please phone (780) 432-8448. This service applies only to accommodation close to the Cross Cancer Institute.



Patient Information Booklet

Before you arrive at the CCI, download a *Patient's Guide to the Cross Cancer Institute*. This guide provides a good introduction to the Cross Cancer Institute and answers many questions about hospital facilities, parking, and patient services, and includes a phone directory. It can be downloaded from the CCI website at: <http://www.albertahealthservices.ca/assets/healthinfo/cc/hi-dis-cc-patient-guide-cci.pdf>

A Patient's Guide



To the Cross Cancer Institute

Patient Resource Centre

There is a resource centre located on the main floor of the CCI. Volunteers will be able to assist you in locating any resources you may need.

Patient Information Sessions

The CCI offers information sessions to new patients every week. Topics include:

- Available services and resources
- Coping mechanisms for dealing with emotional stresses and challenges of living with cancer
- How to be actively involved in your cancer care
- Hospital orientation

Sessions are held on Monday, Wednesday and Thursday from 10-11:30AM in the Zane Feldman Auditorium (2nd floor CCI). To register for a session please call 780-432-8456.

The Cancer Wellness Clinic

Located in the Cross Cancer Institute, this clinic offers personalized one-to-one lifestyle counselling and medication for tobacco support and treatment by trained health professionals as part of your cancer treatment services. Clinic services are free to patients and their family members. For more information on the full scope of services offered or to book an appointment contact the clinic..

Address: 11560 University Ave, Edmonton, Alberta, T6G 1Z2

Phone: 780-432-8236 or 780-391-7615

Psychosocial and Spiritual Resources – Spiritual Care Services

This team offers support to patients and their families, serving the full range of their spiritual, psychological, emotional, and social needs throughout their care at the CCI. Call to book an appointment or ask about support groups.

Address: Suite 432, 111 Avenue and Groat Road, Westmount Shopping Centre, Edmonton, Alberta, T5M 3L7

Phone: 780-643-4303/4304



SECTION 4: PATIENT NOTES

ABOUT ME

Name: _____

Health Care Number: _____ Insurance Company: _____

Weight: _____ Height: _____

Medical Conditions/Medical History:

Emergency Contact Information

Name: _____

Relationship to me: _____

Phone number: _____

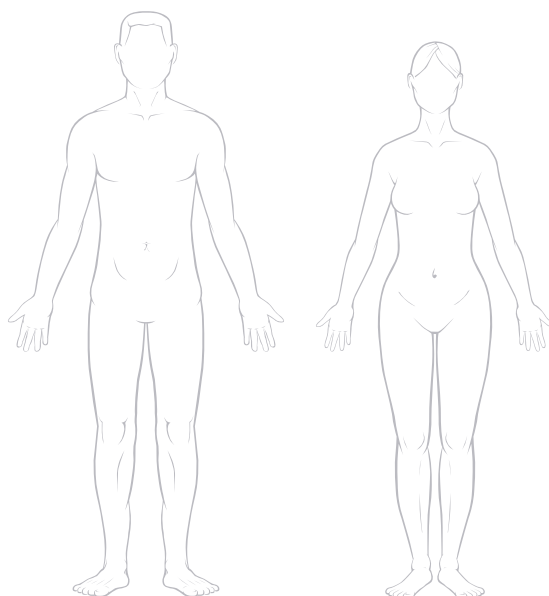
Email: _____

MY CANCER INFORMATION

Cancer Diagnosis:

Date of Diagnosis:

Other Notes:



MY TREATMENT INFORMATION

Radiation (Hospital Location/Date/# of treatments):

Chemotherapy (Hospital Location/ Start Date/# of chemo cycles):

Surgery (Hospital Location/Date/Type):

Additional Therapies:

MY CIRCLE OF CARE

Health Care Provider Name: _____

Specialty: _____

Phone: _____ Fax: _____

Email: _____

Location: _____

Date of Last Appointment: _____

.....

Health Care Provider Name: _____

Specialty: _____

Phone: _____ Fax: _____

Email: _____

Location: _____

Date of Last Appointment: _____

.....

Health Care Provider Name: _____

Specialty: _____

Phone: _____ Fax: _____

Email: _____

Location: _____

Date of Last Appointment: _____

Health Care Provider Name: _____

Specialty: _____

Phone: _____ Fax: _____

Email: _____

Location: _____

Date of Last Appointment: _____

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Health Care Provider Name: _____

Specialty: _____

Phone: _____ Fax: _____

Email: _____

Location: _____

Date of Last Appointment: _____

.....

Health Care Provider Name: _____

Specialty: _____

Phone: _____ Fax: _____

Email: _____

Location: _____

Date of Last Appointment: _____

MEDICATION LOG

Medication Name	Dose	Date Prescribed	Use/Purpose	Side Effects
Notes				

Medication Name	Dose	Date Prescribed	Use/Purpose	Side Effects
Notes				

DIAGNOSTIC TESTING LOG

(X-RAY, CT, MRI, BLOOD WORK)

Date	Location	Test Type	Results/Notes
Additional Notes			

Date	Location	Test Type	Results/Notes
Additional Notes			

APPOINTMENT LOG

Date	Location	Care Provider	Purpose/Reason
Notes:			

Date	Location	Care Provider	Purpose/Reason
Notes:			

Date	Location	Care Provider	Purpose/Reason
Notes:			

Date	Location	Care Provider	Purpose/Reason
Notes:			

Date	Location	Care Provider	Purpose/Reason
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Date	Location	Care Provider	Purpose/Reason
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Date	Location	Care Provider	Purpose/Reason
Notes:			

Date	Location	Care Provider	Purpose/Reason
Notes:			



SECTION 5: CALENDAR

CALENDAR

JANUARY

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31

CALENDAR

FEBRUARY

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 28

CALENDAR

MARCH

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31

CALENDAR

APRIL

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 30

CALENDAR

MAY

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31

CALENDAR

JUNE

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 30

CALENDAR

JULY

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31

CALENDAR

AUGUST

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31

CALENDAR

SEPTEMBER

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 30

CALENDAR

OCTOBER

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31

CALENDAR

NOVEMBER

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 30

CALENDAR

DECEMBER

WEEK 1

1 → 7

WEEK 2

8 → 14

WEEK 3

15 → 21

WEEK 4

22 → 31



APPENDIX: SERVICES FOR PATIENTS

SERVICES FOR PATIENTS IN YELLOWKNIFE

Health Services

Stanton Territorial Hospital

Address: 550 Byrne Road

Phone: 867-669-4111

Stanton Medical Clinic

(Located in Stanton Hospital)

Phone: 867-669-4100

Stanton Medical Centre

419 Byrne Road

Phone: 867-669-3100

Yellowknife Primary Care Centre

YK Centre East

4915-48th Street

Phone: 867-920-7777

Frame Lake Community Health Clinic

Frame Lake Plaza

312B Old Airport Road

Phone: 867-873-3512

Mental Health Clinic

Jan Stirling Building

4920 47 Street

Phone: 867-873-7042

Stanton Hospital Eye Clinic

Goga Cho Building

4916-47th Street

Phone: 867-873-3577

Support Services NWT Breast Health/Breast Cancer Action Group

PO Box 1672

Yellowknife, NT X1A 2P3

Email: info@breasthealthnwt.ca

Phone: 867-873-8089

Website: <http://breasthealthnwt.ca/>

Canadian Cancer Society – Northwest Territories Division

Yellowknife, NT

Website: <http://www.cancer.ca/en/?region=ab>

Stanton Territorial Hospital – Aboriginal Wellness Program

3rd Floor, Stanton Territorial Hospital

Address: 550 Byrne Road

Phone: 867-669-4382

Tree of Peace Community Wellness Program

Address: 5011 51st Street, Yellowknife

Phone: 867-873-2864

Community Counselling Program

Phone: 867-920-6522

NWT Seniors' Society

102, 4916-46th Street

Phone: (867) 920-7444

Website: <http://www.nwtseniorssociety.ca/>

Pharmacies

Walmart Pharmacy

313 Old Airport Road
Phone: 867-873-4545

Shoppers Drug Mart Pharmacy

4911-49th Street
Phone: 867-669-4055

Sutherland's Drugs Ltd.

4910 Franklin Ave
Phone: 867-873-4555

Trevor's Independent Grocer

250 Old Airport Road
Phone: 867-766-3195

The Medicine Shoppe Pharmacy

314 Old Airport Road
Phone: 867-920-7775

Recreation Service

Yellowknife Fieldhouse

41 Kam Lake Road
Phone: 867-669-3461
Website: <https://www.yellowknife.ca/en/getting-active/fieldhouse.asp>

Yellowknife Multiplex

45 Kam Lake Road
Phone: 867-669-3457
Website: <https://www.yellowknife.ca/en/getting-active/multiplex.asp>

Yellowknife Public Library

5022-49th Street
Phone: (867) 920-5642
Website: <https://www.yellowknife.ca/en/getting-active/multiplex.asp>

Ruth Inch Memorial Pool

4807-52nd Street
Phone: (867) 920-5683

Check the local phone book for a listing of private gyms and fitness centres in Yellowknife.

**Transportation
Service**

City Cabs Ltd.

Phone: (867) 873-4444

Aurora Taxi Ltd.

Phone: (867) 873-5050

City of Yellowknife Public Transit

<http://www.yellowknife.ca/en/living-here/Schedules-and-Maps.asp>

OTHER RESOURCES

NWT Breast Health/Breast Cancer Action Group

For over two decades, the NWT Breast Health/Breast Cancer Action Group has worked to improve breast health and breast cancer information, services, and support available to NWT women. They implement a number of initiatives such as Art of Healing workshops, survivor retreats, and peer support.

<http://www.breasthealthnwt.ca>

The Seniors Caregiver Guide

The Seniors Caregiver Guide, though not specific for cancer, provides detailed information about caregivers for caregivers, patients, and family and friends.

<http://www.hss.gov.nt.ca/sites/default/files/seniors-caregiver-guide.pdf>

NWT Quitline: 1-866-286-5099

Quitting smoking can improve your health, no matter how often or how long you have smoked. Cigarette smoking alone is responsible for more than 85% of lung cancers across Canada, and is either a direct cause or a contributing factor in many other cancers such as colorectal, cervical, breast, and prostate cancers.

Even after a cancer diagnosis, quitting smoking can slow cancer growth and improve your chances of recovery.

The NWT Quitline is a toll-free, confidential telephone helpline for people who want to quit smoking. Services include:

- Tobacco cessation counselling;
- Personalized call-back program;
- Information material;
- Translation services for all NWT languages; and
- Telephone helpline 24 hours a day, every day.

SERVICES FOR PATIENTS IN EDMONTON, ALBERTA

Pharmacies

Cross Cancer Institute Pharmacy

Patients may be able to request certain prescriptions at the CCI pharmacy. Please note that upfront payment may be required. Phone: 780-432-8710.

Near the CCI:

Medicine Shoppe Pharmacy

#185 College Plaza, 8219-112th Street
Edmonton, Alberta T6G 2L9
Phone: 780-702-1803

Shoppers Drug Mart

10907-82nd Street NW
Edmonton, Alberta T6G 0S7
Phone: 780-433-2424

Near Edmonton Larga House:

Shoppers Drug Mart

1 Kingsway Garden Mall, Unit 192
Edmonton, Alberta T5G 3A6
Phone: 780-474-8237

Halls Pharmacy

10611 Kingsway NW
Edmonton, Alberta T5G 3C8
Phone: 780-420-1037

Medicine Shoppe Pharmacy

10130-111th Ave NW
Edmonton, Alberta T5G 0B3
Phone: 780-425-1384

Royal Pharmacy

11010-101st Street NW
Edmonton, Alberta T5H 4B9
Phone: 780-426-0872

Doan Pharmacy

10920-107th Ave NW
Edmonton, Alberta T5H 0X5
Phone: 780-423-8088

**Inspiring Hope
Support Group
Series**

The Canadian Cancer Society offers free support group sessions for those recently diagnosed with cancer to come together and benefit from the support of professionals, cancer survivors and others facing a similar diagnosis.

Groups are offered as needed, please contact your local Canadian Cancer Society office for information on upcoming groups.

Toll Free: 1-800-263-6750
Edmonton: 780-455-7181

**Wellspring
Edmonton**

Mailing Address: PO Box 68061, Edmonton, AB T6C 4N6
Phone: 780-758-4433
Building Site: 113th Street and 65th Avenue NW,
Edmonton, Alberta
Website: <http://www.wellspringedmonton.ca/>

**Volunteer
Driver Program
(Canadian Cancer
Society)**

This driver service covers the regions of Edmonton, St. Albert, Sherwood Park and Leduc. Please contact the Volunteer Driver Program for additional information:
Toll Free: 1-800-263-6750
Edmonton and Red Deer Phone: 855-477-8998

**Congdon's Aids
to Daily Living
Ltd.**

Congdon's provides home health care products.
Address: 15830 - 100 A Avenue, Edmonton, AB T5P 0L8
Toll Free: 1-800-252-9368
Phone: 780-483-1762
Fax: 780-489-6813
Email: chris@congdon.ab.ca

**Specially for You
Ladies Boutique**

Specially For You Ladies Boutique provides breast prostheses and brassieres and back/abdominal supports.

Address: 15830 100A Ave, Edmonton, AB T5P 0L8
Phone: 780-483-7592
Fax: 780-489-6813
Toll Free: 1-800-252-9368
Email: customerservice@congdon.ab.ca
Website: <http://www.speciallyforyou.ca/>

Gracefully Yours

Gracefully Yours can assist with breast prostheses and brassieres and back/abdominal supports.

They are an authorized vendor for NWT Health Care card holders.

Address: 6242- 99 Street, Edmonton, AB T6E 6C7
Toll Free: 1-800-558-3538
Phone: 780-439-9914
Fax: 780-431-0218
Email: info@gracefullyyour.ca
Website: <http://www.gracefullyyours.ca>

The Wig Service

Wigs are loaned to cancer patients on a donation basis and volunteers provide head shaves, wig washes and wig fittings. The Wig Service has a wide selection of styles and colours for cancer patients to choose from.

Please call ahead to confirm the wig salon is open, as operating hours can change.

Address: 11560 University Avenue, Room 0102
(Lower level), Edmonton, AB T6G 1Z2

Phone: 780-432-8334

Fax: 780-432-8448

Email: acb.ccivols@albertahealthservices.ca

The Wig Boutique

The Wig Boutique services include alterations for fit as well as customized cutting and styling with every purchase. Cancer patients purchasing a wig are given a free wig care kit.

The Wig Boutique also provides services and advice to people outside of Alberta by telephone.

Address: 10123-123 Street NW, Edmonton, AB T5N 1N1

Phone: 780-424-3251

Fax: 780-424-3464

Email: wigs@telusplanet.net

Website: <http://www.thewigboutique.com>

Online Beauty Resources

Look Good Feel Better:

<https://lgfb.ca/en/>

<https://lgfb.ca/en/resources/story/>

YouTube – How to Tie a Headscarf:

<https://www.youtube.com/watch?v=ezt-5nsLYXA&safe=active>

To provide feedback on Navigating your Cancer Journey: A Resource for Cancer Patients in the NWT, please e-mail cancer@gov.nt.ca so we can improve our next version.

You can obtain hard copies of the guide by contacting:

- Your local health centre;
- The Cancer Care Coordinator at Stanton Territorial Hospital (cancer_care_coordinator@gov.nt.ca); or
- Department of Health and Social Services, System Navigator at 867-767-9050 ext. 49008.

An electronic version is available at www.hss.gov.nt.ca and www.cancernwt.ca

Sources:

ⁱ Cancer Care Manitoba

http://www.cancercare.mb.ca/resource/File/PFSS/Cancer_Treatment_Info/English/Chemotherapy_Facts-English.pdf

ⁱⁱ Cancer Care Manitoba

http://www.cancercare.mb.ca/resource/File/PFSS/Cancer_Treatment_Info/English/Radiation_Facts-English.pdf

ⁱⁱⁱ Alaska Native Tribal Health Consortium – *Mind, body and spirit* – Patient Journal.

STANTON HOSPITAL FLOOR PLANS

Ground Floor



1 Main Waiting Area

- Enter main entrance located on the Southeast side of the hospital
- The Waiting Areas is on your right, once inside the doors.
- Please note the main entrance doors into the hospital are locked after 8:00pm. Use the Emergency Room entrance located at the back of the hospital for after-hours emergencies.

2 Information Desk and Registration

- Enter main entrance of hospital
- Information and registration desk will be directly in front of you

3 Stanton Medical Clinic

- Enter main entrance of hospital
- Stanton Medical Clinic will be on your left

4 Emergency Room (ER)

- Follow hallway in front of mail waiting area (1), on a straight path.
- Pass the gift shop (right) and hospital security desk (left).
- Enter through the double doors to the ER
- Please note the main entrance doors into the hospital are locked after 8:00pm. Use the Emergency Room entrance located at the back of the hospital for after-hours emergencies.

5 Patient/Public Quiet Room

- Follow hallway in front of main waiting area (1)
- Pass gift shop (right) and hospital security desk (left)
- Take first left
- Pass behind hospital elevators
- Third door on your right is the Quiet Room entrance

6 Cafeteria and Dining Area

- Pass gift shop (right) and hospital security desk (left)
- Take first left
- Pass behind hospital elevators
- Follow the hallway until you reach an open foyer
- Cafeteria and Dining is to your left past the vending machines

7 Diagnostic Imaging and Hospital Laboratory

- Follow hallway in front of main waiting area (1)
- Pass gift shop (right) and hospital security desk (left)
- Take second hallway on your right
- Second door on your left is entrance for the:
 - i. Laboratory
 - ii. Diagnostic Imaging
 - iii. Breast Screening Program

8 Occupational Therapy and Physiotherapy Unit

- Follow hallway in front of main waiting area (1)
- Pass gift shop (right) and hospital security desk (left)
- Take second hallway on your right
- Pass Diagnostic Imaging and Laboratory on your left
- Enter through third doors on right for Occupational Therapy and Physiotherapy

STANTON HOSPITAL FLOOR PLANS

2nd Floor



9 Pediatrics Unit

- Exit elevator on 2nd floor
- Turn right and continue down hallway
- Pass through double doors
- Turn down first hallway on your left pass through double doors to Pediatrics

10 Surgical Unit and Surgical Daycare

- Exit elevator on 2nd floor
- Turn right and continue down hallway
- Pass through double doors
- Continue straight down hallway
- Nursing station is check-in for Surgical Unit and Surgical Daycare

11 Obstetrics Unit

- Exit elevator on 2nd floor
- Turn left and continue down hallway
- Pass through double doors
- Nursing station is check-in for Obstetrics

12 Dialysis Unit

- Exit elevator on the 2nd floor
- Turn right and continue down the hallway
- Pass through double doors
- Continue straight down hallway
- Continue past the nursing station on your right
- Continue to end of hall
- The 2nd last door on your left is the Dialysis Unit

STANTON HOSPITAL FLOOR PLANS

3rd Floor



13 Medical Day Care

- Exit elevator on the 3rd floor
- Turn left and continue down hallway
- Pass through double doors
- Turn left before arriving at the nursing station
- Continue down the hallway and turn left
- Medical Day Care is located on your right

14 Intensive Care Unit

- Exit elevator on the 3rd floor
- Turn left and continue down hallway
- Pass through double doors
- Continue straight down hallway to nursing station
- Intensive Care Unit is located on your right

15 Hospital Chapel

- Exit elevator on 3rd floor
- Turn left and continue down hallway
- Pass through double doors
- Hospital Chapel can be found through first door on your right.

16 Extended Care Unit

- Exit elevator on the 3rd floor
- Turn right and continue down the hallway
- Buzz the intercom outside the double doors to gain access to the unit

17 Language and Cultural Services – Aboriginal Wellness Program

- Enter main elevators
- Select button labeled 3R (this will give you access to the rear offices of the hospital)
- Exit the backdoor of the elevator
- Turn left, the service window is located directly in front of you

18 Cancer Care Coordinator

- Enter main elevators
- Select button labeled 3R (this will give you access to rear offices of hospital)
- Exit backdoor of elevator
- Turn left and continue down hallway
- Turn right down next hallway to your right
- Cancer Care Coordinator is first door on your right

19 Medical Social Worker

- Enter main elevators
- Select button labeled 3R (this will give you access to rear offices of hospital)
- Exit backdoor of elevator
- Turn left and continue down hallway
- Turn right down next hallway to your right
- Medical Social Worker is first door on your left

20 Psychiatric Unit

- Exit elevator on 3rd floor
- Turn left and continue down hallway
- Pass through double doors
- Turn right down first hallway
- Ring buzzer for access
- Pass through the double doors in to the Psychiatric Unit

