



The Road Ahead

Living After Cancer Treatment





I AM PAMELA
I LIVE STRONG

CANCER SURVIVOR



You are not alone.


More than 10 million cancer survivors live 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 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 healthcare provider.
- 3.** Use this booklet to talk to your healthcare provider or to call the resources listed on pages 16–20.



I AM JAMES
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 healthcare provider 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:

I wanted to know
information on eating
healthy after cancer.

**I attended a nutrition
workshop and it helped
me** with eating healthier.

— Cancer Survivor, West Virginia

Physical Changes

Pain, Body, Lifestyle

Your healthcare provider can help you understand how to address your concerns and how to find resources to help you. You may not think you need help, but many survivors have found that getting help 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 therapies such as herbs and folk medicine.

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 portrait of an elderly woman with short, wavy, light brown hair. She is wearing gold-rimmed oval glasses and has a warm, smiling expression. She is dressed in a green knit sweater and a necklace with green and gold beads. The background is dark, making her face the central focus.

I AM LINDA
I LIVE STRONG
CANCER SURVIVOR

Emotional Changes

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 faith.
- I don't know what to expect.

Other Concerns:

When I heard the words,
“you’re done [with treatment],”
it was like, wham — I’m cut
off and I won’t see those
people any longer. **You
become familiar with the
nurses and doctors. Support
groups can help with this.**

— Cancer Survivor, Pennsylvania

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.

- I want to meet other cancer survivors and hear their stories.
- I want to know where I can find emotional support and learn more about online or phone support groups.
- 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 DANIEL
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 costs.
- I need help finding health insurance.
- I would like help with my 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.

Finding Resources

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

Other Concerns:

My life was very different with cancer and now I don't have it. What do I do and should I be concerned? **I think it's important to have some type of guidance on what to expect after treatment.**

— Cancer Survivor, Pennsylvania

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

- 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 a ride to my follow-up care appointments.



I AM MARGE
I LIVE STRONG
CANCER SURVIVOR

To learn more about these services, 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 faith-based groups.
- Talk to family and friends.

Talk to your healthcare provider about the information you find.

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.
- 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.

American Pain Foundation

Toll-free: 1.888.615.7246

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 health-care providers and government agencies.

Appalachian Community Cancer Network

Toll-free: 1.800.333.8874

www.ukhealthcare.uky.edu/centers/markey/appcancernet.htm

Appalachian Community Cancer Network can link cancer survivors to local resources throughout the Appalachian region. These services include support groups and clinical trials.

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.

National Coalition for Cancer Survivorship

Toll-free: 1.877.622.7937

www.canceradvocacy.org

As the oldest survivor-led advocacy organization, the National Coalition for Cancer Survivorship is a highly respected authentic voice at the Federal level, advocating for quality cancer care for all Americans and empowering cancer survivors.

National Hospice and Palliative Care Organization

Toll-free: 1.800.658.8898

www.nhpco.org

The National Hospice and Palliative Care Organization (NHPCO) offers discussion groups, information about how to find a hospice, and information about the financial aspects of hospice care. Staff also answers calls in Spanish.

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

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 Hope Network

Toll-free: 1.877.HOPE.NET (1.877.467.3638)

www.cancerhopenetwork.org

Cancer Hope Network provides support to cancer patients and their loved ones by linking to individuals with similar cancer experiences.

Cancer Survivors Network

Toll-free: 1.877.333.HOPE (1.877.333.4673)

www.acscsn.org

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

Gilda's Club® Worldwide

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

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.

Lung Cancer Alliance

Toll-free: 1.800.298.2436

www.lungcancer.org

Lung Cancer Alliance is the only national nonprofit organization dedicated solely to patient support and advocacy for people living with lung cancer and those at risk for the disease.

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.

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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