

Navigating a serious illness



Your illness journey: Be informed, empowered and prepared

(NC) Being diagnosed with a serious illness can come with a range of emotions that can make it difficult to talk about the diagnosis and what it will mean. However, these conversations are important and will play a vital role in the journey ahead.

Whether it is at a current appointment or future ones, it's good to ask questions, even more than once. Here are three ways to help open the discussion.



With a diagnosis comes a lot of information. It's good to ask questions, even more than once..

Understand how the illness will impact your life

Some serious illnesses can be cured, others can be managed over a lifetime, and some can shorten a person's life. Understanding the nature of an illness will help

prepare for future decisions. Some key questions to ask at diagnosis are:

- Can the illness be cured? Can it be managed through treatment?
- How will this illness affect my day-to-day life?
- Will it get worse over time? Will it shorten my life?

Ask what can be expected moving forward.

Clarify whether you are in the beginning, middle or later stage of the illness. Ask about key milestones and decision points and how to plan for them. From there, work to understand what the general pattern of the illness looks like and any symptoms that you might expect. Explore what different options exist for treatment and any possible side-effects of that treatment.

Explore available care and decision-making.

Care planning is extremely important to ensure you have everything in place when it's needed. Think about what is most important to you and those closest to you and share this with your care team. Ask your care providers about which options are available to best support you.

Palliative care, for example, is a type of care that can help manage your illness and offers physical, emotional, social and spiritual support. It can also connect you, and those closest to you, to local grief support services. Start asking questions in your illness journey as early as possible to ensure you know about all resources that are available.

Learn more at canada.ca/palliative-care.

FACTS about STROKES

(NC) Every year, more than 108,000 Canadian suffer from a stroke and yet many people don't know the risk factors, or how to recognize if someone is having one and what to do.

How stroke happens, and who's at risk

A stroke occurs when blood stops flowing to part of the brain, damaging brain cells. While the risk increases as people get older, stroke can happen to anyone at any age. Young adults, babies and even young children can experience one. For children, the risk is greatest in the weeks surrounding their birth, and there are more than 10,000 kids under 19 living with stroke.

Conditions like heart failure, congenital heart disease and atrial fibrillation can increase the risk of stroke, sometimes dramatically, and stroke can increase the risk of heart conditions, including cardiac arrest.

A stroke now occurs roughly every five minutes in Canada, with almost a million people living with stroke nationwide. Our aging population is one reason for the rise, along with increases in risk factors like high blood pressure, high cholesterol and diabetes in younger people.

Recognizing the signs and acting quickly can mean the difference between life and death, or between a better recovery and a lasting disability. If you suspect someone near you is having a stroke, remember FAST: **F** - face, is it drooping? **A** - arms, can you raise them? **S** - speech, is it slurred or jumbled? **T** - time to call 9-1-1 right away.

Find tips and more to help you take charge of your health at heartandstroke.ca/healthy-living.

Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke, call 9-1-1 FAST

Mable Elmore, MLA VANCOUVER-KENSINGTON

CONSTITUENCY OFFICE:
6106 Fraser Street,
Vancouver, BC V5W 3A1

HOURS:
Mon. to Thurs. – 10am to 4:30pm
Friday by appointment only.

Phone: 604-775-1033
Mable.Elmore.MLA@leg.bc.ca



BEST WISHES FOR THE

Summer Holidays & Celebrations

June 21 – National Indigenous Peoples Day

June 27 – Muharram/Islamic New Year

July 6 – Ashura (Muslim) Aug. 3 – Tisha B'Av (Jewish)

Aug 4 - BC Day Sept. 1 – Labour Day

Sept. 5 – Milad un Nabi (Malwliid)

Sunita Dhir, MLA Vancouver-Langara



Constituency Office
6615 Main Street
Vancouver, B.C. V5X3H3

604-660-8380
Sunita.Dhir.MLA@leg.bc.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Join us for a free event to celebrate BC Day!

Saturday, August 2nd, 2025

11:00am - 3:00pm

Sunset Neighbourhood Plaza @ 50th and Main