

## What about research?

We ask you and your family for permission to keep information about you, learn from it and use the information to help other kids with cancer. Usually the information we keep does not have your name or your family's name on it.

This information we keep is used to study cancer. If a researcher wants you to take part in a study, a Hospital Research Ethics Board will look at the research idea and if approved, we will call you and your family to ask for permission to get other information.

If you don't want us to give your name even to the researchers, you or your family can tell us not to and we will not.

**Protect your health!  
Be part of an AfterCare  
Program!**



## Where to find an AfterCare Program?

### Ottawa

Children's Hospital of Eastern Ontario  
613-737-7600 • Ext 2760  
The Ottawa Regional Hospital Cancer  
Centre  
613-737-7700 • Ext 70294

### Hamilton

Hamilton Health Sciences Centre  
905-521-2100 • Ext 73430

### Kingston

Cancer Centre of Southeastern Ontario  
at Kingston General Hospital  
613-549-6666 • Ext 3834

### London

Children's Hospital,  
London Health Sciences Centre  
519-685-8500 • Ext. 52192

### Toronto

The Hospital for Sick Children  
416-813-8321  
Princess Margaret Hospital  
416-946-4501 • Ext 5437

**Pediatric Oncology Group of Ontario**  
480 University Avenue, Suite 1014, Toronto,  
Ontario, Canada M5G 1V2  
(416) 592-1232 [www.pogo.ca](http://www.pogo.ca)



**Are you a  
Childhood Cancer  
Survivor?**

**Join an Ontario AfterCare  
Program for kids just like  
you.**



**Going to just one  
AfterCare visit per year  
can help you stay healthy.**

## What is AfterCare?

AfterCare Clinics are a project of POGO, the Pediatric Oncology Group of Ontario. Through POGO, all of Ontario's childhood cancer programs and their partners work together to protect the health of survivors of childhood cancer into adult life.

It's a special service for kids who beat cancer. You're healthy now, and the best way to stay healthy is to come to AfterCare Clinics about once a year.

AfterCare is the way we can help you to stay healthy and to handle any problems that may follow your cancer treatment.

The AfterCare Program helps you learn how to protect your health. It can help you be healthy, stay healthy and feel healthy.

## How can AfterCare help me and other kids like me?

If you need health services in the hospital, we'll help to get them for you. We'll tell you what we learn about your health and cancer.

What we learn about you will help us take care of other kids who have had cancer like you.

## Who should go to an AfterCare Program?

Anyone who survived cancer and hasn't needed active treatment for at least two years may be able to go to an AfterCare program, that's who!

## What happens when I go to an AfterCare Program?

First you get a Passport to Health. It holds everything that you and your doctors need to know about your health and the treatments you have had.

Next, we talk to you about the medicine or treatment you've had, and what you need to do to stay healthy.

You'll meet the doctors and nurses who will take care of you. They will tell you what hospital tests you need, and when you can get them. They will explain how they do things and why.

Your AfterCare Program will be made just for you!

## How often should I go to AfterCare Clinic?

Just once a year at first. After five years, the doctors may decide you only need to go to clinic once every two years.

## What happens at the AfterCare Clinic?

First, you talk to the doctor and nurse about your health and anything that concerns you. Save your questions, write them down and be sure to ask them.

The doctor or nurse will examine you, and decide if you need any tests.

You may meet and talk to other kids who are there and find out how their lives are going for them.

The whole visit only takes less than half a day.

## What about test results?

We'll tell you and your family what your test results are as soon as we get them. We'll also tell your family doctor.

If your results show that you need more tests, we'll set a time when you can have these tests done. You'll get to know everything that's happening, and why!

*My AfterCare Clinic is at*

My Doctor is:

Telephone:

My Nurse is:

Telephone: