

Patient Education Video Series: Helping to Support you Through Your Cancer Experience

The Nova Scotia Health Cancer Care Program has a library of educational videos that can help support you through your cancer experience. Some of the videos are listed below. If you would like to review the full catalogue, please go to: <https://vimeo.com/showcase/4902954>.

Patient Orientation Session: You and Your Cancer Care

This is an important orientation session for recently diagnosed patients and their supports. It includes an overview of the impact of coping with cancer, information about cancer care, and emotional and practical supports.

You can watch this video series by clicking the links below:

1. **Part I- General Information and Helpful Resources**
<https://vimeo.com/showcase/4902954/video/637180104>
2. **Part II - Practical Supports**
<https://vimeo.com/showcase/4902954/video/637180376>
3. **Part III - Cancer, Your Emotions and Coping**
<https://vimeo.com/showcase/4902954/video/637180779>

Symptom Management Sessions

You may encounter psychosocial and/or physical symptoms at various points during your cancer experience (e.g., while on treatment, end of active treatment, survivorship, dealing with recurrence or advanced disease). The Symptom Management Video Series provides information about the following symptoms and suggestions for coping.

You can watch these video sessions by clicking the links below:

1. **Managing Your Cancer-Related Fatigue**
<https://vimeo.com/showcase/4902954/video/205373932>
2. **Coping with Cancer-Related Pain**
<https://vimeo.com/showcase/4902954/video/205380543>
3. **Taking Control of Your Cancer-Related Worry and Anxiety**
<https://vimeo.com/showcase/4902954/video/205266372>
4. **Taking Control of Your Cancer-Related Sadness and Depression**
<https://vimeo.com/showcase/4902954/video/205270604>
5. **Coping with Cancer-Related Brain Fog**
<https://vimeo.com/showcase/4902954/video/211312141>

Living Beyond Cancer Video Series

Finishing cancer treatment can be a time of highs and lows. Along with the relief you may feel, it is normal to have concerns about your recovery and your future. The Living Beyond Cancer Video Series provides information about what you can expect after your cancer treatment.

You can watch these video sessions by clicking the links below:

1. **What is Follow up Care**
<https://vimeo.com/showcase/4902954/video/187349418>
2. **Physical Activity**
<https://vimeo.com/showcase/4902954/video/187349408>
3. **Short and Long Term Side Effects of Radiation Therapy**
<https://vimeo.com/showcase/4902954/video/187349409>
4. **Nutrition**
<https://vimeo.com/showcase/4902954/video/187349425>
5. **Short and Long Term Side-Effects of Chemotherapy**
<https://vimeo.com/showcase/4902954/video/371425610>
6. **Practical Supports and Coping (Social Work)**
<https://vimeo.com/showcase/4902954/video/187349405>
7. **Spiritual Care: Finding Meaning**
<https://vimeo.com/showcase/4902954/video/187349417>

For more information on these sessions please call 1-833-567-8556.

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.