



CAREpath

▶ THE CANCER ASSISTANCE PROGRAM

Cheryl's Story How CAREpath made a difference

In March 2007, OTIP member and teacher Cheryl Lindsay was diagnosed with breast cancer. She recalls thinking, "I exercised everyday. I practically lived on fruits and vegetables and I drank green tea. This couldn't be; I had done everything right!"

Cheryl felt like she had lost control of her life. "Most people are not familiar with the maze of the medical system, and at a time of such intense stress, it can be intimidating and bewildering. You go for tests, you get results, you are sent for more tests, more results...I was anxious and worried. I wasn't sleeping; I became depressed, irritable and very angry."

Then Cheryl called CAREpath. Her CAREpath oncology nurse, Lynn, gave Cheryl the information and guidance she needed to feel empowered while she fought cancer. With Lynn, Cheryl could let her guard down and be completely open about how she was struggling. With Lynn's assistance, Cheryl became an active member of her treatment team and gained a measure of acceptance for her new life.

As Cheryl learned more about her form of cancer and the treatment she was undergoing, her anxiety decreased and her sense of well-being improved. Cheryl claims, "CAREpath helped me to reclaim the inner strength and resiliency I had before cancer."

CAREpath, the cancer assistance program, is available to you, your spouse and your dependants at no additional cost through your RTIP extended health care plan. The CAREpath Navigation System connects you with a personal CAREpath oncology nurse, backed by leading oncologists. Among many other services, CAREpath can help you access second opinions, expedite surgery, and provide you with special counselling. You also have access to Survivor Support services and the CAREpath Information Line. To connect with CAREpath or to learn more, visit www.otip.com and click the CAREpath link or call 1-800-290-5106.

Cheryl is now a healthy survivor and is back doing what she loves. Cheryl says it best, "one of the greatest benefits of CAREpath has been to give me hope; not only hope of survival, but hope for a future." 