



LEUKEMIA &
LYMPHOMA
SOCIETY
OF CANADA

PARTNERING WITH YOU TO SUPPORT YOUR PATIENTS

Presented by Katharine Yurkiw

Agenda

- About Us
- Role of a Community Services Manager
- Blood Cancer 101
- One Kilometer at a Time: Financial Assistance Program (OKAT)
- Healthcare Professional Resources
- Other programs and services
- Questions



About us

- Offers services and resources for healthcare providers and those diagnosed with a blood cancer
- Providing educational resources, services and practical support
- Team dedicated to serving the community
- Funding research across the country
- Advocating for equitable access to treatment and care
- Collaborating with other cancer agencies to extend our impact





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LLSC Mission

Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

WITH YOU AT EVERY STEP OF THE WAY

Navigating the Blood Cancer Experience

- Individual Healthcare Navigation
- Health Manager App
- Clinical Trial Coordination



Targeted Blood Cancer Information

- Multi-media
- Webcasts, podcasts
- Kids Get Blood Cancer Too
- Your Life After Cancer
- Education Sessions



Psychosocial & Emotional Support

- Community Services Managers (1:1)
- Support Groups
- Peer Support Program
- Journaling & Mental Health Resources



Practical Support & Advocacy

- Nutrition Counselling
- Individual Support with Access to Care and Treatment
- Referral to Resources





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**Community Service Managers
offer guidance and support
every step of the way**



**How many types of blood
cancer do you think exists?**



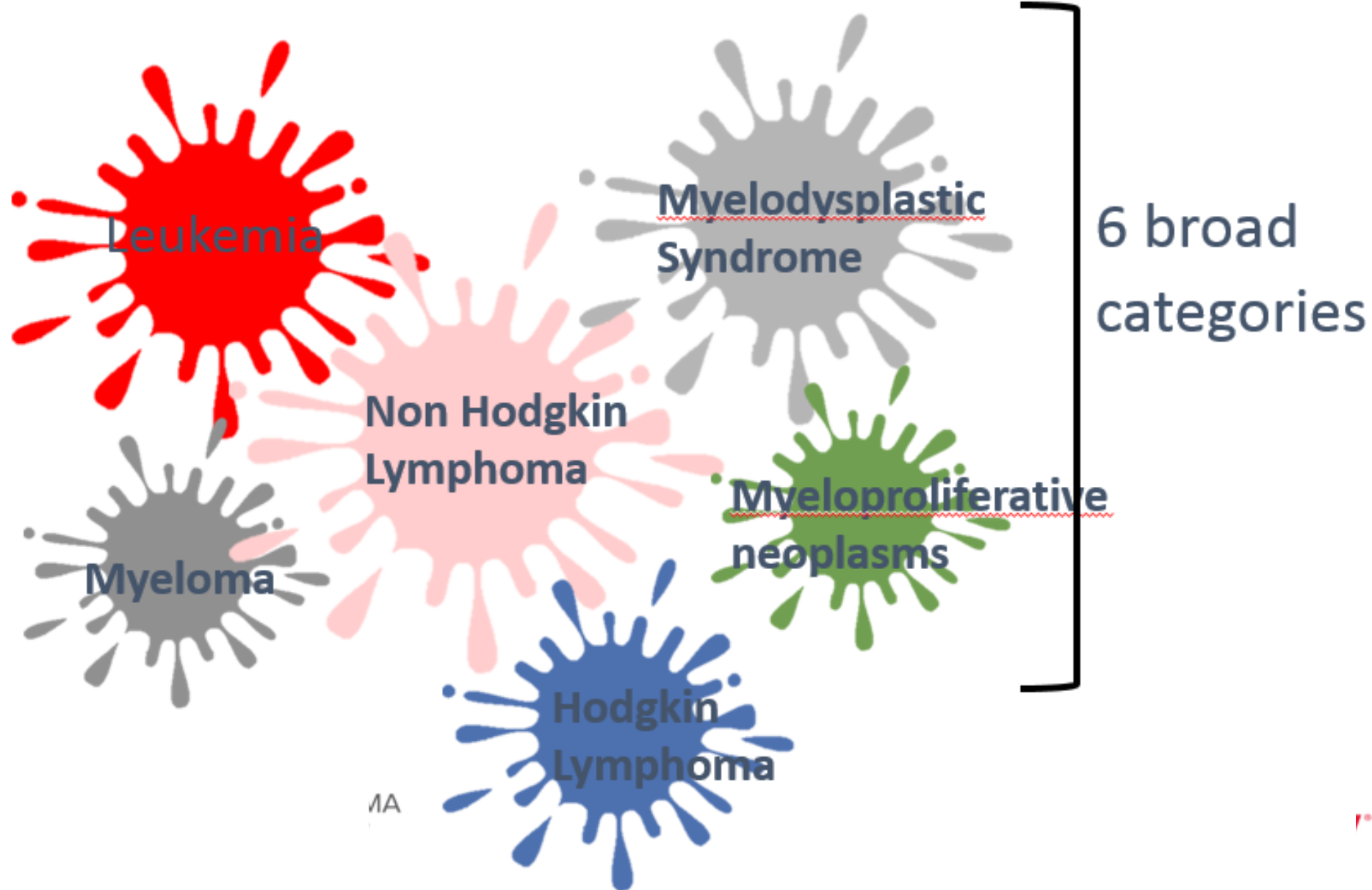
Support for all types of blood cancers



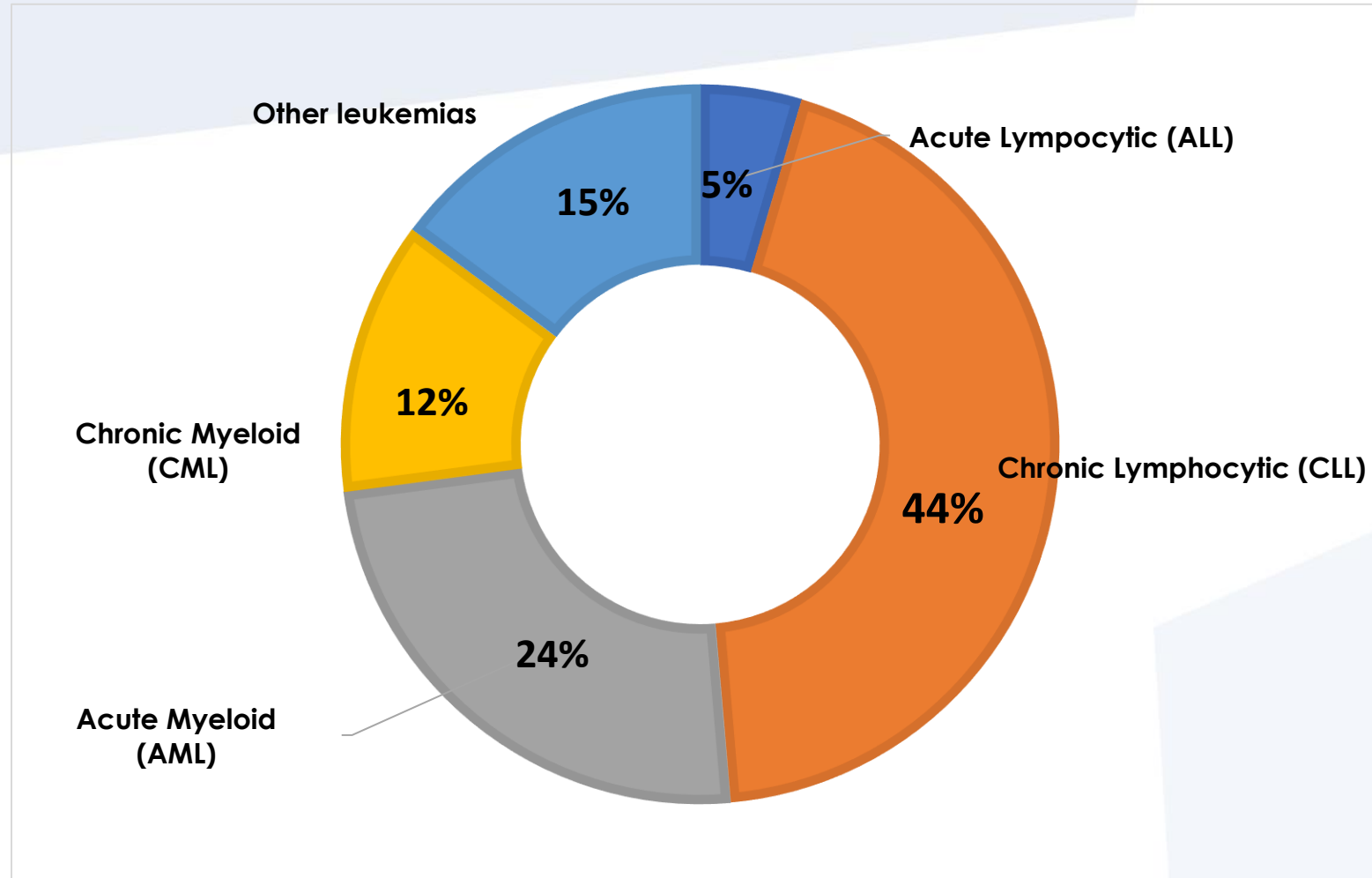
137



137 types of blood cancers & related disorders



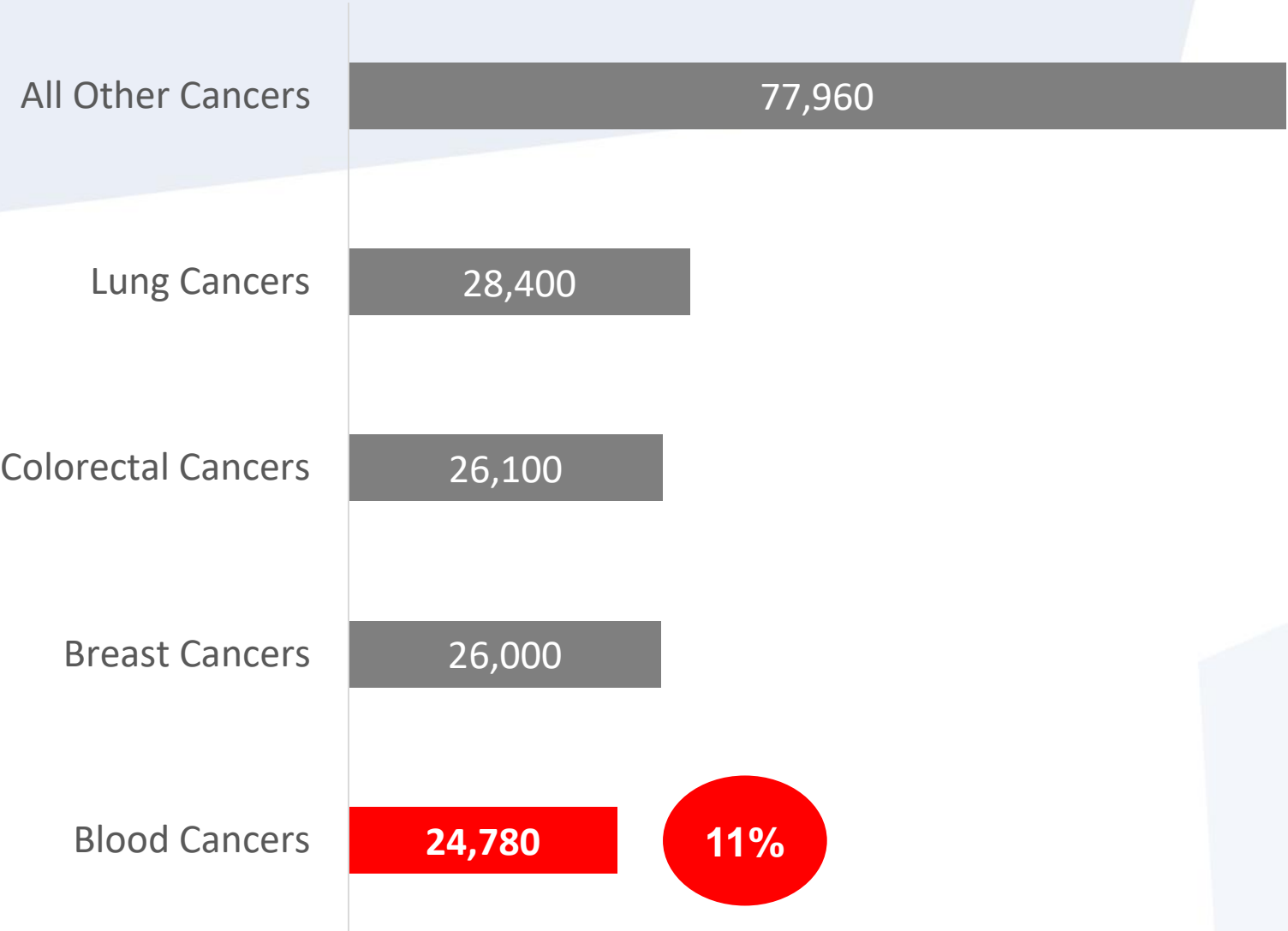
Leukemias



Blood cancers account for 11% of new cancer cases annually



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Blood Cancers

- **Blood cancers involve blood cells, bone marrow, the lymph nodes and other parts of the lymphatic system.**
- **Blood cancers result from an acquired (not inherited) mutation to the DNA of a stem cell.**
- **Abnormal cells multiply much more rapidly – and are less likely to die naturally – than healthy cells.**

One Kilometre At A Time: Transportation Subsidy Program 2023

One Kilometre At A
Time: Transportation
Subsidy Program



One Mile AT A Time: Transportation Program

Need: Canadians with a blood cancer from coast to coast have been impacted by COVID-19, job loss, high inflation rates and are seeking financial resources for support.

The Leukemia & Lymphoma Society of Canada (LLSC) is here for you. We recognize the unique concerns of people in treatment and their families and the financial concerns to cover travel expenses. We are amplifying our efforts to support you through the generosity of our program sponsors to help ease some of your treatment related travel costs.

One Mile AT A Time: Transportation Program

The ***transportation program*** aims to help Canadians newly diagnosed with a blood cancer, those facing a relapse, or those whose treatment includes a scheduled transplant. It provides a one-time \$300.00 travel subsidy to those facing financial hardship to help cover the following costs:

- Gasoline
- Parking costs at cancer centers
- Accommodations
- Meals on the road
- Travel within the city centers via bus, taxi, Uber

One Mile AT A Time: Transportation Program

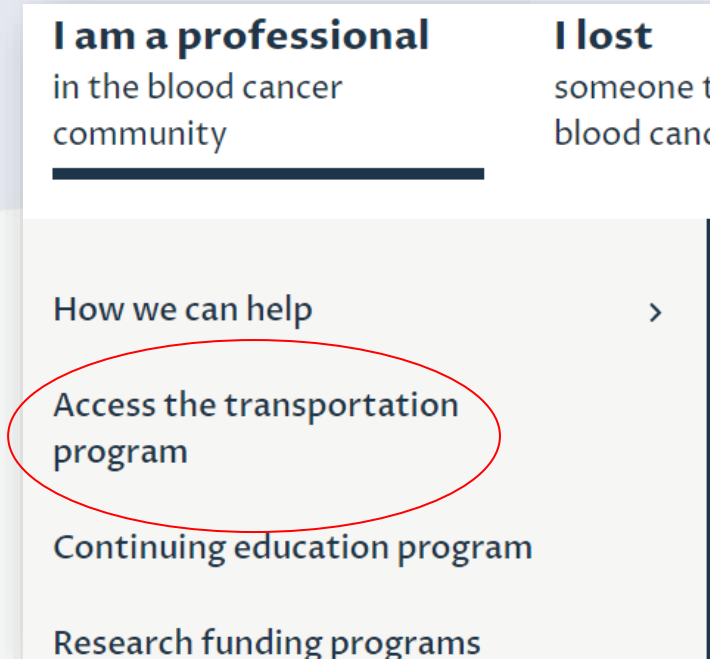
Eligibility Requirements:

- Resides in Canada
- Are 18 years old or older
- Are experiencing financial hardship
- Have been diagnosed with a blood cancer in the last 60 days or relapsed with the last 60 days.
- Treatment protocol for their blood cancer includes a transplant and they have a confirmed transplant date.
- Have a letter stating they have a minimum of four medical appointments related to their blood cancer at a recognized cancer treatment facility.
- Declaration statement is checked off that the individual is experiencing financial hardship.

Easily Apply

The program requires a health care professional referral.

- Health care professionals can apply easily for their patients by visiting the LLSC Canada website to complete an online application form.
- The Community Services Lead for the region works closely with referring hcp and will follow up with an email within 2 business days confirming receipt of the application and approval.



Home > I am professional blood cancer community > One kilometre at a time: transportation subsidy program

What we heard from program participants!

- “I'm grateful for the support. It will provide some relief. As I understand it, I will be traveling back and forth to the hospital for 6 months two times a week. Taxi costs are approximately \$25 each trip. So even this portion will help a little bit. Thank you!”*
- “The subsidy provided flexibility, and to a degree some autonomy, in meeting my needs regarding transportation.”*
- “I'd like to thank you for the \$300.00 transportation subsidy. It came in very handy and at a time that my husband was laid off. It truly meant so much to me.”*
- “I felt like I had a safety net. If I had arranged transportation that fell through, I knew that I had emergency funds to call a taxi.”*

HEALTHCARE RESOURCES





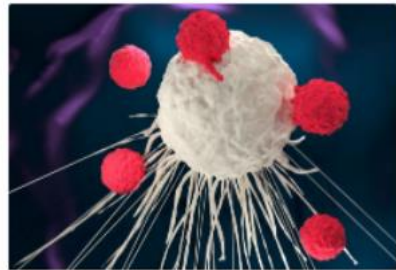
Physical activity in pediatric oncology (PAPO) during treatment



Caring for Survivors: An Approach to Long-Term Follow-Up after SCT



Survivorship Issues of Adolescents and Younger Adults (AYA) with Cancer (Unit



The expanding role for CAR-T cell therapy in hematologic malignancies

Continuing Education

- Self-study platform presented by experts in their specialty
- CMEs for oncology nurses and community pharmacists
- Certification available
- Free to register
- New training added every month

CONTINUING EDUCATION PROGRAM



For all

Caring for Survivors: An Approach to Long-Term Follow-Up after SCT

This presentation was offered as part of the 2021 BMT Lecture series, in coordination with the Foothills Medical Centre in Calgary, Alberta . Dr. Kareem Jamani is an hematologist at the Foothills Medical Center in Calgary and his a Clinical...



For all

Compassionate conversation: communications with patients and families

Compassionate conversation: communications with patients and families facing blood cancer Julie Brandy an RN and Patient Services Manager on the BMT/Leukemia Program at Vancouver General Hospital will talk about how to navigate conversations...



For all

Covid-19: Caring for a Chronic Cancer at a Distance

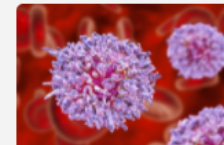
In this training, Scott Bellerby, an outpatient hematology nurse, speaks about navigating the "new normal" and providing care for chronic cancer patients during a pandemic. Scott shares his experience on challenges faced in clinics during the...



For all

Learn to thrive, not just survive

This presentation was offered as part of the 2021 BMT Lecture series, in coordination with the Foothills Medical Centre in Calgary, Alberta Joyce Rees has spoken to hundreds of thousands of people worldwide over the past 30 years. She is a...



For all

Leukemia 101

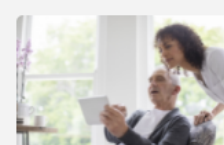
In this training, Laurie Ann Holmes and Amber Killam, Nurses Educator, Cancer Program at the Ottawa Hospital will do an overview of the pathophysiology of both acute and chronic leukemia; An Overview of disease management with a focus on nursing...



For all

Oral Treatments for Chronic Leukemia: From Understanding to Support

Jennifer Voisey, clinical pharmacist in the Adult Hematology/Oncology department of Eastern Health will present on the oral treatments available in chronic leukemia (myeloid and lymphoid). Learning objectives: • Know how to popularize the...



For all

Overview of Chronic Lymphocytic Leukemia (CLL)

Join Tracy Regimbald, research Nurse Manager at the Clinical Research Unit of the Jewish General Hospital in Montreal. Tracy will talk about CLL, the most common type of leukemia in the adult population: signs and symptoms, diagnosis, staging,...



For all

Paradigm Shifting in Blood Cancer Treatment: (CAR) T-cell Therapy

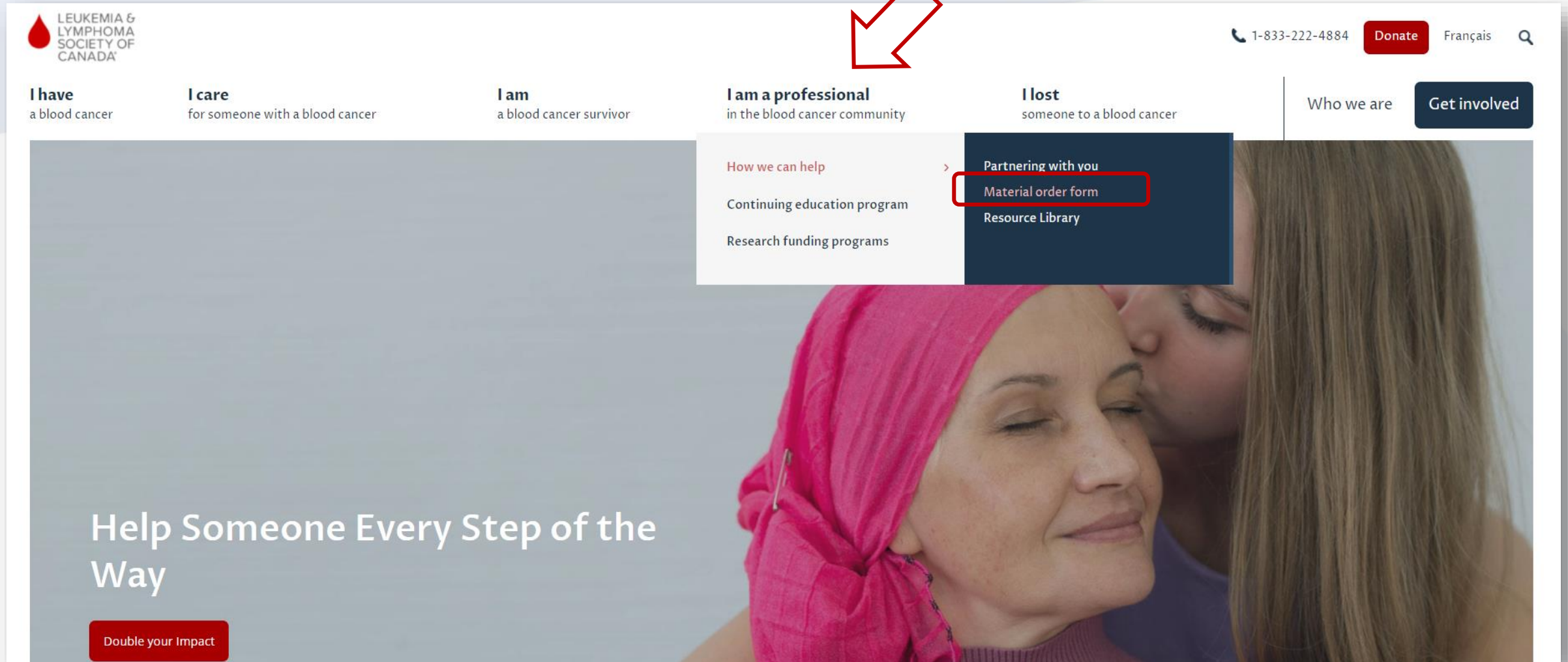
Surgery, chemotherapy, and radiation have been the foundation of cancer treatment for decades. Cancer researchers are now studying how harnessing the immune system can help destroy cancer cells. One type of immunotherapy involves engineering...

CONTINUING EDUCATION FOR HEALTHCARE PROFESSIONALS

- New Training
 - **CLL: Managing Active surveillance** - Shoshana Breiner, Hematology Oncology Nurse Practitioner at the Jewish General Hospital in Montreal will present on the topic of Chronic Lymphocytic Leukemia with particular focus on the active surveillance treatment plan.
- In the works:
 - **Supporting the LGBTQ2S+ Community**
 - **Sexual Health**
 - **New CLL Guidelines**

EDUCATIONAL MATERIALS ORDER FORM

bloodcancers.ca



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1-833-222-4884 [Donate](#) [Français](#) [Q](#)

I have
a blood cancer

I care
for someone with a blood cancer

I am
a blood cancer survivor

I am a professional
in the blood cancer community

I lost
someone to a blood cancer

Who we are [Get involved](#)

How we can help >

- Partnering with you
- Material order form
- Resource Library

Continuing education program

Research funding programs

Help Someone Every Step of the Way

Double your Impact



EDUCATIONAL MATERIALS ORDER FORM

Material order form

1 — 2 — 3 — 4
Type of Material — Contact — Order Materials — Complete

* Type of Material

Adult blood cancer material

Pediatric blood cancer material

[Go to Contact Information](#)

✓ — ✓ — 3 — 4
Type of Material — Contact — Order Materials — Complete

Help us promote our services

You are not alone - tear Pad for easy referral English French
Vous n'êtes pas seul - feuilles détachables
Date: 10/21

Psychosocial & practical support

Understanding cancer related fatigue & brain fog English French
Composer avec la dysfonction cognitive et la fatigue liées au cancer
Date: 10/21

Blood cancer treatment booklet


Blood and Marrow Stem Cell Transplantation English French
Greffe de cellules souches de sang et de la moelle
Date: 10/21

Chimeric Antigen Receptor (CAR) T-Cell Therapy English French
Thérapie CAR-T
Date: 11/21
Code: 11/21

Blood cancer type booklet

Acute Lymphoblastic Leukemia (ALL) Guide English French
Date: 10/20
La leucémie lymphoblastique aiguë
Date: 6/17

REFERRAL TEAR PADS TO REFER TO OUR SERVICES



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Click to add text
Click to add text

You are not alone

Over 21,000 Canadians a year are diagnosed with blood cancers

When you call us, one of our Community Services Managers will personally assist you and your family in several ways:


- ◆ Listen attentively and with compassion to the challenges you are facing
- ◆ Point you to the information specific to your type of blood cancer or treatment
- ◆ Help you to get organized to manage and be involved in your care
- ◆ Identify services that would be beneficial to you:
 - Connecting with someone who has experienced your type of blood cancer
 - Identifying a support group
 - Contacting a Clinical Trials navigator
 - Accessing a dietitian

The services are offered to you at no cost.

There are 137 types of blood cancers.

These cancers affect blood cells, bone marrow, lymph nodes and parts of the lymphatic system.

Blood cancers includes leukemias, lymphomas, myelomas, myelodysplastic syndromes and myeloproliferative neoplasms.



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How we can help

Information, Understanding and Support are a Phone Call Away

We know that blood cancers can strike anyone, at any age, at any time, without warning. The effects of a diagnosis can have life-changing consequences overnight, impacting families, friends and communities.

The Leukemia and Lymphoma Society of Canada has services to support you and your family: from diagnosis to recovery and beyond.

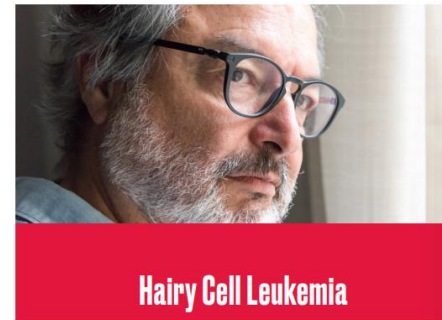
Get the LLS Health Manager app
Track medications, side effects and more!
Download the App on Apple or Android

Never hesitate to contact us, we're here to help!
bloodcancers.ca • info@bloodcancers.ca • 1 833 222-4884

LLS1134

FACT SHEETS IN PLAIN LANGUAGE

“I wanted some information, but I found it overwhelming...it was a lot of information. I was still in shock and needed it in digestible pieces. As I progressed though I was able to absorb more information.”



Hairy Cell Leukemia

It is called hairy cell leukemia because under a microscope, these malignant cells have short, thin hair-like projections on their surface.

Highlights

- Hairy cell leukemia (HCL) is a rare slow-growing type of cancer.
- A person with HCL usually has an enlarged spleen and a low blood cell count making them more prone to infections, bruising/bleeding and anemia.
- HCL cannot be cured but recent advances in treatment have made it possible for many HCL patients to survive longer than before.
- In most patients, the disease will return and require more treatment.

gene cause the B-cell to be harmful or malignant, growing uncontrollably. The cells enter the bone marrow and they may also attack the and occasionally the lymph r

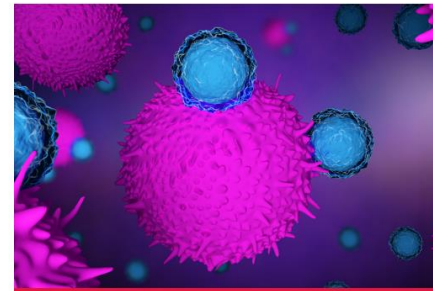
Once inside the bone marrow hairy cells reduce the develop of red blood cells, platelets at blood cells. When this happens normal blood cell count goes making you more prone to inf excessive bleeding and/or an

Introduction

Hairy cell leukemia is an uncommon cancer that starts in a B-cell (an important cellular component in your body's immune system). Changes in a B-cell

HCL progresses slowly and is considered a chronic form of l a disease you will live with for period of time. Doctors will try until symptoms appear or get before beginning treatment. T treatment for HCL is chemot

Revised June 2019



CAR T-Cell Therapy

Highlights

- Chimeric Antigen Receptor (CAR) T-cell therapy is a new type of treatment for some blood cancers.
- CAR T uses your own immune cells (T-cells) to detect and kill cancer cells.
- CAR T-cell therapy is effective in some blood cancers that have not responded to other treatment.

Introduction - Your Immune System and Immunotherapy

CAR T-cell therapy is a type of immunotherapy. Immunotherapy uses agents that trigger your own immune system to fight cancer. CAR T-cells are only available if you meet certain

criteria and have not respon other treatment. Your health team will determine whether a candidate for CAR T-cell t

Your immune system is your first defence against infectio cancer. It defends your bod foreign materials including v viruses and blood cancer ce

Your immune system recog when materials are foreign; they contain markers called

Your immune system is a ne of different cell types. They together to find and destroy or cancerous cells. Your lym are one part of this system; a type of white blood cell th foreign material and kills ca

CAR T-cell therapy engineers your body's immune cells to target cancer cells.

Revised February 2020



Chronic Lymphocytic Leukemia

CLL is one of the most common leukemias in adults.

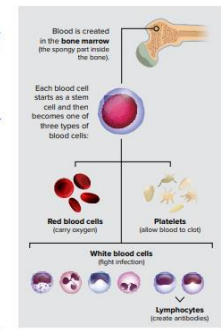
Highlights

- Leukemia is a type of cancer that affects the blood, bone marrow, lymph nodes, and spleen.
- Chronic lymphocytic leukemia (CLL) is one of four main types of leukemia. It is the most common type of leukemia in adults.
- CLL can be stable for many years or can grow quickly.
- A number of effective treatment options are available to people with CLL.

Introduction

CLL is a cancer of the mature lymphocytes, a type of white blood cells. These cells can be found in the blood, bone marrow, lymph nodes or spleen.

Revised February 2020



ADDITIONAL PROGRAMS & RESOURCES



FIRST CONNECTION – PEER SUPPORT PROGRAM

- Has been identified as a key service but many patients did not know this program existed.
- Volunteer survivors (more than one year out of treatment) are selected and trained to share their story with newly diagnosed patients.
- Age, gender, diagnosis and treatment are considered to ensure an optimal match.
- Help build hope, alleviate anxiety and set expectations.



PRAIRIES VIRTUAL SUPPORT GROUP

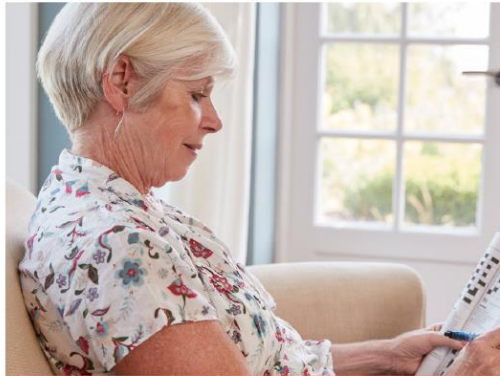
- Professionally facilitated
- Connect with others who are facing similar challenges of living with blood cancer
- Build connections through group discussions, share coping methods & information
- Group runs from September – June
- Open group where patients can join at anytime throughout the year.
- Group meets once per month for 1.5 hours.



WESTERN CANADA VIRTUAL SUPPORT GROUP FOR THOSE AFFECTED BY A BLOOD CANCER

Find support from the comfort of your living room by connecting with others who are facing challenges with a blood cancer. Build connections through group discussions, share coping methods, and practical information.

YOUR LIFE AFTER CANCER



Managing Chemo Brain

Introduction to Chemo Brain

Some blood cancers and treatments can result in cognitive changes that affect thinking, learning, processing, or remembering information. These changes can affect many aspects of life such as the ability to work or even to do everyday tasks.

Most people who receive chemotherapy experience these effects to some degree. The effects are sometimes referred to as “chemo brain” or brain fog. Its exact cause isn’t always known.

Although these cognitive changes are commonly

called “chemo brain,” it is that chemotherapy is the cause of these problems. Cognitive changes can happen suddenly, or over time.

Some changes after cancer treatment can be minor and will go away. Other changes may be more significant and may not be reversible. If you suspect chemo brain, talk to your doctor to develop a plan for your symptoms.

Cognitive changes after cancer treatment are sometimes referred to as “chemo brain fog.” Its exact cause isn’t always known.

YOUR
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AFTER CANCER

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Adapting to Cancer-Related Fatigue

Introduction to Fatigue

Cancer-related fatigue (CRF) is very common in people who have a blood cancer. It is often said to be the most common and distressing symptom reported by cancer survivors, due to its impact on daily functioning and daily quality of life.

CRF is characterized by excessive and persistent exhaustion that can interfere with daily activity and function. CRF often begins before cancer is diagnosed, may worsen during treatment, and can sometimes persist for months or even years after treatment ends. Fatigue is a subjective experience and the assessment of fatigue relies on your

self-report of its intensity and how much it interferes with your daily life.

When effects of CRF are present, they can range in severity from mild to severe. Some effects may be short-term and intermittent, whereas others may linger for months to years after cancer and cancer treatment. It is important to talk with your medical team to plan treatment and follow-up care.

Causes of Fatigue

Fatigue is a symptom that is associated with many blood cancers and blood cancer treatments. A person who receives chemotherapy or other anticancer drugs, radiation therapy,

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Fertility and Cancer

Highlights

Fertility describes the ability to conceive a biological child. Blood cancers and treatments affect fertility in males and females.

The risk of infertility caused by cancer and its treatment is based on several factors, including your type of cancer, the type, duration, and doses of treatment; and your age at the start of treatment.

Addressing fertility and sexual health is an essential part of cancer treatment and follow-up care.

Most cancer survivors who can conceive after treatment have normal pregnancies and healthy babies.

However, people with a blood cancer should talk with their oncologist about any potential risks they face regarding conception or pregnancy.

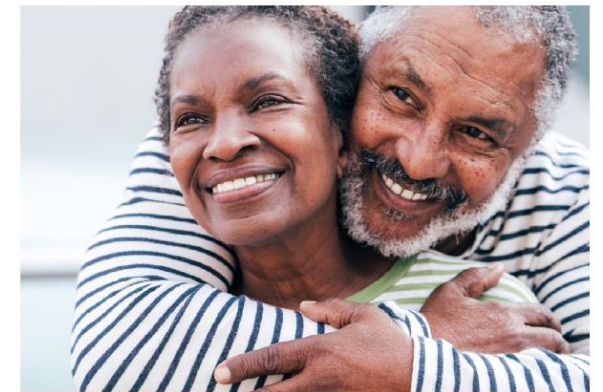
There are many ways to build a family whether through natural conception, using assisted reproductive technology, or adoption. Survivors and people in their families who want children should consider and discuss all options.

Lesbian, gay, bisexual, transgender, and queer (LGBTQ) survivors may have unique needs when it comes to fertility. Speak to your healthcare team if you have any questions.

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Supporting Your Loved One Following a Cancer Diagnosis

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Your loved one’s blood cancer experience begins at diagnosis but doesn’t end once treatment is over. For many cancer survivors and caregivers, life will not be the same as it was before. Cancer survivors and their families will face uncertainty, including challenges and questions about the future many years after a diagnosis. These challenges can be physical, such as fatigue or difficulty sleeping; cognitive or mental, such as forgetfulness; or emotional, such as depression, anxiety, and fears about cancer coming back.

As a family member or friend who wants to help, it can be hard to know what to say or do. Remember that even when your loved one has finished cancer treatment, they will continue to need your support. Continue to be present. Ask about their cancer experience, and explore what you can do to help. Remind them that you care.

UPCOMING WEBCASTS



WEBCAST

The causes of blood cancers

Register today



What we know

April 25, 1 p.m. ET



Research and Innovation webcast series

Join us for a live presentation from **Dr. John Dick** who will explain how his research into the causes of blood cancers holds the promise for improved treatments and quality of life for Canadians affected by blood cancers.

LL21001 - 2023



WEBCAST

Precision medicine

Finding the right treatment and improving treatments for each of us

Register today



or at www.bloodcancers.ca

June 28th 2023, 6 pm ET



Research and Innovation webcast series

Join **Dr. Aly Karsan** to learn about the latest research developments in precision medicine. Dr. Karsan is internationally recognized for his work on blood cancer genetics. He and his research team are studying the behaviour of acute leukemia stem cells to identify pathways, which could ultimately provide the knowledge to develop new therapies.

LL21010 - 2023

What We Accomplished

Your Support Makes This Possible!



The Blood Cancer Ambassador program was launched to help raise awareness about the systemic inequities that impact care, treatment and outcomes for people affected by a blood cancer.



Individual and collective advocacy initiatives were undertaken that centered around access to treatment and care as well as the needs of our community as the coronavirus pandemic evolved.



50 new online educational tools were added to a growing library of self-help online resources covering topics about a wide variety of topics in an array of formats.



A completely reinvented website, bloodcancers.ca, was launched, putting the needs of the blood cancer community at the forefront for easier access to information and support services at every step of their blood cancer experience.



A new podcast series and blog was launched for adolescents and young adults, giving them a platform where they can feel connected and supported by others they can relate to.



By the Numbers:

Your Support Makes This Possible!

In just the past year ...

517

participants in
virtual support
sessions

2,698

new healthcare
professionals supported
through continuing
education, educational
materials + other
resources

>\$4M

in grants awarded
to 44 researchers
across the
country

3,520

people reached
out for information,
psychosocial
support and
healthcare
navigation

2,141

registrants
attended our Living
Well with a Blood
Cancer national
conference

365

match requests
for the First
Connection Peer
Support program

4,500

registrants
for 16 online
events

32

new volunteers
trained to be First
Connection peers to
enhance the lives of
people affected by
a blood cancer

"For the first time since I sat in my doctor's office, I felt seen by someone. I didn't realize how much I needed to have someone else tell me they understood how I was feeling."

- First Connection user





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Thank You!