

# LIVING WITH LYMPHOMA: YOU'RE NOT ALONE.



LYMPHOMA  
CANADA

INFORMATION. HELP. HOPE.

# LYMPHOMA CANADA

"You have no idea how much I appreciate your assistance. You are an amazing valuable resource and sounding board and that is exactly what I needed to unrattle me."

Robb Fisher  
*lymphoma patient*

We can connect you with information, support, and people who are dealing with many of the same challenges you face.

**1.866.659.5556**  
**lymphoma.ca**

**OUR MISSION:**  
We empower lymphoma patients and the lymphoma community through education, support, and research.

Lymphoma affects many people, from patients, family and caregivers, to medical professionals and researchers. Lymphoma Canada connects this community and helps people navigate powerfully through the lymphoma experience by providing education, support, and funding research. Together, we are promoting early detection, helping patients' access new treatments, learning more about lymphoma's many causes, and finding a cure.

We are a registered charity and Canada's only national organization dedicated uniquely to the lymphoma community.

Please visit us at [lymphoma.ca](http://lymphoma.ca) or call us at 1-866-659-5556.





## EDUCATION & AWARENESS

You may be surprised how few people know what lymphoma is or realize how many Canadians are affected by it. We're working to change that.

Lymphoma is a cancer of the immune system and it affects almost 9,000 people in Canada each year. There are more than 50 different types of cancer that fall under the umbrella of lymphoma. Two major categories are Hodgkin lymphoma, or HL, and non-Hodgkin lymphoma, or NHL. Of these two categories, NHL is the most common. The way the disease progresses and the type of treatments you can expect are different depending on which type you have.

We focus on education because lymphoma awareness can make such a difference. We promote early detection and empower people touched by lymphoma to take charge of their medical care. Please visit us online to take advantage of our many information resources or call us to learn about our upcoming education events.

# RESEARCH

Lymphoma is the fifth most common cancer in Canada, and one of the few cancers whose incidence rate is still rising. Research is urgently needed to improve our understanding of lymphoma, increase treatment options, and move towards a cure. Medical advances are helping more patients respond to treatment and find a better quality of life. New treatments are reducing recurrences. We provide research fellowships to support these important efforts.



# SUPPORT


Dealing with lymphoma can be overwhelming, whether you're a patient yourself or you know someone who is. From understanding the specific type of lymphoma you're dealing with, to learning who will be on your medical team, to finding out what type of treatment is recommended, there's a lot to absorb. You may find yourself wondering how to talk about your cancer and cope with the emotions it brings. Some of your concerns may be difficult to bring up with your family or friends. Or you may be wondering about how to manage side effects and fear of recurrence, as you move forward with your life.

We're here to help. You'll find many resources online at [lymphoma.ca](http://lymphoma.ca), including our *free Lymphoma Patient Resource booklets*. You can also connect with the lymphoma community through supportive online forums.

At our education events you'll hear from knowledgeable health professionals. Through our community patient support networks you can connect with friendly volunteers who have lived through challenges similar to what you're facing.

This kind of connection to the lymphoma community makes such a difference for many of the people we hear from. That's why we help lymphoma patients, family, and caregivers form their own local *Connection* groups. These groups meet regularly to learn about lymphoma and the treatments available, and to share their experiences and offer mutual support. The meetings are organized by and for the local lymphoma community. Call us to find out if there is a *Connection* group near you, or to receive information about starting your own group.

**We're here to help. Call us for support.**



Lymphoma Canada  
keeps you informed  
about medical advances  
and connected to a  
community of support.





# GET CONNECTED. MAKE A DIFFERENCE.

Connect with Lymphoma Canada to inform and empower yourself and others. You can get and give support.

- Attend local education events, or help organize one
- Stay up to date on medical advances
- Join an online support community
- Share your story and help build awareness
- Host or attend a fundraising event
- Join the Board of Directors or one of our committees
- Engage as a volunteer
- Make a donation

Please join us and strengthen the Lymphoma Canada community, so no-one has to deal with lymphoma alone.

"Lymphoma Canada is the best resource for keeping up to date on the cancer, for support and for just finding your place."

Carmen Skinner  
*lymphoma patient and volunteer*

"I didn't know where to turn to... But now there's... the Lymphoma Canada website which has all the information you need."

Daniel Stolfi  
*actor and lymphoma patient*

"It's comforting to know that any time I need information or help they're there."

Gus  
*father of lymphoma patient*

# WE'D LIKE TO HEAR FROM YOU.



## BY PHONE

Head Office: 905.822.5135

Toll free: 1.866.659.5556



## BY MAIL

Lymphoma Canada

7111 Syntex Drive, Suite 351

Mississauga, Ontario L5N 8C3

C.P. Faubourg de l'Île

101 boul. Cardinal Léger, C.P. 51007

Pincourt, QC J7V 9T3



## ONLINE

[info@lymphoma.ca](mailto:info@lymphoma.ca)

[@LymphomaCanada](https://www.instagram.com/LymphomaCanada)

[facebook.com/LymphomaCanada](https://www.facebook.com/LymphomaCanada)

[lymphomaca.healthunlocked.com](http://lymphomaca.healthunlocked.com)

[www.lymphoma.ca](http://www.lymphoma.ca)



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