

## Where can I find support?

It has long been known that patients who have a good network of social and emotional support feel better. There is now some evidence that this kind of support can not only help control problems like pain, nausea and depression but may even prolong life in the long term after breast cancer has been diagnosed.

Good support is part of good cancer care. It can take many forms, including regular visits to a health professional, interaction with other women who have had breast cancer or simply talking things over

with a relative or a good friend. Any or all of these can make a great deal of difference.

Ask your doctor about breast cancer support groups and advocacy groups in your area. The people in these groups know what you're going through and know how to help in a way no one else can. You can also call your local branch of the Canadian Cancer Society or the Cancer Information Service, toll-free at 888 939-3333. The family counselling or social work department at your regional cancer centre will also be able to help you find support groups.

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## CLINICAL TRIALS

## What is a clinical trial? My doctor has mentioned that I could participate in one.

A clinical trial is a carefully designed research study that usually involves comparing one cancer treatment with another. At some time you may be invited to take part in such a trial.

Whether you join the trial is entirely up to you. Just about everything that we already know about breast cancer treat-

ment comes from previous clinical trials. Yet, many questions about breast cancer treatment are still unanswered. Since there is still so much left to learn, new trials are urgently needed to plan the best care for the future. If you wish to add to knowledge in this way, ask your doctor about possible trials you could join.