

## What is Distress?

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- Cancer can be a difficult and stressful illness. Many people experience distress during their cancer experience. This is because cancer affects more than just your body – it can affect many parts of your life such as your emotions, your work, your finances, and your relationships with family and friends.
- Distress can be described in many ways. Some people describe distress as a general feeling of discomfort or upset.

## What is Screening for Distress?

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- We would like to know how you are feeling and coping with your cancer.
- To better understand how you are doing, your health care team may ask you to complete a short Screening for Distress Questionnaire. It will take a few minutes to complete.
- This will help us to better support you in dealing with your illness and its treatment.

## What can I expect if I complete a Screening for Distress Questionnaire?

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- Once you fill out the Questionnaire, someone from your health care team will review it with you.
- You and your health care provider will then work together to decide on what might help you to deal with the concerns you identified.
- For example, you might:
  - be given an information sheet
  - provided with information about community resources
  - offered a referral to a specialist such as a dietician or social worker, if you think it would be helpful to you

## What are the benefits of Screening for Distress?

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- Screening is a quick way for your health care team to understand the issues that are concerning you the most.
- Screening can help you to play a more active role in your care.
- By letting us know what is bothering you, we can provide you with information about services and resources that are available to help.