

Cancer and Distress

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What is Distress?

- Cancer can be a difficult and stressful illness. Many people experience distress during their cancer experience. This is because cancer affects more than just your body – it can affect many parts of your life such as your emotions, your work, your finances, and your relationships with family and friends.
- Distress can be described in many ways. Some people describe distress as a general feeling of discomfort or upset.

What is Screening for Distress?

- We would like to know how you are feeling and coping with your cancer.
- To better understand how you are doing, your health care team may ask you to complete a short Screening for Distress Questionnaire. It will take a few minutes to complete.
- This will help us to better support you in dealing with your illness and its treatment.

What can I expect if I complete a Screening for Distress Questionnaire?

- Once you fill out the Questionnaire, someone from your health care team will review it with you.
- You and your health care provider will then work together to decide on what might help you to deal
- with the concerns you identified.
- For example, you might:
 - › be given an information sheet
 - › provided with information about community resources
 - › offered a referral to a specialist such as a dietician or social worker, if you think it would be helpful to you

What are your questions? Please ask.

We are here to help you.

What are the benefits of Screening for Distress?

- Screening is a quick way for your health care team to understand the issues that are concerning you the most.
- Screening can help you to play a more active role in your care.
- By letting us know what is bothering you, we can provide you with information about services and resources that are available to help.

For more information, visit the Nova Scotia Cancer Care Program website at www.nscancercare.ca.

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/PatientGuides>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

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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.

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