



seniors to seniors

talking about cancer



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Access

Copies of this document are available for downloading at www.bcpqa.bc.ca and www.seniorsmentalhealth.ca.

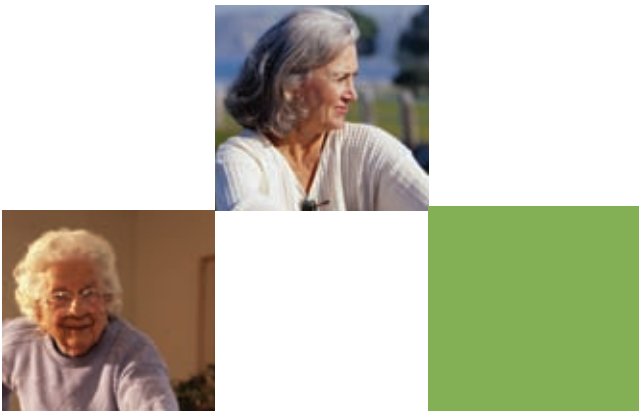
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Cancer is a disease of older Canadians. Cancer can be challenging to emotional well-being and mental health, especially in the face of other changes and losses that commonly occur in late life, such as declines in health and functioning, visual and hearing impairments, the death of partners and other contemporaries, relocation, or, caregiving responsibilities. At the same time, seniors have a life time of experience and wisdom to draw upon in dealing with cancer.

The purpose of this booklet is to share the experiences and wisdom of seniors with cancer with others who are just beginning their own cancer journeys. Eighty-four older men and women were interviewed across Canada about their cancer experiences, the challenges to their emotional well-being and mental health, and how they cope. In this booklet, in their own words, seniors share with other seniors, what they have learned on their cancer journeys. We hope you find this helpful.

The men and women who have shared their experiences in this booklet have a variety of cancers (for example, breast, prostate, lung, ovary), and are at different points in their cancer journey. Some are married, others single or widowed. Some live with a partner while others live alone or with family. Their ages range from 65-94 years old.



THE CANCER EXPERIENCE

Most seniors said they were shocked by the diagnosis and frightened by what might be ahead.

"I just felt like life was over; I was going to die."

"I was scared to death."

"It is just like you're lying on a railway track and the train is coming."

"Well everybody's biggest fear is you know, is it going to kill me now or later?"

Many seniors reported feeling anxious, depressed and at times overwhelmed by their cancer treatment.

"I felt a sense of helplessness."

"The worst you feel mentally is when you're physically bad which is when in the middle of chemotherapy I'd say is when the symptoms, the side effects, you get them after a couple of days and I suppose mine would last for a few days. And that's the absolute worst; you feel a lot of fatigue and then feeling sick and stuff and not being able to taste things properly. So that's kind of depressing."

"Like I say, six or eight weeks after treatment, I had an awful down."

"I used to get very depressed waiting there to have the treatment done."

COPING WITH THE CHALLENGES OF CANCER: WHAT SENIORS SAID

Although seniors spoke about emotional and mental health challenges associated with their cancer experiences they also shared many strategies that helped them to cope. The most important message from seniors with cancer to other seniors was: ***Take charge! Manage your attitude, your life, your feelings and your treatment!***

MANAGE YOUR ATTITUDE

Be positive.

Almost every person we spoke to stressed the importance of keeping a positive attitude.

"I think worry is like the old saying... 'It's like a rocking chair, it gives you something to do but it gets you nowhere'."

"You can't send it back; you can't give it to somebody else; you know, it's yours and deal with it."

"Attitude does help. If you sit at home and dwell on it I think it's going to make you feel worse and possibly it's going to make you worse. I don't know, but I think if you can only just get over that hurdle and look positively at everything, I do think it's going to help."

"You can keep your spirits up by surrounding yourself with caring people."

"You have to protect yourself from negative people, because the cancer is negative enough. You don't want to let any other negativity get in."

"I went into that whole thing believing that they were going to cure me, they were going to cure the cancer. This is what they were there for. I believed that they were well trained. And so right from my own doctor through all the people that I met, I looked at each of these people as a competent professional whose task was to help me regain full health. I think if you don't, this is a weak link in the program. And especially when the nasty things are going on."

"I think that that has helped me a whole lot, to be positive and know that you're in good hands, and you're not the only one."

Tips:

Every person is different and has different supports and resources from which to draw upon in keeping positive. Based on what seniors told us about how they maintained a positive attitude, the following suggestions might be helpful to you.

- ✓ Identify the things that make you feel good and make them part of your day—seniors told us about sitting in the sun, reading the Bible, listening to music, talking to friends with positive attitudes themselves, exercise, watching uplifting movies.
- ✓ Look for ways to be useful. Seniors reported that feeling useful offset helpless feelings and allowed them to feel more in control. What they were able to do varied with how well they were feeling. Some of the things seniors told us about were contributing to a school bake sale, writing down family stories for grandchildren, taking a neighbor shopping, volunteering for telephone visiting or driving others with cancer to their appointments.
- ✓ Focus on the future—set reachable short and long term goals. Seniors described things like planning what to plant in the Spring, planning a trip for after treatment.
- ✓ Avoid negative people.
- ✓ Having a mantra—or positive affirmation can be helpful in controlling negative thoughts.

Count your blessings.

Counting their blessings was one way many seniors stayed positive. Seniors talked about how this put the cancer experience into the perspective of their lives and also took the sting out of the diagnosis.

"It's easier to do this when you are older. I'm retired. I can't imagine having to go through all this and trying to keep my job if I was working, and deal with things financially."

"Well I figured I was 65 when I was diagnosed and I look back at my mom. She wasn't 25 when she died. So I've had all those years and I had a good life and my kids were good... no better than anybody else's but they never gave us any trouble. So I thought why worry about stuff? I mean I've had a good life."

"It's better to be older and retired and not have money worries like mortgages and kids, you know?"

"That's one thing about these meetings. You go in and you see somebody else in a worse state than yourself and it makes you put things into perspective."

"I remember seeing him and I thought my God, if he's living it... at that time he'd had had cancer for so long that I thought well if he can live through it, I can beat it too. I'm a stubborn bull-headed person."

"When you've got a life-threatening disease, nature seems even better and you notice things more if they're good. And the fact that you're laid down low so many times with the stupid chemotherapy, it makes you appreciate good things after, you know food and going out and doing things and stuff."

"When I went home after I had been told I had cancer, it was extraordinary that everything became brighter. My life in general was somehow enriched because of the recognition of the possibility that it might be brought to an end quicker than I had thought it might."

Tips:

- ✓ Think about the positive relationships you have today and in the past—the people you care (or have cared) about and those who care about you. When things are tough take comfort from these relationships.
- ✓ Think about the good things that have happened in your life and review them when you are feeling down. Focus on the good feelings associated with these experiences.
- ✓ Find at least one thing to be grateful about every day.
- ✓ Focus on what you can do, not what you cannot do.

Keep a sense of humour.

Seniors told us that humour can help to make the hard times bearable and that a good laugh is a positive experience.

"A sense of humour is essential. I know it's hard for people sometimes, but if you think about it, you know, the difference between being—well, not exactly happy, but laughing—being on top of it—and making fun of it. The difference between that and being gloomy. I mean this whole process lasted for over a year for me. You can't be gloomy for a whole year."

"I watch a lot of comedy stuff. If you are laughing you can't cry!"

"I read that laughing reduces stress so I am always looking for ways to laugh."

"At our support group we have a good laugh—it really helps to take the edge off of things if you can find a funny side—sometimes its MASH humour."

"I tease the chemo staff and they tease me—it lightens things up a bit."

Tips:

- ✓ Have a comedy fest—watch a funny movie whenever you feel down.
- ✓ Make a joke—this will give permission to others to joke too.
- ✓ What makes you laugh—cartoons, comics, internet jokes, movies, books—find out and then use them.
- ✓ Seek out cheerful people who like to laugh.
- ✓ Spend time with small children or animals.

MANAGE YOUR LIFE

Seniors told us over and over about the importance of maintaining, as much as possible, daily routines, pleasures and activities. They said that cancer should be treated as an obstacle that sometimes needs to be worked around but isn't the centre of their lives.

Live—don't let the cancer take over your life.

"And I went through radiation and chemo and I said, 'If I've got a year, or if I've got ten years, I'm going to make the most it.' It's sixteen years later."

"Do something everyday that you enjoy doing, besides the jobs you have to do and just you know, take one day at a time and try and work around it."

"Get out and meet people and keep your friends and as much of your usual life as you can."

"Put the cancer in the back of your mind... don't make it your main thing you think about every day."

"Do things you have put off. I've done a few things that I'd put off because I'm now conscious of...well we all know that we're going to die."

"I think just to remain positive was one of my goals and I wasn't going to let this take my life away because I have things to do and I have people to see and I have places to go."

"I just went on living and leading the best life I could, you know, and did whatever I could do."

Tips:

- ✓ Keep a positive attitude—it helps to keep cancer in perspective.
- ✓ Set goals and carry them out—hourly, daily, weekly or monthly depending on how things are going.
- ✓ Don't drop the things you enjoy. Seniors talked about the need sometimes to adapt in order to maintain activities they usually enjoyed—for example instead of golfing they might go to the golf club to meet friends for lunch or watch golf on television.
- ✓ Let family and friends know that you want to stay involved. Seniors told us that sometimes others thought something might be "too much" for them, but didn't ask, leaving them left out and feeling hurt.
- ✓ Roll with the punches. Seniors identified the need to work around cancer treatments which sometimes meant rescheduling plans. They stressed that it was better to make plans and cancel than it was to anticipate problems.

Stay healthy-keep active and involved.

Eating well and keeping physically and socially active are always important to good health and emotional well-being. For those with cancer this is even more true but the challenges of treatment may require adjustments.

"During treatment food tasted and smelled terrible. The nutritionist helped me a lot to keep the weight on."

"You've got to do what you're supposed to do, eat healthy, keep active, keep exercising, keep your mind going, play bridge, do something."

"Do things you enjoy. For me sewing, knitting and crocheting are therapeutic. If I was upset about something then I could go and sit at the sewing machine and it would sort of take my mind off of what was bothering me."

"I write letters. I read. I watch DVDs. It is important to keep your mind busy."

"I spend as much time as I can with the grandkids—they're a great distraction."

"I volunteer at the Humane Society when I am up to it."

"I have really worked at keeping up in the things I have always been involved in. I call it keeping in touch with my healthy side."

"Try and meet your friends. If you can't see them just use the phone and email and stuff like that."

Tips:

- ✓ Consider ways you can adapt the things you usually enjoy to the current circumstances. For example, instead of making a big family dinner, order food in or have a pot luck.
- ✓ Keep in touch with those important to you—visiting may be hard but sending a post card or email can keep contact.
- ✓ Be frank if you need to reschedule rather than give up an activity.
- ✓ Modify exercise to suit the circumstances but do keep moving.
- ✓ Use available resources to ensure you do not become housebound.

Accept help from family, friends and others.

Almost every senior we spoke to talked about the need for help at times and about the importance of support they received from family and friends. Support groups were very important to many seniors. Some seniors felt uncomfortable about needing to depend on others more than they were used to.

"Let your family support you. My family were right there when I found out. They have been such a blessing."

"Reach out. There's help there, but you've got to reach out."

"I got people to help me find and understand information about my cancer and the treatment options."

"I wasn't a group person but that support group was probably the best thing that happened to me because there were lots of other people that had gone through it... having seen many people there having gone through it and are still alive today and can tell about it... It's not as bad as it looks at first."

"I find myself warming to that support group more and more and learning and having an incentive to learn, just going to it kind of wakes me up."

"Don't try to take things on that you're not able to do, just look for people to help you."

"I've got some very good friends who sort of faithfully drive me to hospital appointments. And also, you know, they keep in touch and send me funny emails, stuff like that. And I meet them for lunch when I can. I can now because I'm in between treatment and surgery."

"It was hard for me to take help—I've always been the giver and the doer. Finally one of my friends said it was their turn and refusing was selfish because I wasn't letting them pay me back."

"At first I didn't like having the Home Support people coming—I felt uncomfortable about letting them do my cleaning—but I got used to it and she was really friendly too."

Tips:

- ✓ Find out what services are available in your community for seniors and related to cancer care. Good places to start are with the Cancer Clinic, your provincial health service, and the major community volunteer service in your town. (In the back of this booklet resources are identified for each province.)
- ✓ See if there is a cancer navigator. They can help to identify the services and resources appropriate to your situation.
- ✓ If feeling indebted really bothers you, find small ways to repay those that help you—this could be a thank you card, something home baked or a promise for the future to return a favour.
- ✓ Pass the help along—think of ways you could help someone else when you have recovered.

MANAGE YOUR FEELINGS

Use your life experiences to cope today.

Seniors have the advantage of having a great deal of life experience to draw upon, including other hard times. This can be helpful in coping with the cancer experience.

"At age 15, I almost died with juvenile diabetes. I was within hours of dying—I've been here before."

"But I think it was the fact that I wasn't suffering like they were. I was quite happy with that and I thought, oh well, I can face this. This is nothing to what others have gone through."

"I have dealt with worse things than this—I was a POW in Japan—that was bad."

"I know how to deal with sickness. I looked after my husband with MS for a lot of years. That's given me a certain comfort level in dealing with hospitals and doctors."

"I ran my own business. I'm using the same people, organizational and research skills to manage this cancer."

"At my stage of life, there's certain things that have happened and I've managed to get through, and this is another thing I have to get through. It has helped."

"During the war and people took care of us and that had to have an effect on us. How my mother dealt with things when bombs were dropping and things like that. Maybe I learned something from that (about coping)."

"We lost a child... I had a son who had 3 kidney transplants, 1 girl who was ill... so we had a lot of things happen, a lot of people critically ill, and it makes you far more compassionate and understanding of others who go through physical and emotional traumas and I think that what we have suffered in a funny way becomes a blessing now."

"If you're down a little bit, you revisit a peak experience. You remember when you received a standing ovation, for instance, and you go back into that, there in the theatre—and somehow the cancer disappears."

"We had riches from our life which we could just bring to bear on the cancer."

Tips:

- ✓ Consider the previous life difficulties you have experienced and how you managed them. What helped you to get through the experience.
- ✓ Focus on your past successes in dealing with tough times and give yourself credit for coping then. Recognize your strengths. Think about these when feeling overwhelmed or down.

Find an outlet for negative feelings.

Many seniors were able share their negative feelings with family or friends. However, many other seniors told us that they felt family members were more distressed by the cancer than they were themselves. As a result some of these seniors felt unable to share the tough parts of their experience for fear of upsetting or over-burdening family. Support groups and professional counselors were found very supportive by these and other seniors. Seniors also identified activities that helped them to manage feelings.

"I'm on my own but my Doctor is great. I just open up and talk to him and I come out feeling better."

"At first I was hiding things from my husband about the way I felt—I didn't want to worry him. Then I realized I was really closing him out and hurting him more than worry would. It was a relief to talk."

"Latch on to that friend, husband, daughter, son, who is giving you the most strength and just hold on because I think that that is what has brought me to where I am right now."

"The support group was such a great thing for me. My daughter and sisters especially were so afraid they were going to get breast cancer too, I couldn't talk to them."

"I said to each member of my family, this is the situation, I am not worried. When I'm worried, I'll tell you, and then you can worry, if you wish."

"Get professional counseling if you need it. I was a basket case—I couldn't sleep eat or think until I started seeing a psychologist. It took awhile but it did help me get hold of myself."

"I have a friend I can cry with when I really need to—it feels better."

"I have a friend who's been through prostate cancer and we talk—it helps us both."

"I'm a very private person. I don't like to show my feelings but I write in a journal sometimes."

"I walk as much as I can—it gets rid of the bad feelings for me."

"I could not go through this experience without my faith and prayers."

"They showed me deep breathing and I find it helps to keep me feeling grounded."

"I have cats. They're a nuisance but they're a big comfort. When you're looking after something else, you're not worried about yourself so much."

"Tell your experiences to other people with cancer—you can help them and you that way."

Tips:

- ✓ Find someone with whom you can be open about your feelings. This could be family, friends, a support group, your religious leader, your physician, a professional on your support team.
- ✓ Explore creative ways (journaling, painting) and physical ways (walking, cleaning) of “working off” feelings.
- ✓ Consider spiritual avenues for managing feelings.
- ✓ Pets can be comforting.

MANAGE YOUR TREATMENT

Be sure that you hear and comprehend the information provided.

Many seniors reported that anxious feelings made it very difficult for them to take in the information they were being given. Sometimes the language was unfamiliar or the physicians spoke too quickly for them to fully comprehend what was being said. This was sometimes exacerbated by hearing deficits or by the physician rushing.

“My daughter-in-law went with me to every appointment and she took notes.”

“I tell them to speak right up and I always took notes.”

“I’d sit down and I probably wouldn’t know one thing when I went about what the doctor said.”

“I highly recommend that in that situation people take somebody near to them or a tape recorder.”

“My younger son came to see the oncologist with me because I needed his memory—mine wasn’t so good.”

Tips:

- ✓ Take someone with you to appointments so you can discuss what you heard later.
- ✓ Take notes or record the appointment so you have something to refer back to.
- ✓ If you do not understand something, ask.
- ✓ Ask for written information or about where you can obtain some.
- ✓ After your appointment when you have had time to review what was said, make a list of questions. Later, ask the physician, the nurse practitioner or another member of the treatment team to answer these for you.

Obtain all the information you can.

There is a tremendous amount of information available about cancer and cancer treatments that is available to the general public. The internet was identified by seniors as the largest repository of information—about medical and alternative treatments and with chat rooms where others with specific forms of cancer share information. Support groups were seen as a place to share information locally about services, physicians and treatments. The importance of having some way of evaluating the credibility of information was identified by some seniors.

"You have to know something about your cancer and all the treatments. You have to educate yourself."

"The internet is a tremendous resource. Getting information from other sources is probably available, but you can do it much better on the internet."

"Prepare yourself with as much information about what to expect as you can. I read several books and it kind of prepared me for what was coming and sure, some of the things were frightening but not things that a person can't live with."

"Even before I had had the biopsy that showed that I had cancer, I started reading. I used the public library and I read everything that I could possibly find so that when the time came to meet both the surgeon over the biopsy and then the oncologist at the cancer clinic, I was ready to have a discussion rather than asking questions because I had already got the information that I needed."

"Talk to people in your support group. In mine at least two people had the same surgeon that I chose, reinforcing again what I learned from other people that I knew. He's a good surgeon; you can trust him."

"The navigator was great at explaining things and in helping me to find the help I needed when I needed it."

"If people do want to get information, go to the library at the Cancer Agency. I explained to them what I wanted and would they recommend anything, and the librarian took me to a certain section of the library and said, now here's this, and there's that. Later she came back and said, I've found some more stuff. So she was working on my problem at the same time."

"You've got to have your antenna up. There's a lot of good information and a lot of garbage. There are a lot of people trying to sell you something. You have to be careful what you latch on to."

Tips:

- ✓ Use the internet. If you do not have the skills seniors suggested enlisting someone you know or a librarian.
- ✓ Check out your sources. Information from the Mayo Clinic is likely to be more credible than someone's blog.
- ✓ Share any questions that arise from your research with your physicians.
- ✓ The Cancer Clinics are rich sources of information.

Be proactive and assertive with physicians and others providing care.

By and large the seniors we spoke with felt positive about their cancer care once they got into the cancer care system. They expressed confidence in their physicians and in the other members of their treatment team. They noted however that communication was sometimes compromised by lack of time at appointments, feeling rushed, and very occasionally by attitude.

"Ask all the questions you possibly can because there's no stupid question."

"You have to learn to stand up for yourself. That's one thing I had to learn there. You have to look out for yourself."

"If I go into a doctor's office and they start speaking in medical terms, I say, 'Speak in my language'."

"You cannot wait for others to call you back. It's the bottom line to me. At some point I came to the decision I'm not going to wait, I'm going to call. Somebody says he calls me at 4:00, I wait to 4:00. About ten minutes after 4:00, I call."

"I brought some of that information to the oncologist and he hadn't heard it. It was news to him."

"If I want something I am really interested in or something I am worried about, well then I demand the Doctor's attention away from the computer."

"I think people think that they go to the doctor and they have their x-rays or their mammograms or whatever and they sit back and say 'well I've done it,' but you should go back, because sometimes I think these things get lost in the shuffle of the information."

"Follow up yourself on tests—things can fall through the cracks—make sure the Doctor actually got the results."

Tips:

- ✓ Do not assume no news is good news—check that test results have been received.
- ✓ Ask for referrals to nutritionists, social workers or to others you feel would be helpful.
- ✓ Ask for a second opinion if your questions are not satisfactorily answered.
- ✓ Take someone who can speak up for you to appointments if you feel it would be helpful.
- ✓ Ask for a referral to the closest cancer clinic.

Put your affairs in order and then forget about them.

Most of the seniors we talked with had at least a Will in place prior to their diagnosis. Almost everyone spoke of the cancer diagnosis as simply reminding them that they were going to die at some point. For some this led to ensuring their affairs were in order.

"There's a certain peace of mind knowing that you've taken care of things."

"I did Advanced Care Directive so that worst case scenario I would still be in charge then I went over everything with the family and got on with living."

"Once our affairs were organized we just tried to live our life the way we always did. We didn't think about death. Even though we had made these preparations, it no longer has a place in our daily life."

"I bought a new car and it was in her name—things like that. I bought an all wheel drive, in case she had to drive on her own."

"I redid my life insurance and I did a whole bunch of stuff to get my wife financially you know, she's not great with money. So I wanted to get everything paid off and out of the way. And I gave her a list of what to do and how to do it."

"There are things you may want to look at in terms of financial planning, your living accommodation; in terms of the mechanics of living... I raised some of these issues with one of the doctors."

"I went home and changed my will and sold all my stocks and things like that."

Tips:

- ✓ Having a plan for all contingencies is a way of taking charge according to some seniors. Consider talking to your physician about the care you would like (or not like) in different circumstances. Consider documenting your decisions in an Advanced Care Directive tool.
- ✓ Share any wishes you have about treatment choices, end of life or funeral plans with those closest to you.

RESOURCES

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Cancer Programs

Breast Cancer

Peer-led support groups for women with breast cancer are available in some Canadian communities. These organizations provide information, emotional support and listings of support groups for people of all ages specific to breast cancer:

Canadian Breast Cancer Foundation (www.cbcbf.org)

Willow-Breast Cancer Support Canada (www.willow.org)

Canadian Breast Cancer Network (www.cbcn.ca)

Canadian Cancer Society

The following services are available from the Canadian Cancer Society (www.cancer.ca, toll free: 1-888-939-3333):

- The **Cancer Information Service** provides reliable cancer information anywhere in Canada from 9 am to 6 pm. Information specialists with health care backgrounds, who are knowledgeable about cancer and support services, provide information in a clear, sensitive and non-judgmental manner. This service does not advise or recommend care. Information is also available through the website, publications and the Canadian Cancer Encyclopedia (CCE).
- The **Community Services Directory** is an online directory that has over 4,000 cancer related services listed. This service is available directly through the internet (www.cancer.ca), by email or by contacting the toll free number and speaking with an Information Specialist. Community Services include Transportation, Peer Support and the Smokers' Helpline.

- **CancerConnection** is available to any adult with cancer. CancerConnection will match you up according to what is most important to you. It may be that you are looking for someone who had a treatment you are considering, or someone who had the side effects you are experiencing, or maybe you are looking for less cancer-specific criteria like someone who had young children at the time of their diagnosis. There is nothing quite like talking to someone who understands what you are going through because they have been there.
- **Coping with Cancer** provides an assortment of information (e.g., Living with Cancer; Managing Side Effects; Managing Stress; Nutrition During Treatment) available on the Canadian Cancer Society website. The Canadian Cancer Society may have information about support groups facilitated by volunteers, peers and professionals. Some support groups address a specific cancer, such as breast cancer support groups and prostate cancer support groups. Other support groups are designed to address issues that may be common to different types of cancer diagnoses.

Wellspring (www.wellspring.ca, toll-free: 1-877-499-9904)

Provides a wide range of cancer support programs and services, at no charge, to meet the emotional, social, psychological and informational needs of people living with cancer and those who care for them. Wellspring centres are non-institutional and non-residential. They are warm and supportive community efforts based on the needs of patients and their loved ones. Wellspring locations are found in different communities across Canada.

Palliative Care

Palliative care is a special kind of health care for individuals and families who are living with a life threatening illness, usually at an advanced stage. The Public Health Agency of Canada provides a Palliative Care Information Sheet for Seniors located at this website - http://www.hc-sc.gc.ca/seniors-aines//pubs/info_sheets/palliative_care/pall_e.htm. This information sheet answers some of the questions seniors frequently ask about palliative care (sometimes called hospice care). It also suggests where seniors can learn more about the services available.

Provincial Cancer Agencies

These government agencies have a direct relationship to the provincial health ministry of the province to ensure cancer care for residents. As such, contact with the cancer agency in your province may provide a first step toward connecting with caregivers and health care providers who have knowledge of the programs specific to residents of your province/territory and community.

Alberta Cancer Board: www.cancerboard.ab.ca

British Columbia Cancer Agency: www.bccancer.bc.ca

Cancer Care Manitoba: www.cancercare.mb.ca

Cancer Care Ontario: www.cancercare.on.ca

Cancer Care Nova Scotia: www.cancercare.ns.ca

New Brunswick Cancer Network: www.gnb.ca/0051/cancer/index-e.asp

Saskatchewan Cancer Agency: www.saskcancer.ca

Quebec Centre for Cancer Control / Direction de lutte contre le cancer: http://www.msss.gouv.qc.ca/sujets/prob_sante/cancer/index.php?lutte_contre_le_cancer/

Prince Edward Island Cancer Treatment Centre:
<http://www.cancercentre.pe.ca/>

Newfoundland Cancer Treatment and Research Foundation:
www.nctrf.nf.ca

Yukon Health and Social Services: www.hss.gov.yk.ca

Northwest Territories Health and Social Services:
www.hlthss.gov.nt.ca

Nunavut: www.itk.ca/health

