



# You are a Survivor

Living After Cancer Treatment



A close-up, high-resolution portrait of an older Black man with a grey beard and mustache. He is looking directly at the camera with a slight, gentle smile. The background is a soft, out-of-focus orange color. The lighting is warm and focused on his face.

**I AM JAMES**  
**I LIVE STRONG**  
CANCER SURVIVOR

# You are not alone.

There are more than 800,000 African American cancer survivors 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 JAN**  
**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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After treatment, my doctor said to me, “You are done.”

**And I wondered— where do I go from here? What should I do to live a healthy life?**

At first I didn't know what to do.

— **Grace**, cancer survivor

# Physical Needs

## Pain, Body, Lifestyle

Your doctor can help you understand how to address these concerns and how to find resources to help you. You may not feel like you need help, but many survivors have found that receiving 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.

A close-up, high-angle portrait of a Black woman with a warm, gentle smile. Her eyes are looking slightly upwards and to the right. The lighting is soft and directional, highlighting the texture of her skin and the contours of her face. The background is dark and out of focus.

**I AM ALECIA**  
**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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Men normally don't discuss their illnesses, because, you know, we're macho.

I didn't. But now I am involved in a support group. **We meet once a month, and we discuss a lot of problems. And that's a great help.**

— **Harold**, 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.

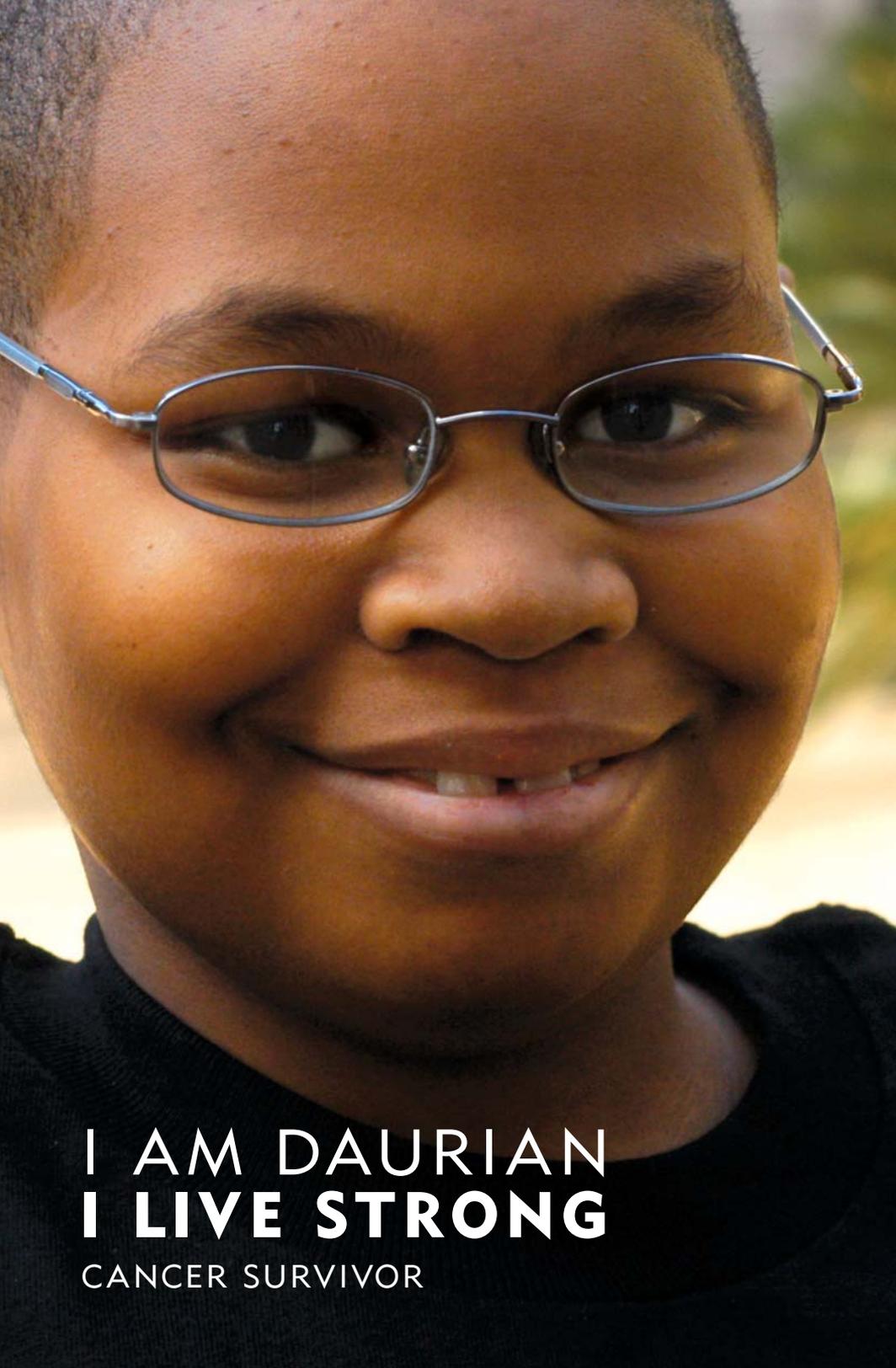
It can be helpful to have someone to talk to, even if they can't solve all your problems.

### 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 DAURIAN**  
**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 expenses.
- I need help finding health insurance.
- I would like help filling out my health insurance forms.

#### Job

- I want my boss to understand my special needs as a cancer survivor.
- I am having difficulty 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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**A lot of organizations help people that are in need and do not have insurance.** You would be surprised how much they help you. They have helped me a lot.

It is a lot of papers to fill out, but it is so worth it.

— **Christie**, 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 ANGELA  
I LIVE STRONG  
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# 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.

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## 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.

## **American Pain Foundation**

Toll-free: 1.888.615.7246

[www.painfoundation.org](http://www.painfoundation.org)

The American Pain Foundation (APF) provides information and education about pain and pain management through free publications, a website, an online pain community, emails and toll-free calls. APF supports research and advocacy, bringing the voices of people with pain to healthcare providers and government agencies.

## **LIVESTRONG SurvivorCare**

Toll-free: 1.866.235.7205

[www.livestrong.org](http://www.livestrong.org)

**LIVESTRONG** SurvivorCare will provide you with information, education, counseling services and referrals to other resources. You can also speak with a professional oncology social worker.

## **National Cancer Institute - Cancer Information Service**

Toll-free: 1.800.4.CANCER (1.800.422.6237)  
[www.cancer.gov](http://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.

## **Patient Advocate Foundation**

Toll-free: 1.800.532.5274  
[www.patientadvocate.org](http://www.patientadvocate.org)

Patient Advocate Foundation can work with you to settle insurance, employment and debt matters resulting from your diagnosis. A case manager will work together with you, your doctor and/or your employer to help with these issues.

## **Sisters Network<sup>®</sup>, Inc.**

Toll-free: 1.866.781.1808  
[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)

Sisters Network provides individual and group support, education, advocacy and research for the African-American woman's fight against breast cancer.

## **Us TOO International Prostate Cancer Education and Support Network**

Toll-free: 1.800.808.7866

[www.ustoo.org](http://www.ustoo.org)

Us TOO International provides men and their families with fellowship, peer counseling and timely, personalized, unbiased and reliable information about prostate cancer. They also offer community awareness volunteer training for minority and underserved populations.

**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](http://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.

## **CancerCare**

Toll-free: 1.800.813.HOPE (1.800.813.4673)

[www.cancercare.org](http://www.cancercare.org)

CancerCare's professional social work staff offer support groups that provide emotional support, assist you in coping with treatment and side effects, help you understand and talk to your health care provider and guide you to resources. All CancerCare services are free of charge.

## **Cancer Survivors Network**

Toll-free: 1.877.333.HOPE (1.877.333.4673)

[www.acscsn.org](http://www.acscsn.org)

This is both a phone and web-based service for cancer survivors, their families, caregivers and friends.

## **The Leukemia & Lymphoma Society**

Toll-free: 1.800.955.4572

[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.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.

## **Gilda's Club® Worldwide**

Toll-free: 1.888.GILDA.4.U (1.888.445.3248)

[www.gildasclub.org](http://www.gildasclub.org)

Gilda's Club Worldwide provides free social and emotional support to men and women with cancer, their families and friends. There are Gilda's Clubs throughout the United States and Canada.

## **The Wellness Community**

Toll-free: 1.888.793.WELL (1.888.793.9355)

[www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)

The Wellness Community provides free support groups, educational programs, exercise, nutrition and relaxation classes at 22 centers and 28 satellites across the United States and online for people with cancer and their loved ones.





# Was this Brochure Helpful?

Please answer the six questions on the card below and mail the postage-paid card to help the Lance Armstrong Foundation better serve cancer survivors.

Or, complete the survey online at [www.livestrong.org/survey](http://www.livestrong.org/survey).

Thank you for your feedback.

**1. What is your ethnic background?** (CHECK ALL THAT APPLY)

- African American/Black
- Asian
- Hispanic/Latino
- American Indian/Alaska Native
- Caucasian/White
- Native Hawaiian/Pacific Islander
- Arab American
- Other \_\_\_\_\_

**2. What is your age range?**

- 0–14    15–17    18–25    26–39
- 40–64    65 and over

**3. My connection to cancer:**

- I have or had cancer
- Friend or loved one
- Family member, spouse or partner
- Healthcare provider
- Healthcare professional
- Know someone with cancer
- No connection
- I prefer not to respond
- Other \_\_\_\_\_

**4. Reading the brochure helped me to identify concerns about cancer.**

- Strongly agree    Agree    Somewhat agree
- Somewhat disagree    Disagree    Strongly disagree

**5. I used the brochure...**

- When talking with doctors, nurses, social workers or counselors
- When talking with other cancer-related groups
- When talking with friends, family, or loved ones
- When talking with other cancer survivors
- I have not used the brochure yet, but plan to
- None of the above
- Other \_\_\_\_\_

**6. Overall, I thought the brochure was...**

- Very helpful    Helpful    Somewhat helpful
- Somewhat unhelpful    Unhelpful    Very unhelpful

# Was this Brochure Helpful?

1. Answer the questions on the card below.
2. Tear out the card along the dotted lines.
3. Mail the card to the LAF. Postage is paid by the LAF.

Or, complete the survey online at [www.livestrong.org/survey](http://www.livestrong.org/survey).

Thank you for your feedback.

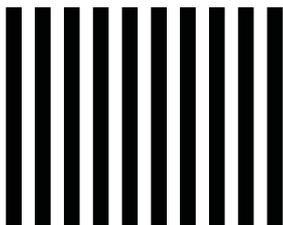


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**LANCE ARMSTRONG FOUNDATION**  
**PO BOX 161150**  
**AUSTIN TX 78716-9800**

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IN THE  
UNITED STATES



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



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