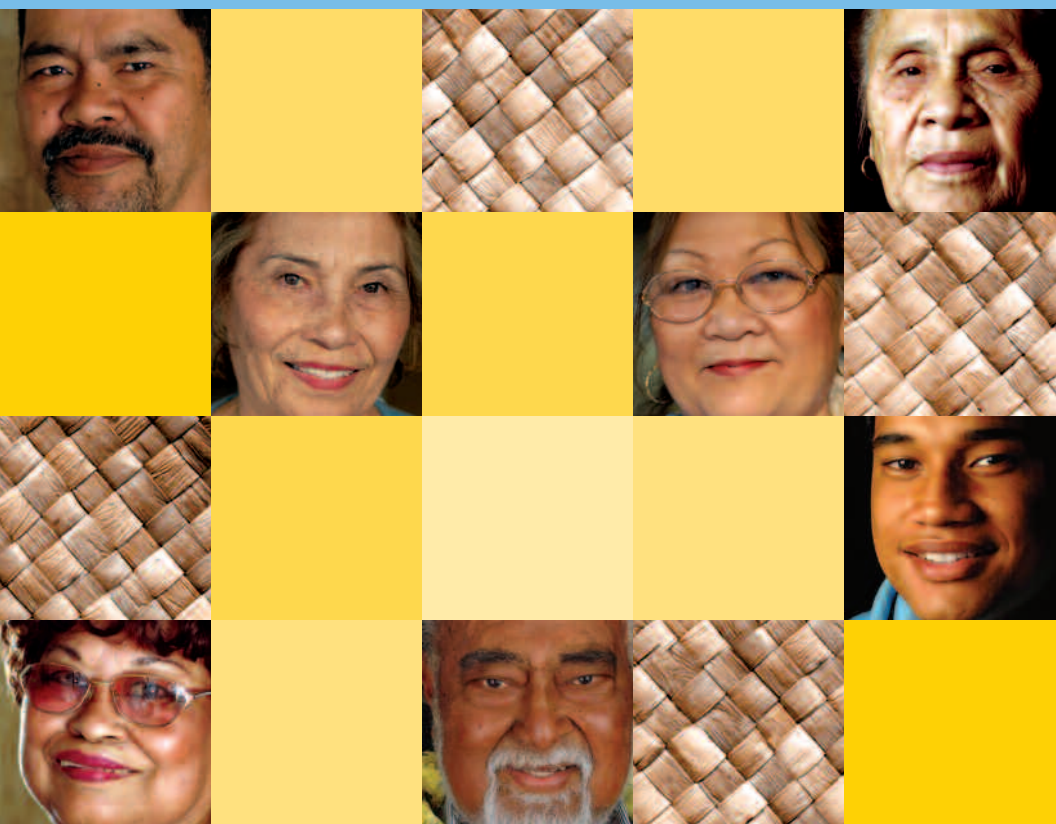




The Survivorship Journey

Living After Cancer Treatment





I AM VAILILII
I LIVE STRONG
CANCER SURVIVOR

Aloha! Tirow! Bula! Hafa adai! lakwe! Mogethin! Talofa! Alii! Ran annim! Kaselehia!

There are many Pacific Islander families living in the United States and its territories. Many of them will help care for a family member with cancer.

As a cancer survivor, you have a right to ask your doctor questions and have all of your questions answered.

You and your family can use this booklet to help identify your concerns and figure out where to go for help.

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.

A close-up portrait of a middle-aged man with a mustache and goatee, looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

I AM GEORGE
I LIVE STRONG

CANCER SURVIVOR

Physical Changes

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 else you can expect.

Do you and your family have concerns about changes in your body?



Make a check next to the things you and your family 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:

I'm grateful that I wake
up every morning and that
I am alive.

— Pacific Islander cancer survivor

Physical Changes

Pain, Body, Lifestyle

Your doctor can help you and your family understand how to address your concerns and how to find resources to help you. You may not feel like 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 and your family need.

Pain or Swelling

- I want to learn more about ways to relieve pain.
- I would like to talk to a traditional healer.

Body Changes

- I want help restoring my strength and my ability to move around.
- I would like information about ways that doctors can help me with scars and changes to my body.
- I would like to know more about how my treatment may have affected my fertility.

Lifestyle

- My family and I would like a nurse or caregiver to help me at home.
- My family and I want help with tasks like cleaning or cooking meals.



I AM ANTONIO
I LIVE STRONG
CANCER SURVIVOR

Emotional Changes

Feelings, Relationships, Life Changes

Now that you have finished your treatment, you and your family 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.
- I have feelings of shame or guilt about my cancer.

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:

Be positive that you are on the road to recovery. Prayers and family support are very helpful.

— Pacific Islander cancer survivor

Emotional Changes

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.

- My family and I want to meet other Pacific Islander cancer survivors and hear their stories.
- We 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.
- My family and I would like to talk to a church leader or pastor about the feelings I am having.
- I would like my family to talk to a professional or other family members of cancer survivors about the feelings they are having.



I AM LUCIANNE
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 and your family have concerns about day-to-day issues?



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

Money and Insurance

- We need help paying bills and medical costs.
- We need help finding health insurance.
- We 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 trouble finding or returning to work.

Finding Resources

- I need help taking care of my family.
- I am having trouble traveling to my follow-up visits.

Other Concerns:

When I was sick I was not worried about myself. I was worried about my family, but my sisters stepped in and took some of the responsibilities.

You have to let go of some things now that you have cancer.

— Pacific Islander cancer survivor

Day-to-Day Concerns

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

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

Job

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

Finding Resources

- We would like to find materials written in my own language.
- My family and I would like to find someone who speaks my language to help me talk to my doctor.
- My family and I would like to know how I can participate in clinical trials.
- We would like help from our island government.



I AM BARBARA
I LIVE STRONG

CANCER SURVIVOR

To learn more about these services, my family and I can:



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

Talk to your doctor about the information you find.

Plan for Your Next Steps

Now that you and your family have checked off the physical, emotional and day-to-day concerns you have, it is time to set a plan of action together. 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.
- 5.** Order a free **LIVESTRONG™** Notebook by filling out the form in the back of this booklet.

Resources

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

Asian and Pacific Islander Community Health Forum – National Cancer Survivors Network

1.415.954.9988

www.apiahf.org

Asian and Pacific Islander Community Health Forum (APIAHF) promotes the health of Pacific Islander cancer survivors through advocacy and education. Through APIAHF, survivors can meet other Pacific Islander survivors. APIAHF also offers materials in Pacific Islander native languages and access to support groups in your area.

ʻImi Hale – Native Hawaiian Cancer Network

1.808.597.6558

www.imihale.org

ʻImi Hale works to reduce the cancer rates among Native Hawaiians through education and outreach. They can also help you find support groups in your area.

LIVESTRONG SurvivorCare

Toll-free: 1.866.235.7205

www.livestrong.org

LIVESTRONG SurvivorCare will provide you, your family, friends and caregivers with information, education, counseling services and referrals to other resources. You can also speak with a case manager.

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.

Orange County Asian Pacific Islander Community Alliance

1.714.636.9095

www.ocapica.org

The Orange County Asian Pacific Islander Community Alliance will provide you with cancer information in Pacific Islander languages.

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.

Guam Communications Network

1.562.989.5690

www.guamcomnet.org

The Guam Communications Network provides services to Chamorro cancer survivors living in California.

Micronesian United

1.808.941.0317

Micronesian United works to raise awareness of issues affecting Micronesians. The group meets weekly in Honolulu, Hawaii.

Native People's Circle of Hope

Toll-free: 1.877.773.8248

www.nativepeoplescoh.org

Native People's Circle of Hope is a non-profit coalition of Native cancer survivors and support groups. Native is defined as American Indian, Alaska Native, Hawaiian Native and other people indigenous to the United States.

Samoan National Nurses Association

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

www.gildasclub.org

The Samoan National Nurses Association offers a support group to Samoan cancer survivors living in Southern California.

The Wellness Community

Toll-free: 1-888-793-WELL (1.888.793.9355)

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.

List local resources and support groups here:

Lance Armstrong Foundation
Attn: **LIVESTRONG**[™]
PO Box 161150
Austin, TX 78716-1150

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LIVESTRONG[™]
RESOURCE FOR CANCER SURVIVORS
LANCE ARMSTRONG FOUNDATION

The **LIVESTRONG**[™] Survivorship Notebook is now available.



The **LIVESTRONG**[™] Survivorship Notebook can help you organize and guide your cancer experience. The easy-to-carry, three-ring binder contains information on:

- Physical, emotional and practical survivorship topics
- Stories of cancer survivors talking about experiences
- Survivorship tools to help you keep track of important information
- Sections for you to add your own records, notes, pamphlets and information

Because the Notebook is portable, you can take it with you to healthcare appointments and other important appointments.

To receive a free copy, please fill out the form on the back of this page and mail it to the Lance Armstrong Foundation (postage provided) or fax to 1.512.347.1582.

To receive a free copy of the **LIVESTRONG™** Survivorship Notebook, please complete this form and mail it to the Lance Armstrong Foundation (postage provided) or fax to 1.512.347.1582.

NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Please answer the following questions.

Person with cancer is

- Myself
- Family member
- Spouse / Significant other
- Friend
- Other - please describe _____

Is the person with cancer

- Male
- Female

Is the person with cancer

- Newly diagnosed
- Currently in treatment
- Finished with treatment
- Long term
(has been out of treatment for 5+ years)
- Chronic
(Taking medication for rest of life)
- Recurrence
(Cancer has come back or second cancer diagnosis)

What is the age of the person with cancer

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

What best describes the ethnic background of the person with cancer

- African American/Black
- Asian
- Hispanic/Latino
- Other _____
- American Indian/Alaska Native
- Caucasian/White
- Native Hawaiian/Pacific Islander
- I prefer not to respond

Do you have

- Private insurance coverage
- Medicare
- Medicaid
- None

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



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