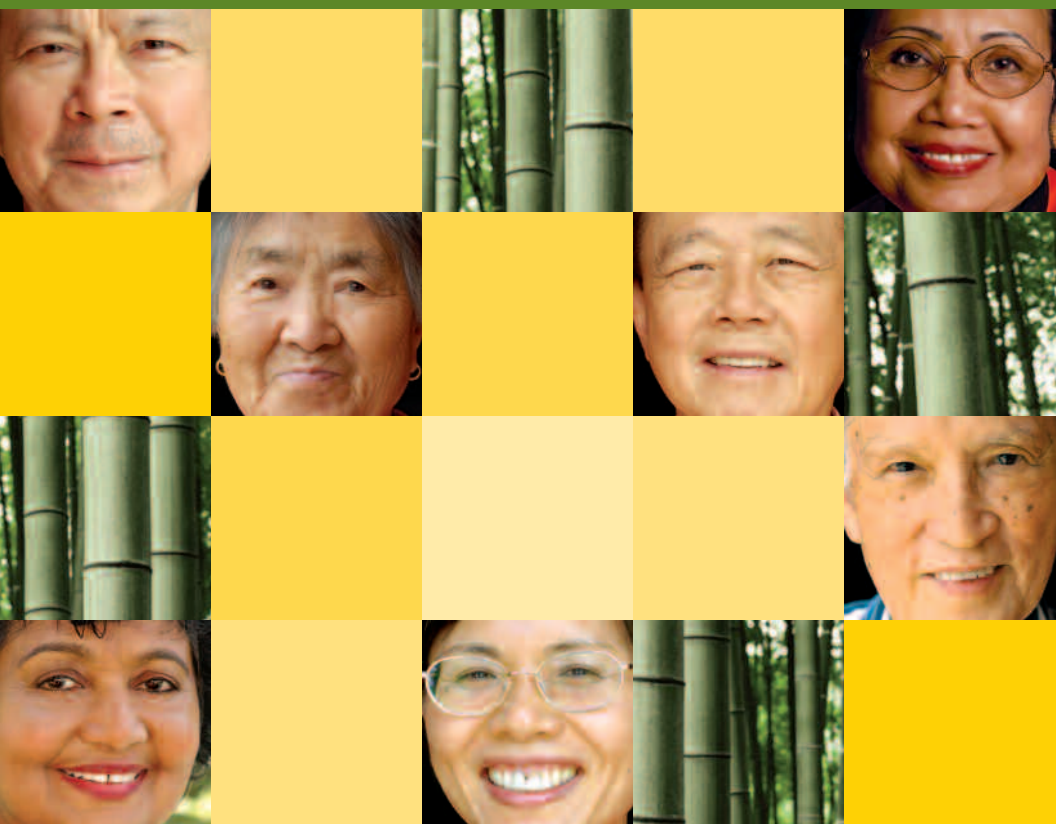




Strength as a Survivor

Living After Cancer Treatment



A close-up portrait of a woman with dark hair, smiling warmly. She is wearing a light blue collared shirt and a blue patterned tie. The background is dark. The text is overlaid in the bottom left corner.

I AM CAROL
I LIVE STRONG
CANCER SURVIVOR

You are not alone.

There are many Asian American cancer survivors living in the United States.

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

You and your family can use this booklet to help you 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 a doctor.
- 3.** Use this booklet to talk to a doctor or to call the resources listed on pages 16–21.

A close-up, portrait-style photograph of an elderly man with a warm, gentle smile. He has a weathered face with some age spots and is wearing a grey suit jacket over a light-colored, vertically striped collared shirt. The lighting is soft, highlighting the texture of his skin and the texture of his clothing. The background is dark and out of focus.

I AM SAOROTH
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 a doctor what changes in your body 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.
- My mind seems to work 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 truly believe that people have the right to live free of pain. I just want to tell anyone with severe pain — don't let people tell you there is nothing you can do about it.

— **Susan**, cancer survivor

Physical Changes

Pain, Body, Lifestyle

A doctor can help you and your family understand and address your concerns and find useful resources. You may not feel like you need help, but many survivors find that getting help from these services makes 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 my pain.
- I want to learn about complementary medicines such as natural healers, acupuncture or Tai Chi.

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

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



I AM JINA
I LIVE STRONG
CANCER SURVIVOR

Emotional Changes

Feelings, Relationships, Life Changes

Now that you have finished treatment, you and your family may wonder what to expect. You may be feeling mixed 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.
- I don't know what to expect.

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.

Other Concerns:

When I was diagnosed with cancer I had two small children. **I was worried about who would take care of them. I am thankful my family was there to help.**

— **Jim**, cancer survivor

Emotional Changes

Feelings, Relationships, Life Changes

You or your family may be uncomfortable sharing thoughts or feelings with others. Talking to a close family member or with other cancer survivors or their families may help you feel more at ease. For more support you can also talk to a social worker or a counselor.

Do you need help meeting your needs?



Check the box next to the services or information you need.

- I want to meet other Asian American cancer survivors and their families and to hear their stories.
- I want to know where I can find help dealing with my cancer experience.
- I would like my family and friends to talk to me about the feelings they are having.
- 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 with other Asian American cancer survivors about my cancer.
- I want to know if there are Asian American cancer support groups in my area.



I AM RU
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 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?



Check the box next to the services or information you need.

Money and Insurance

- We need help paying bills and medical expenses.
- We need help finding health insurance.
- We would like help filling out 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 caring for my family.
- I need help traveling to my follow-up visits.
- I am having trouble understanding the doctor.

Other Concerns:

It is important to have someone at your doctor visits to translate so you understand what they are telling you.

— **Ruth**, 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 a healthcare provider or contact 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 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 about my legal rights.
- I need help to address my wrongful treatment at work.

Finding Resources

- My family and I would like help finding resources in our community.
- I would like to know how I can find an interpreter to go to my follow-up visits with me.
- I would like help to find cancer materials written in my own language.



I AM VICTORIA
I LIVE STRONG
CANCER SURVIVOR

PHOTO COURTESY OF RICHARD CAYOSORA
AND THE ASIAN & PACIFIC ISLANDER AMERICAN HEALTH FORUM

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



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

Talk to a doctor 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 identified 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 a 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 American Network for Cancer Awareness, Research and Training

www.aancart.org/apicem

The Asian American Network for Cancer Awareness, Research and Training (AANCART) seeks to lower the disparity of cancer among Asian Americans. AANCART can provide you with cancer resources in your own language.

Association of Asian Pacific Community Health Organizations

1.510.272.9536

www.aapcho.com

The Association of Asian Pacific Community Health Organizations (AAPCHO) provides resources and services to Asian Americans on cancer and other cancer-related concerns.

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.

PALS for Health

1.213.553.1818

www.palsforhealth.org

PALS for Health is a language access program which offers various services to improve access to cancer care and support for limited English proficient persons. These services include health care interpretation, written translation, patient training on language rights and access to “I Speak” language identification cards, language proficiency testing and health care interpreter training. Health care interpretation services are offered within Los Angeles and Orange County only. Please contact the program for fee information.

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.

Asian American Cancer Support Network

1.650.967.2305

www.aacsn.org

AACSN offers services to Asian American cancer survivors such as support groups and workshops on cancer fatigue, relaxation and health exercises, such as Qi Gong and Tai Chi.

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

415.954.9988

www.apiahf.org

APIAHF promotes the health of Asian American cancer survivors through advocacy and education. Through APIAHF, survivors can meet other Asian American survivors. APIAHF also offers materials in native languages and access to 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.

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 support groups here:

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

ASA

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 brochure possible.**



©2004–2006 Lance Armstrong Foundation

This brochure was supported by Cooperative Agreement Number U58/CCU623066-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

RL=6