

Admiring the Fighters

If you or a loved one has been diagnosed with cancer, knowing what to expect and making plans to proceed can help create a less stressful situation.



GET THE FACTS

Write down questions and concerns before your appointments and bring them with you.

What kind of cancer do I have?

Can my cancer be treated?

What are my treatment options?

Where is the cancer? Has it spread?

MAINTAIN A HEALTHY LIFESTYLE

Healthy Diet

Nutrition is an important part of cancer treatment. Eating the right foods before, during, and after can help you to feel better and to stay stronger.



Adequate Rest

Helps manage the stress and fatigue of the cancer and its treatment.

Exercise

Studies suggest that people who participate in some physical exercise during treatment not only cope better but may also live longer.

Fatigue

One of the most common and distressing side effects of cancer treatments.

Hair loss is a common side effect from chemotherapy treatments.



BE PREPARED FOR CHANGES

Cancer survivors face physical, emotional, psychosocial, spiritual and financial challenges as a result of their diagnosis and treatment.

Financial burdens may arise as result of diagnosis.



Additional costs of medicines, travel costs, etc.

A cancer diagnosis is a lifelong ordeal. Treatment recovery can last months, sometimes even years.



DEVELOP YOUR OWN COPING STRATEGIES

Highs and lows of cancer are experienced not only by those diagnosed but also family members, friends, and caregivers.

FIND A SOURCE OF SPIRITUAL SUPPORT

KEEP A JOURNAL TO HELP ORGANIZE YOUR THOUGHTS

WHEN FACED WITH A DIFFICULT DECISION LIST PROS AND CONS

For more information regarding your cancer diagnosis visit: www.mayoclinic.org, www.cancer.gov, www.cancer.org, www.cdc.gov

Funding for this publication was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



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