

Appendix 1 (as submitted by authors): Supplementary information

Resources for SCT survivors

1. Educational pamphlet on Long-term Follow-up Care for Survivors of Stem Cell Transplantation

<https://www.cancercareontario.ca/sites/ccocancercare/files/assets/StemCellSurvivorshipPatientPamphlet.pdf>

2. Smoking Cessation

<https://www.cancer.ca/en/support-and-services/support-services/quit-smoking/?region=on>

3. Heart-healthy diets

- a. Mediterranean dietary pattern:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

- b. Portfolio dietary pattern:

<http://www.lipidgeneticsclinic.ca/pdf/2015%2009%2022%20The%20Portfolio%20Diet.pdf>

- c. DASH (Dietary Approaches to Stop Hypertension):

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

4. General support

<https://bethematch.org/about-us/>