



Bibliothèque de ressources numériques

CanSupport des Cèdres

PUBLICATIONS SUR LA GESTION DES EFFETS SECONDAIRES



Action Cancer Ontario

Anxiété

<https://www.cancercareontario.ca/fr/symptom-management/3981>

Dépression

<https://www.cancercareontario.ca/fr/symptom-management/3986>

Dyspnée (essoufflement)

<https://www.cancercareontario.ca/fr/symptom-management/3126>

Fatigue

<https://www.cancercareontario.ca/fr/symptom-management/3991>

Troubles du sommeil

<https://www.cancercareontario.ca/fr/symptom-management/3996>



Société
canadienne
du cancer

Effets secondaires

<https://cancer.ca/fr/treatments/side-effects>

Exercices à effectuer après une chirurgie mammaire

<https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/exercises-after-breast-surgery/32437-exercises-after-breast-surgery-fr.pdf?rev=41cf7876305b4b8aa9d90c9cc55e96d9&hash=58BF64A307662F3EC24C93B8972DBF02>

Faire Face au Cancer

<https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/coping-when-you-have-cancer/32127-coping-when-you-have-cancer-fr.pdf?rev=81a35f6cd28b4d7e84ae3a792d648d4d&hash=8690D26C3B9162817E8258599B751D78>

Soulager la douleur Guide à l'intention des personnes atteintes de cancer

<https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/pain-relief/32059-pain-relief-fr.pdf?rev=b8d1c4da7bfc495aab28441ee46ed453&hash=69443344EDA64D3BDC5CDBFED75846DE>



SOCIÉTÉ DE
LEUCÉMIE &
LYMPHOME
DU CANADA

L'activité physique pendant les TRAITEMENTS

https://www.cancersdusang.ca/sites/default/files/2022-12/LLS1353-F-Exercise-Guidelines-A-F04_0.pdf

COMPLICATIONS DENTAIRES et BUCCALES

<https://www.cancersdusang.ca/sites/default/files/2024-05/lls1569-f-fs-dental-oral-compl-f02.pdf>

Composer avec la DYSFONCTION COGNITIVE et la FATIGUE liées au cancer

https://www.cancersdusang.ca/sites/default/files/2021-09/2021%20LLSC%20Booklet-PracticalSupport-ChemoBrainFatigue_Final_FR.pdf

Composer avec une DIMINUTION DU NOMBRE DE CELLULES SANGUINES

https://www.cancersdusang.ca/sites/default/files/2021-09/2020%20LLSC%20Fact%20Sheet-Treatment-LowBloodCount_Final_FR_0.pdf

Comprendre la maladie du greffon contre l'hôte MGCH

<https://www.cancersdusang.ca/sites/default/files/2024-10/lls1768-f-fs-gvhd-understand-f01.pdf>

DIARRHÉE et CONSTIPATION

<https://www.cancersdusang.ca/sites/default/files/2023-11/Diarrh%C3%A9e-et-constipation.pdf>

Gérer les effets secondaires : Réduire vos RISQUES D'INFECTION

https://www.cancersdusang.ca/sites/default/files/2021-09/2020%20LLSC%20Fact%20Sheet-Treatment-ReducingRiskofInfection_Final_FR.pdf

Gestion de la maladie du greffon contre l'hôte MGCH

<https://www.cancersdusang.ca/sites/default/files/2025-01/lls1804-c-fs-managing-gvhd-f03.pdf>

La BOUCHE et la GORGE

<https://www.cancersdusang.ca/sites/default/files/2024-01/lls1572-f-fs-mouth-throat-f02.pdf>





Bibliothèque de ressources numériques CanSupport des Cèdres

PUBLICATIONS SUR LA GESTION DES EFFETS SECONDAIRES



NAUSÉES et VOMISSEMENTS

<https://www.cancersdusang.ca/sites/default/files/2023-11/naus%C3%A9es-et-vomissements.pdf>

NEUROPATHIE PÉRIPHÉRIQUE (nerfs endommagés)

<https://www.cancersdusang.ca/sites/default/files/2023-10/neuropathie-p%C3%A9riph%C3%A9rique.pdf>

MANQUE d'APPÉTIT et PERTE de POIDS

<https://www.cancersdusang.ca/sites/default/files/2024-03/lsc1567-f-fs-appetite-weightloss-f04.pdf>

Prendre soin de votre PEAU, vos ONGLES, vos CHEVEUX et votre BOUCHE

<https://www.cancersdusang.ca/sites/default/files/2024-08/lsc1728-c-fs-treatment-caring-for-your-skin-f02.pdf>

PRISE EN CHARGE DE LA DOULEUR

<https://www.cancersdusang.ca/sites/default/files/2022-04/LLS1236-F-FS-Pain-Management-F04%20Final.pdf>

Quand chercher de l'aide professionnelle pour votre SANTÉ MENTALE

<https://www.cancersdusang.ca/sites/default/files/2024-04/lsc1661-f-fs-mental-health-f01.pdf>

Syndrome de libération de cytokines SLC

https://www.cancersdusang.ca/sites/default/files/2023-12/Syndrome-de-lib%C3%A9ration-de-cytokines-SLC_FS.pdf

Traitement d'entretien: RESTER en RÉMISSION après le traitement

<https://www.cancersdusang.ca/sites/default/files/2024-02/lsc1627-f-fs-staying-in-remission-f02.pdf>



Gestion de la douleur et de la fatigue

https://myeloma.ca/wp-content/uploads/2023/09/Managing-Pain-and-Fatigue-InfoGuide_managing_pain_and_fatigue_fr_final_web.pdf

Gestion du myélome dans les régions rurales et éloignées

https://myeloma.ca/wp-content/uploads/2024/02/240220_Rural_Remote_Infoguide_FR_Final.pdf

Santé mentale et rechute : Guide destiné aux personnes atteintes de myélome

https://myeloma.ca/wp-content/uploads/2023/09/psychosocial_patient_guide_fre_final.pdf





MANAGING SIDE EFFECTS PUBLICATIONS



Cancer Care Ontario

Anxiety

<https://www.cancercareontario.ca/en/symptom-management/3981>

Depression

<https://www.cancercareontario.ca/en/symptom-management/3986>

Dyspnea (Shortness of Breath)

<https://www.cancercareontario.ca/en/symptom-management/3126>

Fatigue

<https://www.cancercareontario.ca/en/symptom-management/3991>

Managing Symptoms, Side Effects & Well-Being

<https://www.cancercareontario.ca/en/symptom-management>

Sleep Disturbances

<https://www.cancercareontario.ca/en/symptom-management/3996>



Canadian
Cancer
Society

Coping When You Have Cancer

<https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/coping-when-you-have-cancer/32127-coping-when-you-have-cancer-en.pdf?rev=2756056a0dd54661aeb52cfbc2f2ab9c&hash=81672D85283DE56E7A426C27583C6329>

Exercises After Breast Surgery

<https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/exercises-after-breast-surgery/32437-exercises-after-breast-surgery-en.pdf?rev=ae62b114907e49689bdbaad17f44bd14&hash=CE3C880E3BE2DA20345D396780A41E68>

Pain Relief A guide for people with cancer

<https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/pain-relief/32059-pain-relief-en.pdf?rev=1e58e7c8a17c4959aed70f3f852b38b2&hash=43AE923B9E48B228DB721CB53D7CDCFE>

Side effects

<https://cancer.ca/en/treatments/side-effects>



Being active during TREATMENT

<https://www.bloodcancers.ca/sites/default/files/2022-12/LLS1353-F-Exercise-Guidelines-A-E11.pdf>

Caring for your SKIN, NAILS, HAIR and MOUTH

https://www.bloodcancers.ca/sites/default/files/2024-08/llsc1728-c-fs-treatment-caring-for-your-skin-e02_1.pdf

Cytokine release syndrome CRS

https://www.bloodcancers.ca/sites/default/files/2023-12/cytokine-release-syndrome_CRFS_FS.pdf

DIARRHEA and CONSTIPATION

<https://www.bloodcancers.ca/sites/default/files/2023-11/LLS1570-C-FS-Diarrhea-Constipation-E03.pdf>

DENTAL and ORAL COMPLICATIONS

<https://www.bloodcancers.ca/sites/default/files/2024-05/lls1569-f-fs-dental-oral-compl-e03.pdf>

Know when to seek professional help for your MENTAL HEALTH

<https://www.bloodcancers.ca/sites/default/files/2024-04/lls1661-f-fs-mental-health-e08.pdf>

LOW APPETITE and WEIGHT LOSS

<https://www.bloodcancers.ca/sites/default/files/2024-03/lls1567-f-fs-appetite-weightloss-e07.pdf>

Managing LOW BLOOD CELL COUNTS

https://www.bloodcancers.ca/sites/default/files/2021-07/2020%20LLSC%20Fact%20Sheet-Treatment-LowBloodCount_Final_EN.pdf



McGill University
Health Centre



FONDATION DU
CANCER DES CÉDRES
CEDARS CANCER
FOUNDATION





MANAGING SIDE EFFECTS PUBLICATIONS



Managing side effects: Reducing your RISK OF INFECTION

https://www.bloodcancers.ca/sites/default/files/2021-07/2020%20LLSC%20Fact%20Sheet-Treatment-ReducingRiskofInfection_Final_EN.pdf

Managing Graft-Versus-Host Disease GvHD

<https://www.bloodcancers.ca/sites/default/files/2025-01/lls1804-c-fs-managing-gvhd-e02.pdf>

Maintenance therapy: STAYING in REMISSION after treatment

<https://www.bloodcancers.ca/sites/default/files/2024-02/lls1627-f-fs-staying-in-remission-e04.pdf>

MOUTH and THROAT

<https://www.bloodcancers.ca/sites/default/files/2024-01/lls1572-f-fs-mouth-throat-e04.pdf>

NAUSEA and VOMITING

<https://www.bloodcancers.ca/sites/default/files/2023-11/LLS1571-F-FS-Nausea-Vomiting-E02.pdf>

PAIN MANAGEMENT

https://www.bloodcancers.ca/sites/default/files/2022-02/2022%20LLSC%20Fact%20Sheet-Treatment-Pain%20Management_Final%20EN%20%28with%20logo%29.pdf

PERIPHERAL NEUROPATHY (nerve damage)

https://www.bloodcancers.ca/sites/default/files/2023-10/Peripheral-Neuropathy_English.pdf

Understanding Graft-Versus-Host Disease GvHD

<https://www.bloodcancers.ca/sites/default/files/2024-10/lls1768-f-fs-gvhd-understand-e03.pdf>

Understanding cancer related FATIGUE & BRAIN FOG

https://www.bloodcancers.ca/sites/default/files/2021-07/2021%20LLSC%20Booklet-PracticalSupport-ChemoBrainFatigue_Final_EN.pdf



Managing Pain and Fatigue

https://myeloma.ca/wp-content/uploads/2023/09/managing_pain_and_fatigue_en_final_web.pdf

Managing Myeloma in Rural and Remote Areas

https://myeloma.ca/wp-content/uploads/2024/02/240220_Rural_Remote_Infoguide_EN_Final.pdf

Mental Well-being and Relapse: A resource guide for people living with myeloma

https://myeloma.ca/wp-content/uploads/2023/09/psychosocial_patient_guide_eng_final.pdf

