Cancer Treatment Tips

CancerCare MANITOBA

Inuktitut

Cancer Treatment Tips

To phone CancerCare Manitoba, call:

675 McDermot Ave attached to Health Sciences Centre	787-2197
409 Tache Ave attached to St Boniface Hospital	237-2033
Toll Free 1-866-561-1026 (both sites)	

Do you need an interpreter?

When you are called about an appointment you can ask to have an interpreter attend. This needs to be arranged before coming to the cancer centre for your appointment. Interpreters are available free of charge for many languages.

Helpful Tips

- Bring a friend or family member to your appointments.
- Make a list of your medications or bring your medications with you to appointments. This includes prescribed drugs, traditional medications, over-the-counter products, vitamins and herbs.
- Tell your doctor if you have any allergies.
- Make a list of any questions you have and write down how you felt after your treatment. Bring it to your next appointment.
- Having a dental check up before you start treatment is advised.

ᑲᓐᓱᖃᑐᓄᑦ ᐃᑲᔪᖅᑕᐅᔪᑎᑦ ᐊᑐᒐᒃᓴᑦ

ᐅᖃᓗᑎᑯᑦ CancerCare Manitoba ᐅᖃᓚᓗᑎᑦ:

675 McDermot Ave ᐃᓚᖏᔭᖓ Health Sciences Centre 787-2197

409 Tache Ave ᐃᓚᖏᔭᖓ St Boniface Hospital 237-2033

ᐊᑭᑲᖅᖏᑐᖅ 1-866-561-1026 (ᑕᒪᐃᓄᑦ)

ᑐᓴᔨᖃᕆᐊᑲᓐᐱᑦ?

ᐅᖃᐅᑎᔭᐅᖑᕕᑦ ᑕᑯᔭᐅᕕᒃᓴᖅᓂᒃ ᐊᐱᕆᔪᓇᖅᑐᑎᑦ ᑐᓴᔨᖃᕆᐊᖃᕈᕕᑦ ᑐᓴᔨᖃᕈᒪᓗᑎᑦ.
ᑕᒪᑯᐊ ᓇᓗᓇᐃᖅᐸᒋᖅᓯᒪᕆᐊᑲᖅᑐᑦ ᑕᑯᒥᐊᓚᐅᖅᑎᓇᒃ ᑐᓴᔨᑕᑲᖅᑐᖅ ᐊᑭᑲᖅᒋᑐᑦ ᐅᖃᐅᓯᓂᒃ ᐊᓚᒋᓂᒃ ᐊᒥᓱᓂᒃ ᑐᓴᔨᓴᑕᖃᐅᖅᑐᖅ.

ᐃᑲᔪᐸᓕᕈᑎᒃᓴᑦ

- ᐱᖃᑎᖃᕈᓇᖅᑐᑎᑦ ᐃᓚᒃᓂᒃ ᐃᓚᓐᓇᖅᓂᒃ ᑕᑯᔭᐅᔭᖅᑐᖅᑐᓕᕈᕕᑦ
- ᓇᓗᓇᐃᖅᓯᒪᓗᒋᑦ ᐃᔭᒐᐃᑦ ᐊᑐᖅᑕᑎᑦ ᐅᕙᓗᓂᑦ ᐃᔭᒐᐃᑦ ᐊᑐᖅᑕᑎᑦ ᓇᒃᓴᖅᓗᖏᑦ ᑕᑯᔭᐅᔭᖅᑐᓕᕈᕕᑦ. ᑕᒪᑯᐊ ᐃᔭᒐᐃᑦ ᐊᑐᖅᑕᑎᑦ ᐅᕙᓗᓂᑦ ᐃᔭᒐᓕᐅᖅᑕᐅᓯᒪᔪᑦ ᐃᓕᖁᓯᑐᖃᑎᒍᑦ ᓂᐅᕕᐊᒍᓂᑯᐃᑦᓗᓂᑦ ᐊᓐᓂᐊᓇᒥᔪᑎᑦ
- ᐅᖃᐅᑎᓗᒍ ᐃᓗᐊᓴᐃᔨᑦ ᐱᔪᓇᐊᖅᑲᒋᑕᖅᓂᒃ ᓇᒪᒍᓱᒋᑲᒐᑦ ᑎᒥ
- ᓇᓗᓇᐃᖅᓯᒪᓗᖏᑦ ᐊᐱᖅᑯᓯᒃᓴᑎᑦ ᐊᒪᓗ ᑎᑎᕋᒃᓗᑎᑦ ᖃᓄᖅ ᐃᒃᐱᖕᒋᓂᖅᑲᓚᐅᖅᒪᒪᖅᐱᑦ ᐱᓕᕆᐊᒍᐊᓂᒃᑲᐱᑦ. ᑕᑯᔭᐅᑲᓂᓕᖅᕈᕕᑦ ᑕᒪᑯᐊ ᓇᒃᓴᖅᓗᖏᑦ
- ᑭᒍᓯᓇᔨᒥᒃ ᑕᑯᔭᓇᖅᑐᑎᑦ ᐱᓕᕆᐊᒍᓚᐅᖅᑲᓇᒃ ᑕᒪᓇ ᐱᐅᓇᔭᕐᑐᖅ

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- Allow enough time to find parking if you are driving yourself. A list of parking areas can be found in the CancerCare Manitoba Patient & Family Information guide. Call 787-2197 or toll free 1-866-561-1026 if you did not receive a copy or read it on line at http://www.cancercare.mb.ca/home/patients_and _family/
- Call the volunteer driver program at 787-4121 if you need a ride to cancer medical or treatment appointments. You need to arrange this at least 3 days in advance. There is a small fee.

Call these free services at CancerCare Manitoba:

- the patient representative at 787-2065 if you have concerns about your care.
- a pharmacist at 787-1902 about chemo, or about medications or supplements you take now, during treatment or when treatment is finished.
- a dietitian at 787-2109 if you have trouble with your appetite or with eating.
- a counsellor at 787-2109 for help with your feelings, relationships and finances.
- your doctor or nurse about any concerns.

- ᓇᒥᓂᖅ ᓄᓇᑯᕈᑎᑐᕈᕕᑦ ᐃᓂᒃᓴᖅᓯᐊᓇᐊᕐᓗᑎᑦ. ᑕᒪᑯᐊ ᓄᖅᑕᕕᐅᔪᓇᖅᑐᑦ ᓇᓗᓇᐃᖅᓯᒪᔪᑦ ᑕᐃᑲᓂ ᑕᑯᔪᓇᖅᑕᑎᑦ CancerCare Manitoba Patient & Family Information ᐃᓚᒥᒍᔪᓄᑦᓗ ᖃᐅᔨᔪᑎᒥᓄᑦ ᐅᖃᓗᑎᖃᑐᖅ 787-2197 ᐅᕙᓗᓂᑦ ᐊᑭᑲᖅᒥᑐᑯᑦ ᐅᕗᖓ 1-866-561-1026 ᑎᑎᕋᓯᒪᔪᒥ ᑎᑎᕐᕿᓇᒍᕕᐅᒃ ᖃᓇᑕᐅᔭᑯᑦ ᐅᕗᖓ ᓯᕙᓂᕈᓇᕐᑕᐃᑦ http://www.cancercare.mb.ca/home/patients_and _family/
- ᐃᑲᔪᖅᑎᐅᔪᖅ ᓯᕙᓂᕈᓇᖅᑕᐃᑦ ᑕᐃᑲᓂ ᐅᖃᓗᑎᑲᖅᑐᖅ 787-4121 ᐊᔭᑕᐅᔭᓇᐊᖃᕈᕕᑦ ᐃᓗᐊᖅᓴᖅᑕᐅᕕᒃᒧᑦ ᑕᑯᔭᐅᕕᒥᓂᐊᖅᑕᖅᓄᑦᓗᓂᑦ. ᑕᒪᑯᐊ ᓇᓗᓇᐃᖅᐸᒥᖅᓯᒪᓗᒥᑦ ᐅᑉᓗᑦ ᐱᖓᓱᑦ ᓯᕗᓚᓂ . ᐊᒥᔪᒥᑐᒥᒃ ᐊᑭᖃᖁᔭᖅᑐᖅ

ᑕᑯᐊ ᓯ ᕙᓂᕈᓇᖅᑕᑎᑦ ᐊᑭᑲᖅᒥᑐᖅ ᑲᒪᔨᑦ CancerCare Manitoba

- ᐊᓐᓂᐊᖅᕕᓚᐊᖅᓯᒪᔪᓄᑦ ᐃᑲᔪᖅᑎᐅᔪᖅ 787-2065 ᐃᓱᒪᓗᑎᖃᕈᕕᑦ.
- ᐃᓚᓇᕕᒃᒥ ᐅᖃᓗᑕ 787-1902 ᐅᑕᖅᑕᐅᓂᒧᑦ ᐅᕙᓗᓂᑦ ᐃᔭᒐᖅᓄᑦ ᐊᑐᖅᑕᖅᓄᑦ ᐊᓯᒥᓄᓗ ᐃᔭᒐᖅᓄᑦ ᐊᑐᕈᕕᑦ ᖃᐅᔨᓴᖅᑕᐅᓯᒪᑎᑦᓗᑎᑦ ᐅᕙᓗᓂᑦ ᐱᐊᓂᒃᑕᐅᓯᒪᓚᕈᕕᑦ.
- ᓂᕿᓯᐊᓚᓇᔨ ᐅᖃᓗᑕ 787-2109 ᓂᓇᓯᐊᑕᒥᑯᕕᑦ ᑲᒃᑕᒥᑯᕕᑦᓗᓂᑦ
- ᐃᑲᔪᖅᑎ ᐅᖃᓗᑕ 787-2109 ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᓱᒪᓗᑎᖃᕈᕕᑦᓗᓂᑦ ᐃᒃᐱᒥᖃᓗᐊᕈᕕᑦᓗᓂᑦ ᐃᓚᒥᓂᖅᒧᑦ ᐅᕙᓗᓂᑦ ᑭᓇᐅᔭᓚᓇᓂᖅᒧᑦ
- ᓇᔭᒍᐊᓇᔭᐃᑦ ᐅᓗᓂᑦ ᐃᓗᐊᖅᓴᐃᐳᒥᔭᐃᑦ ᓱᓇᑐᐃᓇᖅᒥᒃ ᐃᓱᒪᒥᔭ ᖃᕈᕕᑦ

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CancerCare Manitoba has translated other cancer treatment information. Topics and links can be seen below.

The Canadian Cancer Society has some translated information that can be found at www.cancer.ca.

You may contact the CancerCare Manitoba resource centres for help viewing or printing the information. Call:

- Breast Cancer Centre of Hope 788-8080
- Patient and Family Resource Centre 787-4357

Other CancerCare Manitoba's translated topics:

Chemotherapy
Constipation (unable to move your bowels)
Diarrhea (loose or watery stool)
Fatigue (feeling weak and tired)
Mucositis (sore mouth and throat)
Nausea and Vomiting (feeling sick to your stomach/throwing up)
Nutrition
Radiation
The Emotional Impact of Cancer

Topics are available in other languages and are listed on the CancerCare Manitoba website at: www.cancercare.mb.ca/translated_treatment_info

CancerCare Manitoba ᐃᓄᒃᑎᑐᓕᕆᓯᒪᔪᑦ ᑕᒪᑯᓂᖕᒐ ᐊᑐᒐᒃᓴᐅᔪᓂᒃ ᑐᓴᕈᒥᓇᖅᑐᓂᒃᓗ ᑕᒪᑯᐊ ᑕᑯᔭᓇᖅᑕᑎᑦ ᓱᓇᐅᒪᒐᑕ ᐊᑕᓂ ᑕᒪᓂ

Canadian Cancer Society ᐃᓄᒃᑎᑐᓕᐅᖅᓯᒪᔪᓂᒃ ᑐᓴᕈᒥᓇᖅᑐᓂᑦ ᐱᑕᖃᐅᖅᑐᑦ ᑕᑯᔭᓇᖅᑕᑎ ᑕᒪᑯᐊ ᖃᓇᑕᐅᑯᑦ

ᖃᐅᔨᒋᐊᕈᓇᖅᑕᐃᑦ CancerCare Manitoba ᑐᓴᓇᐊᖅᕕᑦ ᑎᑎᖅᑭᓇᐊᒃᓴᖃᕕᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᑐᓴᕈᒥᓇᖅᑐᓂᒃᓗ ᓯᕗᓂᖅᓗᑎᑦ

- Breast Cancer Centre of Hope 788-8080
- Patient and Family Resource Centre 787-4357

ᐊᓯᖏᑦ CancerCare Manitoba ᐃᓄᒃᑎᑐᓕᖅᓯᒪᔪᑦ ᒪᑯᐊ

ᐅᑕᖅᑕᐅᓂᖅᒧᑦ
ᐊᓇᔪᐃᖅᓯᒪᔪᓄᑦ (ᐊᓇᔪᐃᖅᓯᒪᓕᕈᕕᑦ)
ᐊᓇᓚᖅᑭᔪᓄᑦ (ᐊᓇᓚᖅᑭᓗᐊᖅᑕᓕᕈᕕᑦ)
ᑕᑲᖅᔪᖅ (ᓴᒋᓕᓯᒪᔪᖅ ᑕᑲᖅᓴᐃᓕᓯᒪᔪᖅ)
ᖃᓂᖅᓗᓂᖅ (ᖃᓂᖅᓗᖅᑐᖅ ᐃᒋᐊᓗᒃᑐᖅ)
ᒥᐊᕆᐊᒍᔪᖅ ᒥᕆᐊᖅᑕᖅᑐᖅ (ᓇᖅᓗᒃᑐᖅ ᒥᕆᐊᖅᑕᖅᑐᖅ)
ᐊᓐᓂᐊᖅᓇᖕᒋᑐᑲᖅᓂᖅ
ᐅᑕᖅᑕᐅᔪᖅ
ᐃᓱᒪᓗᓂᑲᖅᓂᖅ ᑳᓐᓱᖃᓕᖅᑭᒐᑕ ᐃᒃᐱᖕᒋᓂᖃᓂᖅ

ᑕᒪᑯᐊ ᐱᑕᖃᖅᑐᑦ ᐅᖃᐅᓯᖅᑎᒍᑦ ᐊᓚᒋᑎᒍᑦ ᑎᑎᖅᓯᒪᔪᑦ ᑕᐃᑲᓂ CancerCare Manitoba ᖃᐅᔨᒋᐊᕈᓇᖅᑕᑎᑦ ᖃᓇᑕᐅᑯᑦ www.cancercare.mb.ca/translated_treatment_info

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