

# 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.



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



### PREPARED FOR CHANGES

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

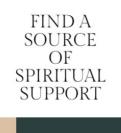
### Financial burdens may arise as result of diagnosis.



Additional costs of medicines, travel costs, etc.

## DEVELOP YOUR OWN COPING STRATEGIES

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



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

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