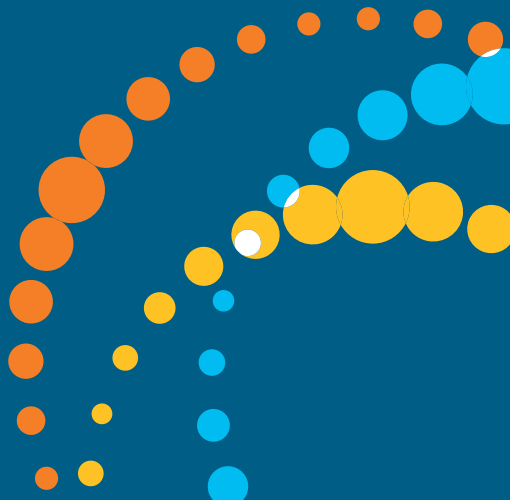


Livestrong

The Road to Survivorship

Living After Cancer Treatment



I am Lorena.
I Livestrong.



You are not alone.

As cancer treatments improve, more people are living longer, fuller lives after cancer. Being a cancer survivor means more than just living. It means living life your way.

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

HOW TO USE THIS BOOKLET:

- Go through this booklet and list the physical, emotional and day-to-day concerns you have.
- Take this booklet with you the next time you see your doctor.
- Use this booklet to talk to your doctor or to call the resources listed on pages 16-19.

I am a Survivor



I am Fabrice.
I Livestrong.

Physical Concerns

Pain, Body, Lifestyle

Your body may have changed during treatment. There are lots of tools available to support you that your care team can explain.

DO YOU HAVE CONCERNS ABOUT BODY CHANGES?

Make a check next to the things you would like help with.
Write down any additional concerns below.

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

“

*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 healthcare team can help you understand how to address your concerns and how to find resources to help you. There is no time limit on these questions or changes. If symptoms are lingering over time, contact your doctor or care team and ask about them.

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 therapy, acupuncture/acupressure, or movement therapy such as 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 to a nurse or other caregiver to help me in my home.
- I want help with tasks like cleaning or cooking meals.

NOTES



I am Anna.
I Livestrong.

Emotional Concerns

Feelings, Relationships, Life Changes

Right now, you may wonder what to expect next. You may have many emotions, and new concerns may come up at any time. This is normal. 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. Write down any additional concerns below.

FEELINGS

- I am worried that my cancer might spread or 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

“

*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

Talking with other people can help you handle the emotions you are having. Friends and family can learn how to support you during tough times. You are not alone in dealing with your cancer. Counselors are professionally trained to help. You can also talk to other cancer survivors and even be matched with someone with a similar diagnosis or cancer treatment. Sometimes it helps to chat with someone who has walked the same walk as you.

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 online/virtual cancer communities to connect with.
- I want to know where I can find emotional support.
- I want to talk to someone with my gender identity or orientation about my cancer.
- I want to know how I should talk to my friends and family about my cancer.
- I want 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 want to know how to talk to my boss and co-workers about my cancer.

I am Ronald.
I Livestrong.



Day-to-Day Concerns

Money, Job, Resources

Your day-to-day concerns may change now that you're a survivor. 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 common concerns cancer survivors have.

DO YOU HAVE DAY-TO-DAY CONCERNS?

Make a check next to the things you would like help with. Write down any additional concerns below.

MONEY AND INSURANCE

- I need help paying my bills and medical costs.
- I need help finding health insurance.
- I want 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.

ADDITIONAL RESOURCES

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

OTHER CONCERNS

“

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 someone'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 want 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.
- I want to know how to answer the questions I am asked at work.

ADDITIONAL RESOURCES

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

NOTES

I am Heather.
I Livestrong.



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.
- Visit the **Help Starts Here** tool at [livestrong.org](https://www.livestrong.org).
- Reach out to members of my faith-based groups.
- Talk to family and friends.

Plan Your Next Action 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.** [Click to download the Livestrong Guidebook](#) and use it to create a more thorough action plan.
- 3.** Discuss the concerns you checked off in this booklet and identified through the Guidebook with your healthcare team.
- 4.** Call the toll-free numbers or visit the websites on the following pages to find the services you need.

Resources

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

Livestrong livestrong.org

Livestrong 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 Livestrong Guidebook. It provides important information and tools to support you through your cancer journey.

National Cancer Institute – Cancer Information Service 1.800.4.CANCER (1.800.422.6237) 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.

American Cancer Society (ACS) 1.800.227.2345 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 Financial Assistance Coalition cancerfac.org

Cancer Financial Assistance Coalition is an alliance of financial assistance organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges. They work to facilitate communication and collaboration among member organizations.

CancerCare 1.800.813.HOPE (4673) cancer.org

Founded in 1944, CancerCare is the leading national organization providing free, professional support services and information to help people manage the emotional, practical and financial challenges of cancer.

LIST LOCAL RESOURCES HERE

Social-Emotional Resources

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.

Cancer Hope Network

1.877.467.3638
cancerhopenetwork.org

Cancer Hope Network is a not-for-profit organization that provides free and confidential one-on-one support to cancer patients and their families. They offer support by matching cancer patients or family members with trained volunteers who have already undergone and recovered from a similar cancer experience.

Cancer Support Community

1.888.793.9355
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. They provide in-person and online support programs, online support communities, and professional counseling in English and Spanish.

Healing Circles

healingcirclesglobal.org/cancer

Healing Circles Global is a nonprofit whose vision is to provide positive social support to anyone who asks for it. Their Living with Cancer circles are online for no charge or by donation.

Imerman Angels

1.866.463.7626
imermanangels.org

Imerman Angels carefully matches a person touched by cancer with someone who has fought and survived the same type of cancer (a Mentor Angel). Additionally, personalized matches are provided for cancer caregivers (family and friends of fighters) to benefit from other experienced caregivers. To request a mentor, select the “Cancer Support” tab and “Find a Mentor Angel”.

NOTES

Our Purpose

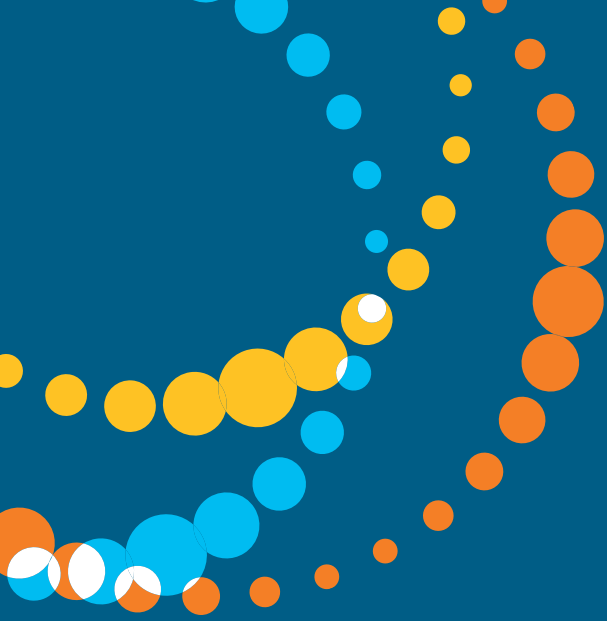
Living with cancer isn't easy, but it doesn't have to be so hard. It's the everyday cancer problems, like paying the bills or getting a good night's sleep. The problems that simply don't deserve to exist.

Settling for surviving isn't good enough. It's time to change how we help people live with cancer. Livestrong isn't just about hope. Our legacy is more than a wristband. We are listeners, collaborators, and practical problem solvers improving the everyday lives of anyone dealing with cancer.

We are finding new solutions to old problems right now so we can fix them for good. We are dedicated to disruptive, energetic and breakthrough ideas designed to ensure that each and every cancer patient doesn't just survive, they Livestrong.

Because if you're living with cancer, you deserve more than just hope for a better tomorrow. You deserve a better today.

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



Livestrong.org
855.220.7777

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