

Cancer Treatment Tips

Anima mancosiwáspinéwin kékí isi natawitániwak

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)

Kisáspin kinóté ayamiyáwak ókik CancerCare Manitoba, óté pé isi ayami:

675 McDermot Avenue anta ka isi tapamok 787 2197
Health Sciences Centre
409 Tache Ave ka isi tapamok St.Boniface Hospital 237 2033
Éká kékwán ta tipahikéyan 1-866-561-1026 (nisoyik isi)

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.

Kinatawénimáw ná awiyak ta itwéstamásk?

Ispík natomikawiyani óma ta wápmikawiyani kikakí natotamákán ékota ta ayát awiyak ta ayamístamásk. Piko máka wina kísác ta itócikáték óma mwés pé itotéyan anté Cancer Care oma ta wápmikawiyani. Piko ité isi píkiskwéwina itáwak otitéstamákéwak.

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.

Kékwána kékí isi wícihikoyan

- Pésiwákan awiyak ékiskénimat wéka kitákómákan óma ispík pé itotéyan.
- Masinaya ta takonaman wéka sipwétatá anihi tántowa maskikiya mékwác ká ápacitáyan. Kakinaw anihi maskikiwininiw kákí minisk, wéka anihi onanátawíwéw kákí minisk, apó anihi atawéwikamikok ká otinaman wéka anihi ká maskawíwéwiskákoyan anihi ká misiwépanitáyan wéka ká minikwéyan kékwána.
- Wítamáw ana maskikiwininiw kisáspin kitayán ákosiwinisa ká nétáhéyáki.

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- 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.
- 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.

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- Masinaya anihi kékwána kákí nóté kakwécikémoyan éko mina kika masinayén tánisi éténitaman óma oci kákí wápamikawiyán. Éko kika pétán ispi kítwám wí wápamákawiyani.
- Ki síkimikawin anihi kípita ta kinawápacikátéki mwés máscitáyan óma isi nanatahowin.
- Wípac nawac pé itote ta miskaman ité pitama kékí nakatat ana ki tótapanásk éskwá óma wápamikawiyani. Ité kékí nakatat awa ki totapanask anta masinahikatewa Cancer Care Manitoba Patient & Family Information Guide ka itakik. Pé isi ayami 787-2197 wéká éká kékwán ta tipahikéyan 1-866-561-1026. Kisáspin mwác kitóci otitikon wéká kíkí ayamitán anta ká nókopaniki anihi masinahikéwina www.cancercare.mb.ca/home/patients_and_family/
- Náctisáhok anihi ká pimáwanacik otákosiwa nété isi 787-4121 kisáspin ki natawénimáw awiyak ta isi wícéwisk wéká ta itotayisk ité káwí wápamikawiyán. Piko máka wina nántaw nisto kísikáw níkan ta wítamawacik ispi natawénimatwáki ta itotayiskik. Apís kika tipahikán.

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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.

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

Ókik kikakí náctisawawak tawá wícihiskik

CancerCare Manitoba:

- ana ká ayamiwistamawát anihi otákosiwa anté 787-2065 kisáspin nántaw kititénitén óma ká wápamikawiyán.
- ana ká atáwákét maskikiya anté 787-1902 anihi oci mékwác ká otinaman maskikiya wéká anihi itowa kékí ati ápaciyáyan ispík kí kisikákawiyani.
- ana ká nákcitát ká isi mícisoyan anté 787-2109 kisáspin mwác kikaskitán ta mícisoyan.
- ana ómamískostamákéw anté 787-2109 ta wá wícihisk óma ká itamacihóyan, ká iténitaman oci kotakak awiniwak wéká apók oci sóniyáw.
- ana maskikiwininiw wéká iskwéw apók piko kékwán ká píkiskwénitamihikoyan.

Awa CancerCare Manitoba awa asáy kí má masinaham anima ké isi nátawicikáték ká mancósiwáspinénániwak kotaka isi píkiskwéwina. Aniki ká animócikátékí éko ité kotaka kékwána oméniw oci kéki miskaman.

Anikik Canadian Cancer Society ká iticik ayáwak awasimé óki kiskénitamowina ékwéniw oci éko óté kikakí miskén www.cancer.ca.

Kikakí nátasawak ókik CancerCare Manitoba ká atoskéstamawácik ininiwa tá miskaminit wéká ta masinahakik óki itowa kiskénitamowina. Isi ayami:

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

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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

Kotaka awa CancerCare Manitoba kákí isi mískwaci píkwiskwéstamekét

Maskikíya ká ápacitániwaki ta natawinániwak.
Kipi pékicéwin (éká é kaskitáyan ta pamihisoyan)
Sáposiwin (ká nipíwákamik ká pamihisoyan)
Néstosiwin (ayéskosiwin)
Píkotóniwéyáspinéwin (ká omikitónét awiyak)
Pákamahomacihon wéká pakamocépaniwin (káwí nóté pákamoyan)
Minoskakowina
Páste pakisikani natawíwéwin.
Tánisi étamacihoskákoyan óma ká mancosiwáspinéyan.