THE ROAD TO SURVIVORSHIP

Living After Cancer Treatment

I AM ANN.
I LIVE STRONG.
Cancer Survivor

YOU ARE NOT ALONE.

More than 13 million cancer survivors live in the United States today, and 3 out of 4 families will help care for a family member with cancer. Being a cancer survivor means more than just living. It means living life your way.

You can use this booklet to help you identify your concerns and figure out where to go for help. You can also learn from other cancer survivors what has helped them.

HOW TO USE THIS BOOKLET:

1. Go through this booklet and check off the physical, emotional and day-to-day concerns you have.
2. Take this booklet with you the next time you see your doctor.
3. Use this booklet to talk to your doctor or to call the resources listed on pages 16–20.

I AM JASON.
I LIVE STRONG.
Cancer Survivor

PHYSICAL CONCERNS

PAIN, BODY, LIFESTYLE

Now that you have finished treatment, you may have special needs in caring for your body. Ask your doctor about these changes or what you can expect.

DO YOU HAVE CONCERNS ABOUT CHANGES IN YOUR BODY?

Make a check next to the things you would like help with or write down your own concerns.

PAIN OR SWELLING

- ☐ I have pain that does not go away.
- ☐ I have swelling in parts of my body.

BODY CHANGES

- ☐ I am not sure how the surgery, treatment or medicines I have taken or am taking will affect my body.
- ☐ My feelings about my body have changed.
- ☐ I feel tired often.
- ☐ I have trouble remembering things and my mind works more slowly than before.

LIFESTYLE

- ☐ I want to know how much I should exercise.
- ☐ I want to know what type of diet I should follow.
- ☐ I am having changes in my intimate life.

OTHER CONCERNS

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"The hardest change for me was relearning how to walk and run and move my body. I went from swimming and cheerleading to not being able to do anything on my own. ***I think that either makes you want to fight a lot harder or it makes you want to give up. You have to make the choice.***"

AMY, CANCER SURVIVOR

PHYSICAL NEEDS

PAIN, BODY, LIFESTYLE

Your doctor can help you understand how to address your concerns and how to find resources to help you. You may not think you need help, but many survivors have found that getting help from these services made their lives easier.

DO YOU NEED HELP MEETING YOUR NEEDS?

Check the box next to the services or information you need.

PAIN OR SWELLING

- ☐ I want to learn more about ways to relieve pain.
- ☐ I want to know about other services such as massage, aromatherapy or yoga.

BODY CHANGES

- ☐ I want help restoring my strength and my ability to move around.
- ☐ I would like to know more about how my treatment may have affected my fertility.

LIFESTYLE

- ☐ I would like a nurse or other caregiver to help me in my home.
- ☐ I want help with tasks like cleaning or cooking meals.

I AM URSELL.
I LIVE STRONG.
Cancer Survivor

EMOTIONAL CONCERNS

FEELINGS, RELATIONSHIPS, LIFE CHANGES

Now that you have finished treatment, you may wonder what to expect. You may have many emotions, and new concerns may come up at any time. This is normal. Some people fear that the cancer will return. Some people find that different things are now important to them. Relationships with family and friends may change.

DO YOU HAVE EMOTIONAL CONCERNS?

Make a check next to the things you would like help with or write down your own concerns.

FEELINGS

- ☐ I am worried that the cancer might return.
- ☐ I am feeling sad or depressed.

RELATIONSHIPS

- ☐ I am not sure how to talk to my friends and family about my cancer.
- ☐ I am not sure how to talk to my children about my cancer.

LIFE CHANGES

- ☐ The things that are important to me have changed.
- ☐ My cancer has changed my spirituality.
- ☐ I don't know what to expect.

OTHER CONCERNS

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"When I came out of treatment, I felt more than just sad. I was depressed. For some people, the idea of going to a counselor was something that you just didn't do. I found it to be one of the best things that I've ever done. ***It was important for me to talk to someone who was not my doctor or in my family.****"*

BRIAN, CANCER SURVIVOR

EMOTIONAL NEEDS

FEELINGS, RELATIONSHIPS, LIFE CHANGES

No matter how you feel after your treatment, talking with other people can help you handle the emotions you are having. You are not alone in dealing with your cancer. Friends and family can learn how to support you during tough times. You can also talk to counselors and other cancer survivors. It can be helpful to have someone to talk to, even if that person cannot solve all your problems.

DO YOU NEED HELP MEETING YOUR NEEDS?

Check the box next to the services or information you need.

- ☐ I want to meet other cancer survivors and hear their stories.
- ☐ I want to know where I can find emotional support.
- ☐ I want to know how I should talk to my friends and family about my cancer.
- ☐ I would like to talk to a professional about the feelings I am having.
- ☐ I would like my family to talk to a professional about the feelings they are having.
- ☐ I want to talk to someone my own age about my cancer.

I AM ALISA.
I LIVE STRONG.
Cancer Survivor

DAY-TO-DAY CONCERNS

MONEY, JOB, RESOURCES

Your day-to-day concerns may change now that you have finished treatment. You may need help with the cost of your medicine. You may want help getting back to work or figuring out health insurance. You may worry about money or your job. These are some of the concerns other cancer survivors have.

DO YOU HAVE DAY-TO-DAY CONCERNS?

Make a check next to the things you would like help with or write down your own concerns.

MONEY AND INSURANCE

- ☐ I need help paying my bills and medical costs.
- ☐ I need help finding health insurance.
- ☐ I would like help with my health insurance forms.

JOB

- ☐ I want my boss to understand my special needs as a cancer survivor.
- ☐ I am having a hard time finding or returning to work.

FINDING RESOURCES

- ☐ I need help with my children.
- ☐ I am having trouble traveling to my follow-up care appointments.

OTHER CONCERNS

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"I want to let parents know that they're not alone. There are resources out there. There are people who understand what you're going through. ***Don't be afraid to reach out for somebody's hand.****"*

TRIBUNE AND RAYMOND, PARENTS OF A CANCER SURVIVOR.

DAY-TO-DAY NEEDS

MONEY, JOB, RESOURCES

As a cancer survivor, you are not alone. There may be resources in your community that can help you with your day-to-day concerns. Talk to your healthcare provider or one of the resources in the back of this booklet to find the services you need.

DO YOU NEED HELP MEETING YOUR NEEDS?

Check the box next to the services or information you need.

MONEY AND INSURANCE

- ☐ I would like to know more about organizations that provide help with health insurance and money issues.

JOB

- ☐ I want to make sure I am treated fairly at work.
- ☐ I want to know more about my legal rights.

FINDING RESOURCES

- ☐ I would like help finding resources in my community.
- ☐ I would like to know how I can find transportation to my medical appointments.

I AM LOTTIE.
I LIVE STRONG.
Cancer Survivor

TO LEARN MORE ABOUT THESE SERVICES, I CAN:

- ☐ Talk to a doctor, nurse or social worker.
- ☐ Reach out to other cancer survivors.
- ☐ Call one of the groups on the following pages.
- ☐ Research on the Internet or at the library.
- ☐ Reach out to members of my faith-based groups.
- ☐ Talk to family and friends.

Talk to your doctor about the information you find.

PLAN FOR YOUR NEXT STEPS

Now that you have checked off the physical, emotional and day-to-day concerns you have, it is time to set a plan of action. Follow these steps to get the help you need.

1. Make sure you have gone through this booklet and checked off all the concerns you have.
2. Think about where you will look for help and support.
3. Discuss the concerns you checked off in this booklet with your doctor or someone on your healthcare team.
4. Call the toll-free numbers on the following pages, or visit the websites to help you find the services you need.

RESOURCES

These groups can help you with your physical and emotional needs. They can also help you with day-to-day issues such as insurance and money matters.

LIVE**STRONG FOUNDATION**

Toll-free: 1.855.220.7777
www.LIVE**STRONG**.org/WeCanHelp

The LIVE**STRONG** Foundation will provide you, your family, friends and caregivers with support, as well as education on treatment options and fertility preservation. Additionally, insurance, employment and financial matters can be addressed through referrals to financial and local resources. Ask for a free LIVE**STRONG** Guidebook. It provides important information and tools to support you through your cancer journey. You can call LIVE**STRONG** Monday—Friday, 9am—5pm CST.

NATIONAL CANCER INSTITUTE - CANCER INFORMATION SERVICE

Toll-free: 1.800.4.CANCER (1.800.422.6237)
www.cancer.gov

You can speak with caring staff who can explain medical information in easy-to-understand terms. They answer calls in English and Spanish.

NATIONAL COALITION FOR CANCER SURVIVORSHIP

Toll-free: 1.877.622.7937
www.canceradvocacy.org

As the oldest survivor-led advocacy organization, the National Coalition for Cancer Survivorship is a highly respected authentic voice at the federal level, advocating for quality cancer care for all Americans and empowering cancer survivors.

CARING CONNECTIONS

Toll-free: 1.800.658.8898
www.caringinfo.org

Caring Connections, a program of the National Hospice and Palliative Care Organization (NHPCO) will provide you with resources and information to help you make decisions about end-of-life and services. Staff also answers calls in Spanish.

LIST LOCAL RESOURCES HERE

SUPPORT GROUPS

Contact these groups to help you find the support you need. Each of these groups can help you connect with other survivors and/or find emotional support in your area.

AMERICAN CANCER SOCIETY

Toll-free: 1.800.ACS.2345 (1.800.227.2345)
www.cancer.org

An information specialist can answer your questions 24 hours a day, seven days a week. They can also help you find support groups in your area.

CANCER SURVIVORS NETWORK

Toll-free: 1.877.333.HOPE (1.877.333.4673)
www.csn.cancer.org

Cancer Survivors Network is primarily a web-based service for cancer survivors, their families, caregivers and friends.

THE LEUKEMIA & LYMPHOMA SOCIETY

Toll-free: 1.800.955.4572
www.lls.org

The Leukemia & Lymphoma Society has developed programs all over the country to meet the needs of patients, families and oncology professionals; the people who deal with blood cancer every day and the people who care for them.

CANCER SUPPORT COMMUNITY

Toll-free: 1.888.793.9355
www.cancersupportcommunity.org

The mission of the Cancer Support Community (CSC) is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. In 2009, The Wellness Community and Gilda's Club joined forces to become the Cancer Support Community. The combined organization, with more than 50 years of collective experience, provides the highest quality social and emotional support for people impacted by cancer through a network of over 50 licensed affiliates, more than 100 satellite locations, and a vibrant online community, touching more than one million people each year.

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WE BELIEVE IN LIFE.

Your life. We believe in living every minute of it with every ounce of your being. And that you must not let cancer take control of it. We believe in energy: channeled and fierce. We believe in focus: getting smart and living strong. Unity is strength. Knowledge is power. Attitude is everything. This is LIVE**STRONG**.

Special thanks to the cancer survivors
who made this brochure possible.

LIVESTRONG®

FOUNDATION

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