

MACMILLAN
CANCER SUPPORT

MANAGING WEIGHT GAIN AFTER CANCER TREATMENT



About this booklet

This booklet is about managing weight gain after cancer treatment. It gives ideas to help you keep to a healthy body weight. We explain how changing the types of food you eat and being more physically active can help you lose weight and feel healthier.

This booklet does not include information about eating problems caused by cancer and its treatments, or advice if you have lost weight. Our booklets **Eating problems and cancer** and **The building-up diet** have more information on these topics.

We hope it helps you deal with some of the questions or feelings you may have. If you have any more questions, you can ask your doctor, nurse or dietitian.

How to use this booklet

This booklet is split into sections to help you find what you need. You can use the contents list on page 3 to help you.

On pages 57 to 63, there are details of other organisations that can help.

If you find this booklet helpful, you could pass it on to your family and friends. They may also want information to help them support you.

Quotes

In this booklet, we have included quotes from people who have changed their diet or lifestyle after cancer treatment. These are from people who have chosen to share their story with us. To share your story, visit [macmillan.org.uk/shareyourstory](https://www.macmillan.org.uk/shareyourstory)

For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit [macmillan.org.uk](https://www.macmillan.org.uk)

If you would prefer to speak to us in another language, interpreters are available. Please tell us, in English, the language you want to use.

If you are deaf or hard of hearing, call us using NGT (Text Relay) on 18001 0808 808 00 00, or use the NGT Lite app.

We have some information in different languages and formats, including audio, eBooks, easy read, Braille, large print and translations. To order these, visit [macmillan.org.uk/otherformats](https://www.macmillan.org.uk/otherformats) or call **0808 808 00 00**.

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The benefits of being a healthy weight

After cancer treatment, many people want to make positive changes to their lives. Trying to have a healthy lifestyle is often a big part of these changes.

Keeping to a healthy weight and being physically active will help you feel stronger, give you more energy and increase your self-confidence. Being a healthy weight reduces the risk of conditions such as heart disease, stroke and diabetes. It may also reduce your risk of developing some cancers and help reduce the risk of certain cancers coming back. Your cancer doctor or nurse can tell you more about this.

Choosing to eat healthily is one of the best decisions you can make for your overall health (see pages 18 to 38). You get even more benefits if you are also more physically active (see pages 42 to 46). Making positive lifestyle choices can also help you feel more in control, by helping you focus on what you can do for yourself.

'It's very hard to get up and go, but you have to ignore that feeling and just go ahead and do it. You feel so much better for doing exercise.'

Jill

Weight gain and cancer

For many people, a cancer diagnosis and cancer treatment can make it hard to have a healthy lifestyle. People do not usually expect to gain weight during cancer treatment. But some treatments, side effects or even lifestyle changes can cause you to put on weight:

- **Treatments** – Some chemotherapy drugs, steroids and hormonal therapies can cause weight gain. For example, treatment may cause an increased appetite or fluid build-up in the ankles, legs, arms or face (called oedema or lymphoedema). We can send you our booklet **Understanding lymphoedema** (see page 52).
- **Feeling tired** – You may feel tired because of the cancer or its treatment. This can make you less physically active than usual, which may make you gain weight. Our booklet **Coping with fatigue** has more information (see page 52).
- **Depression** – For some people, feeling sad or worried about cancer can lead to depression. If you are depressed, you may eat more and exercise less. This can lead to weight gain.
- **Stopping smoking** – You may decide to stop smoking if you are diagnosed with cancer. If you stop smoking, your appetite and sense of taste can get better and you may gain weight. But it is important to remember that you will be much healthier if you stop smoking. You can slowly lose any weight you have gained.
- **Comfort eating** – Some people eat more when they are stressed. This can lead to weight gain. People close to them may also offer food as a way of showing support and wanting to help. It can sometimes be hard to say no to these kind offers.

Do not be too hard on yourself if you find you have gained weight. Sometimes knowing why it has happened can help you think of ways to manage it. If you think you have gained weight because you are depressed, talk to your GP or nurse. There are treatments for depression, such as counselling and antidepressants. We have more information about depression and counselling. Call us on **0808 808 00 00** or visit **macmillan.org.uk/depression**

If you are having hormonal therapy as part of your treatment, it is important to keep taking it, even if you think it is causing weight gain. Talk to your cancer doctor or nurse if you are worried about this. Eating healthily and being more physically active will help you manage your weight.

After treatment, most people need time to recover. As you slowly get better, you may find you are ready to make some changes.

Weight changes because of cancer or its treatment may mean your clothes no longer fit. The cost of buying new clothes can be worrying for some people. If you are worried about money, call the Macmillan Support Line on **0808 808 00 00** for information and support. We can also send you our booklet **Help with the cost of cancer** (see page 52).



Talk to your doctor and nurse

Before trying to lose weight, it is important to speak to your GP, cancer doctor or nurse. They can talk to you about the right way for you to lose weight. They do this by looking at the type of cancer and treatment you have. They will also ask about your weight before the cancer diagnosis and any other medical conditions you have.

Your doctor or nurse will measure your body mass index (BMI – see pages 10 to 11) to see if you are a healthy weight for your height. They may check other things, such as your blood pressure and waist measurement. You may also have a blood test to check for health conditions that may cause weight gain.

They may suggest you talk to other health professionals, such as:

- a dietitian for advice about your diet
- a physiotherapist for exercises to help improve your fitness
- a specialist nurse for advice and support about managing weight gain.

Your doctor or nurse may also give you information about where you can get help and support in your local area.

What is a healthy weight for me?

Body mass index (BMI)

Body mass index (BMI) is a way of measuring if you are a healthy weight for your height. Your GP or nurse will work out your BMI for you. There is also a BMI calculator on the NHS website – visit www.nhs.uk/live-well/healthy-weight/bmi-calculator

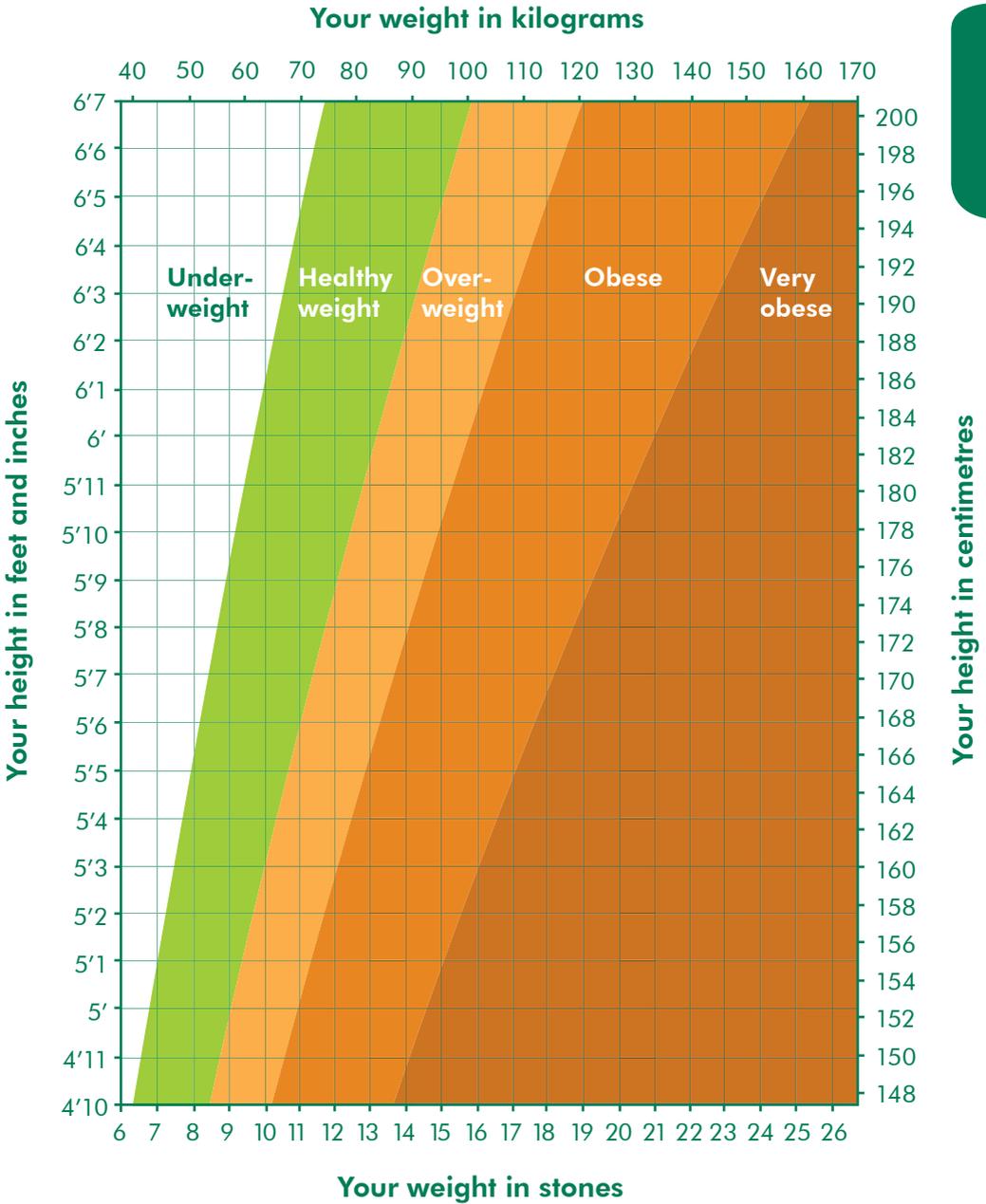
Your BMI score shows which weight category you are in:

- A BMI less than 18.5 is underweight.
- A BMI between 18.5 and 24.9 is a healthy weight.
- A BMI between 25 and 29.9 is overweight.
- A BMI of 30 and over is obese (well above the healthy weight range for your height).
- A BMI over 40 is very obese.

BMI results are different for older people and people of South Asian origin. Talk to your doctor or nurse about your BMI before you start trying to lose weight. They can help you set a target weight that is healthy for you.

The chart opposite gives a guide to healthy weight. Find the line that matches your weight and follow it until it crosses the line that matches your height. Talk to your GP or nurse if you are below or above the healthy range.

BMI chart



Waist measurement

Your waist measurement can also be used to see if you are a healthy weight. People who have a lot of fat around their waist have a higher risk of health problems. To measure your waist, put a tape measure halfway between your lowest rib and the top of your hip bone, then wrap it around your waist like a belt.

A healthy waist measurement:

- for women is less than 80cm (31½in)
- for men of South Asian origin is less than 90cm (35in)
- for men not of South Asian origin is less than 94cm (37in).



Setting a target for weight loss

Making changes

It is not always easy to make changes to your lifestyle. It can be more difficult when you are also coping with cancer. Think about how much weight you want to lose and over how much time. You may want to make gradual changes to your diet when you feel ready. You could start by writing down what you normally eat. Compare this with our information about healthy eating (see pages 18 to 38). Then set yourself some small, realistic goals. Make sure your goals are at a budget you can afford.

You can increase your goals over time. Keep a record of your progress and how you feel physically and emotionally. You could use the planner on pages 50 to 51. Making changes can be enjoyable. You may find new foods you have not tried before.

It may take time to find healthy foods you like, or a healthy diet that works for you. It can help to try different foods. This can stop you getting bored and may help motivate you to continue having a healthy diet in the long term.

Some people try to lose weight with 'fad' diets. This often involves not eating a certain food group, such as carbohydrates. This type of diet can be difficult to keep to, and you may miss out important food groups. And when people stop the diet, they usually gain weight.

If you eat a healthy diet and are physically active, you will lose weight gradually. This means you are more likely to reach and stay at a healthy weight.

Keeping to a healthy weight

Try to keep your weight within the healthy range for your height on the BMI chart (see pages 10 to 11). Your GP can also advise you on your ideal weight. If you are worried about your weight, ask your GP or a dietitian for advice and support.

Be patient with yourself. Losing weight is a gradual process. Most people gain weight over several months or longer, so it can take about the same time to reach your target weight. It is important to eat a healthy, balanced diet to make sure you get all the nutrients you need to keep your body healthy. It is reasonable to aim to lose about $\frac{1}{2}$ to 1kg (1 to 2lbs) a week.

If you want to monitor your weight loss, you can:

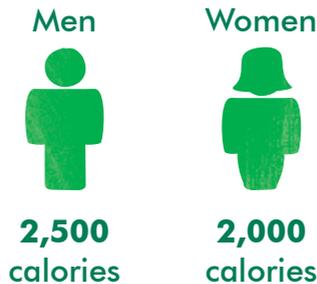
- weigh yourself each week at the same time of day using the same scales
- measure your waist using a tape measure (see page 12).

If you find it hard to get to your target weight, or if you reach it very easily, talk to your doctor, specialist nurse or dietitian about setting a new one.

Energy (calories)

Food and drink contains energy. This is measured in units called kilocalories, which are often called calories or Kcals.

The recommended daily calorie intake for adults



We need fewer calories as we get older. If you have questions about how many calories you need, you can ask your doctor or a dietitian for advice.

If we take in the recommended amount of calories, our bodies will use about two thirds of the energy for body functions. These include controlling our body temperature, digesting food and making new tissue. We use the rest of the energy when we are physically active.

When we take in more calories than we use, it is stored as fat and we gain weight. To lose weight, you need to burn off more calories than you take in. You can do this by:

- reducing the number of calories you take in through food and drink
- being more physically active to burn off more calories.

Many weight-loss programmes include calorie-controlled diets. Some food types have more calories in them than others. For example, a handful of biscuits has more calories than a handful of carrots. See pages 18 to 28 for more information about eating different food types in healthy amounts to help reduce the amount of calories you take in. This can help you lose weight, especially if you also increase the amount of physical activity you do.

'I've a long way to go to lose the weight I gained with treatment, but I'm getting there slowly. Recently I started swimming twice a week at a coached session.'

Kate

Know your food types

Not many of us check the energy (calorie) content of everything we eat. But knowing about the different types of food can help you make healthier choices and help you lose weight.

Fruit and vegetables

Fruit and vegetables are a good source of vitamins, minerals and fibre (see page 21). They are also usually low in fat and calories. Most of us do not eat enough fruit and vegetables. You should aim to eat at least five portions a day.

These are all examples of one portion:

- One apple or banana.
- A slice of melon.
- Two small fruits, such as kiwi fruits or plums.
- A handful of berries, such as strawberries, blackberries or blueberries.
- A small can of tinned pineapple in juice, or a few slices of fresh pineapple.
- One small vegetable, for example a courgette or a pepper.
- Three heaped tablespoons of vegetables, such as diced carrots, shredded cabbage or peas.
- A mixed salad (cereal-bowl sized).
- Seven cherry tomatoes.
- Two broccoli florets.

- A small glass (150ml) of unsweetened fruit juice (this only counts once a day).
- Three heaped tablespoons of beans or lentils (this only counts once a day).

Try to avoid adding butter, rich sauces or dressings to your vegetables and salads. Adding them increases the number of calories you eat.

Frozen vegetables and tinned fruit in juice (not syrup) are just as healthy as fresh ones and can be cheaper.

Tips for eating more fruit and vegetables

- Have a mixed salad as a starter or as a side dish with your main meal.
- Have more vegetables and salad with your main course.
- If you need a snack between meals, choose fresh fruit or vegetable sticks.
- Add vegetables and pulses to dishes such as soups, stews, curries and pasta.

Starchy foods (carbohydrates)

Starchy foods are an important part of a healthy diet. They are a good source of energy. They also contain nutrients, including fibre (see opposite). Starchy food should make up about one third of what you eat in a day. Starchy foods include bread, breakfast cereals, potatoes, rice, pasta and yams.

Tips when eating starchy foods

- Try to choose wholegrain starchy foods and wholemeal bread, as these usually contain more fibre.
- Try not to add butter, cheese or creamy sauces, as this increases the number of calories you eat.
- Boiled or baked potatoes are healthier than deep-fried chips. If you want to eat chips, use low-fat, oven varieties.



Fibre (roughage)

Fibre is the part of cereals, fruit and vegetables that is not digested and passes down into the gut. Fibre keeps the digestive system and bowels healthy, and prevents constipation.

Starchy food can be a good source of fibre. Increasing the amount of fibre in your diet can help you feel full more quickly and for longer. This means you are less likely to eat too much.

Try to eat:

- wholemeal, seeded or granary breads, and wholemeal chapatis and pittas
- wholegrain (high-fibre) cereals and pasta
- brown rice
- yams and potatoes with their skins on
- peas, beans, lentils, grains, oats and seeds
- fruit and vegetables.

'I eat lots of fruit and vegetables and aim to have five a day. I always eat wholemeal bread and eat other food in moderation, rather than give it up.'

Robin

Sugar

Sugar is found naturally in some food and drinks, such as fruit and milk. But fruit and milk have other nutrients too, so it is important not to cut these out of your diet to reduce the amount of sugar you eat. The body also gets sugar for energy by breaking down carbohydrates (see page 20).

There are different types of sugar. It is better to get energy from natural sugar. Natural sugar is in foods such as nuts, whole fruits (not just juice) and wholemeal breads.

Processed sugars are sugars that are added to many types of food and drink. These are sometimes called free sugars. Some free sugars can also be found naturally in honey, syrups and some fruit juices. Processed sugars are not usually recommended if you want to maintain a healthy weight.

You can find out how much sugar is in food by checking the labels (see pages 30 to 31).

Try to avoid food and drinks with added sugar. If you find it hard to reduce the amount of sugar in your diet, you could try a sugar substitute. But this might not reduce your craving for sugar, so it may not be a long-term solution.

Tips for eating less sugar

- When you are shopping, check food labels (see pages 30 to 31) for the sugar content. Choose foods that are low in sugar.
- Choose tins of fruit in juice rather than syrup.
- Try a low-fat spread, sliced banana or low-fat cream cheese on toast instead of jam or marmalade.
- Try using less sugar in your recipes, or use a sugar substitute.
- Drink water, milk or reduced-sugar drinks instead of sugary, fizzy drinks. If you prefer fizzy drinks, try diluting fruit juice with sparkling water.
- If you add sugar to food or drinks, reduce the amount you add every day. This helps you get used to the change until you can stop having it altogether.

Fats

Foods that are high in fat are also high in energy (calories). Eating a lot of fat, or the wrong type of fat, can make you gain weight or develop other health problems.

There are two types of fat:

- Saturated fats are found mainly in meat, pies, sausages, butter, ghee, cheese, coconut oil, cakes and biscuits.
- Unsaturated fats are found mainly in vegetable-based cooking oils and spreads, nuts, seeds and oily fish, such as salmon, sardines and mackerel.

Generally, it is important to try to eat less fat, and to choose foods that contain unsaturated fats instead of saturated fat. But unsaturated fats are still high-energy (high-calorie) foods. Even foods labelled as reduced-fat can still be high in calories. It is a good idea to choose reduced-fat options, but only use small amounts.

Tips for eating less fat

- When you are shopping, check the labels for unsaturated and saturated fat. Choose lower-fat options.
- Eat less red meat, or choose lean cuts of meat and trim off the fat.
- Eat skinless fish and chicken rather than red meat.
- Eat less fried food. Bake, grill, steam or poach food instead.
- Choose lower-fat dairy products when you can.
- Add more vegetables and beans and less meat to stews and curries.
- Try more vegetarian recipes.
- Stop eating fatty takeaways, or reduce the number you eat. This includes burgers, curries and kebabs.
- Avoid snacks that are high in fat, such as pastries, crisps and biscuits.

Protein

Your body needs protein to grow and repair muscles and other body tissues. We need extra protein when we are ill, injured or stressed to repair any damage.

Protein-rich foods can also be a good source of vitamins and minerals. There is protein in:

- red meat
- poultry, such as chicken and turkey
- fish
- dairy products, such as milk and eggs
- pulses, such as peas, beans and lentils
- some vegetarian meat alternatives

Meat

Red meat is high in protein, but it can also be high in fat (see pages 24 to 25). Try to have vegetables, chicken, turkey or fish instead of red meat on at least 4 days a week.

Choose cuts of meat that have less fat, such as ones labelled 'lean' or 'extra lean'. You can also look at the labels to see which cuts have the least fat. Or ask a butcher or grocer if you are not sure. Skinned turkey and chicken are lower-fat alternatives to red meats such as lamb, beef and pork. Grill or roast meat rather than frying it to reduce the number of calories you eat. Try to eat less processed meat, such as sausages, bacon, burgers and pies. These are all high in saturated fat and salt.

Fish

Fish is a good source of protein, vitamins and minerals. It is often low in saturated fat. If you eat fish, aim to have at least two portions of it a week (one white and one oily).

Grilling, steaming, poaching or baking fish is healthier than frying it. Tinned fish is low in saturated fat, such as tinned tuna, sardines and pilchards. Frozen fish can be cheaper than fresh fish. But avoid high-fat, processed meals with fish in them, or fish in batter.

Milk and other dairy products

Milk and other dairy products are good sources of protein, vitamins and calcium. But some dairy products can be high in fat.

If you are trying to reduce the fat in your diet, try semi-skimmed or skimmed milk. Try to cut down on other dairy products, such as yoghurt and cheese. Or you could try to eat low-fat versions.

Salt

Too much salt in your diet can lead to high blood pressure. This can cause heart disease and strokes.

Many cured or processed meats contain high levels of salt. This includes sausages, cured ham and bacon. Tinned foods and ready meals can also have high levels of salt.

You can find out how much salt is in processed foods by checking the labels (see pages 30 to 31). Try not to have more than 6g of salt in a day. That is about a teaspoonful.

Fluids

Our bodies need fluid to work properly. Women should try to drink about 2 to 3 pints (1.6 litres) of fluid a day. Men should try to drink about 3½ pints (2 litres) a day. If it is warm or you are losing fluid through sweat, you will need to drink more.

Water is the best fluid to drink to keep your body hydrated. It contains no calories. Smoothies and pure fruit juices contain sugar and calories as well as nutrients. Soft drinks and fizzy drinks can be high in sugar and contain calories.

Drinks that contain caffeine may make you dehydrated, because they make you pee (pass urine) more. This includes coffee, tea and some fizzy drinks. You can include them in your daily fluid target, but have other fluids that do not contain caffeine as well.

Sometimes when you think you are hungry, you are actually thirsty. Try having a drink and waiting for 10 minutes before having a snack. This can help you eat less.



Food labels

Most packaged foods have labels giving information to help you make healthier choices when buying food. The labels give information about the fats, salt, sugars, calories, and sometimes sodium and fibre in the food.

Many food manufacturers and supermarkets use a food traffic light system on their labels. The label tells you the amount of fats, saturated fats, sugars and salt per 100g (3½oz) of the product.

The colours show if the level is high, medium or low:

- **Red** – the level is high.
- **Amber** – the level is medium.
- **Green** – the level is low.

You should eat more foods with amber and green labels and fewer with red.

If a product does not have traffic light labelling, you can use the table opposite to check, by comparing it with the list of ingredients. We have also included this diagram on a card on the inside front cover of this booklet, so you can take it with you when you go shopping.

Food labelling diagram

	Sugars	Fats	Saturates	Salt
High (per 100g)	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
Medium (per 100g)	Over 5g to 22.5g	Over 3g to 17.5g	Over 1.5g to 5g	Over 0.3g to 1.5g
High (per 100g)	5g or under	3g or under	1.5g or under	0.3g or under

What makes up a healthy, balanced diet?

The chart below shows the amount of each type of food you should try to eat for a healthy, balanced diet. Try to eat plenty of fruit, vegetables and starchy foods. The amount of protein you eat should be smaller. The amount of dairy you have should be even smaller. You should try to have only a small amount of oils and spreads.



Healthy eating

These tips will help you make healthy decisions when choosing or cooking your food. They will also help you eat less and keep to a healthy weight. Tell your family and friends what you are doing, so they can support you.

Change your habits

- Try to plan what you are going to eat for the week. This means you will be less likely to buy unhealthy food at the last minute.
- Start the day with a healthy breakfast. This will help you stop eating morning snacks.
- Try to eat meals at regular times. This will help your body get used to a routine of when you eat. This may mean you are less likely to snack between meals.
- Make sure you drink plenty of fluids. Sometimes we mistake being thirsty for being hungry. Try to have a glass of water before meals.
- Try not to eat while watching TV. If the TV is off, you can concentrate on your food and enjoy it more. This also means you may be less likely to snack between meals.

Change how you eat

The amount you eat is just as important as what you eat. If you eat big portions, you are more likely to gain weight. There are things you can do to help you eat smaller portions:

- Use a smaller dinner plate. Bigger plates need more food to fill them.
- Enjoy a healthy starter, such as low-fat soup, melon or salad.
- Eat slowly and avoid having second helpings. It takes about 20 minutes for your stomach to tell your brain that you are full. Try to wait a while before deciding whether you want more.
- Avoid snacking straight from a bag or packet. Put the amount of food you want to eat on a plate.

Fast foods and eating out

Fast food is usually high in calories and fat. If you eat a lot of fast food, you could try to cut down.

Not planning your meals could mean you end up buying fast food and take-away food. Try to plan your healthy meals and snacks in advance.

Even when you have changed to a healthier way of eating, there may be times when you want to be more relaxed about it. You can still enjoy treats or meals out with family or friends. If you have a take-away or eat out, try to follow these tips:

- Look for the healthier options on the menu. These may be labelled as a light option.
- Have a boiled or jacket potato instead of chips. Or ask for boiled rice instead of fried rice.
- Ask for a smaller portion size, or order a starter as a main course. You could also share a main course with someone.
- Choose tomato-based sauces with vegetables rather than creamy sauces.
- Order vegetables or a side salad if they are not included with the meal.
- After you finish your main course, wait a while before you decide whether to order a dessert.
- If you order dessert, choose one that is fruit-based. Ask for low-fat, low-sugar yoghurt instead of ice cream or cream.

Healthy menu ideas

Below and opposite are some ideas for healthy meals and snacks. There is one for every day of the week. You can use the planner on pages 50 to 51 to plan your meals.

Breakfast

- Wholegrain cereal with skimmed or semi-skimmed milk.
- Fresh fruit or berries with low-fat yoghurt.
- A boiled, poached or scrambled egg with a slice of wholemeal toast.
- A bagel with low-fat cream cheese.
- A homemade smoothie, made from fruit and low-fat yoghurt.
- Reduced-sugar muesli or porridge with dried fruit and semi-skimmed milk.
- A grilled breakfast instead of a fry-up.

Lunch

- Homemade vegetable or lentil soup with a wholemeal bread roll.
- Baked beans on toast.
- A baked potato with tinned tuna (in spring water) with sweetcorn or low-fat coleslaw.
- A wholemeal wrap with reduced-fat hummus and salad.
- Pilchards, sardines or mackerel on toast.
- A wholemeal bread sandwich or pitta with tuna, egg or cold meat, served with salad.
- Chicken, sweetcorn and noodle soup.

Dinner

- Vegetable curry with boiled brown rice.
- Wholegrain pasta with a low-fat sauce, vegetables and a side salad.
- Grilled or baked salmon steak, with boiled or baked potatoes and vegetables.
- Wholegrain pasta with tuna and a side salad.
- Vegetable, turkey or tofu stir-fry with noodles.
- Lean beef casserole, with potatoes and vegetables.
- Vegetable chilli with boiled brown rice.

Snacks

- Fresh fruit.
- Seeds, mixed nuts and berries. (It can be cheaper to buy them in bulk, from a health food shop.)
- Oatcakes with cherry tomatoes.
- Fresh carrots or celery sticks, dipped into a low-fat dip such as hummus or salsa.
- A handful of raisins or other dried fruit.
- Plain rice cakes with reduced-fat cheese
- Homemade plain popcorn.
- A low-fat fruit yoghurt.

More recipe ideas

We have lots of healthy recipes for people affected by cancer. See page 52 for details of how to order our recipe book. The World Cancer Research Fund also has healthy recipes from all over the world – visit [wcrf-uk.org/uk/here-help/recipes](https://www.wcrf-uk.org/uk/here-help/recipes)

Eating a healthy, balanced diet does not mean you have to buy expensive foods. The NHS has useful tips on how to eat well for less – visit www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less

'I gained a lot of weight during treatment. My nutritionist advised me to eat healthy snacks with three main meals.'

Polina



Alcohol

Alcohol is high in calories and can lead to weight gain. It is also linked with an increased risk of some cancers. Following the recommended drinking guidelines is good for your health and weight.

NHS guidelines suggest that both men and women should:

- not regularly drink more than 14 units of alcohol in a week
- spread the alcohol units they drink in a week over three or more days
- try to have several alcohol-free days every week.

A unit of alcohol is half a pint of ordinary strength beer, lager or cider, one small glass (125ml) of wine, or a single measure (25ml) of spirits. You can see this in the table below.

Drinkaware has more information about alcohol and drinking guidelines – visit drinkaware.co.uk

Number of calories and units of alcohol in a drink

Drink	Calories	Units of alcohol
Pint of lager	170 to 250	2
Standard glass of white wine (175ml)	130 to 160	2
Single vodka (25ml with a mixer)	115	1

Tips for cutting down on calories when drinking alcohol

- Have a shandy instead of a beer – this is beer mixed with low-calorie lemonade.
- Add low-calorie or calorie-free mixers to spirits or white wine.
- Swap some alcoholic drinks for a low-calorie, non-alcoholic one.
- Have a glass of water with each alcoholic drink.



Being physically active

Being more physically active is another positive change you can make to your lifestyle. Being active helps you burn off energy (calories) from food (see pages 16 to 17). This can help you lose weight and make you feel healthier. Even if you do not lose weight, being more active can help you recover from treatment side effects. And together with eating a healthy diet, it can help reduce the risk of some cancers coming back.

You might be nervous about starting a physical activity plan, especially if you have not been active for a while. If you are not used to exercise, get advice before you start. Your GP or cancer specialist can talk to you about the type and amount of exercise that is safe for you.

Being physically active can mean doing day-to-day activities like walking or gardening. Or it can mean more energetic activities, such as running, cycling or doing an exercise programmes in a gym. Any increase in physical activity is good for your health and will help you burn more energy (calories).

If you have problems with walking or balance, your doctor may refer you to a physiotherapist. They can assess you and show you how to exercise safely. Some doctors may be able to refer you to an exercise programme run by fitness trainers in your area.

'I have lost confidence through my physical changes. I have weight gain, which is why I've got a personal trainer.'

Laura

If you want more information about exercise, we can send you our **Move More** pack (see page 52 for details of how to order). This includes a DVD and our booklet **Physical activity and cancer**. We also have information on our website about physical activity during and after cancer treatment, including several videos. Visit macmillan.org.uk/physicalactivity

The NHS has useful tools, including how to move more, eat well and be healthier. Visit www.nhs.uk/live-well You can also download them as free apps using your mobile phone or tablet.



Getting started

Your fitness level may have reduced over time, so it is important to increase your activity slowly. Try to do 30 minutes of activity on 5 days of the week. You could break this up into 10 minutes of activity, 3 times a day. We have more information about these guidelines in our booklet **Physical activity and cancer**. To order, see page 52.

Start gently, and try to do a bit more each week. For example, you could walk a bit further or a bit faster each time. You will gradually find you can do more. You can use the planner on pages 50 to 51 to help you plan your activities.

Do not do too much, too soon. At the end of an activity, you should feel warm and slightly out of breath, but not exhausted. With practice, you will soon find you can do more.

Tips for getting started

- Walking is good exercise. Start off with short walks at a comfortable pace, then slowly build up the speed and distance. Walking to the shops, taking children to the park and walking a dog all count.
- Walk up the stairs instead of taking a lift. Climbing stairs burns double the energy that walking on flat surfaces does.
- Housework can be a form of exercise. Listening to fast-paced music while you clean and tidy can help you do it faster and burn more energy.
- Gardening is a good way to get active and enjoy the fresh air. If you do not have a garden, you could volunteer to help at a community garden. Visit do-it.org.uk to find a list of volunteering groups in your local area.
- Bowling and dancing are ways to get fitter while socialising.

Getting stronger

As you get fitter, you will be able to increase the amount of physical activity you do. Start with exercise you enjoy. When you get stronger, you may want to increase your target to 45 to 60 minutes a day. You can do this a few days a week to meet the guidelines (see opposite).

Being part of a group can make exercise more enjoyable. Here are some ideas for when you feel able to do more:

- Swimming is good exercise for your whole body, and it does not put much strain on joints. Aqua aerobics classes can be a good way to get fit in the pool.
- Joining an exercise class or club can be a good way to get more active and socialise. You could try aerobics, yoga, pilates or tai chi. Beginners' classes are usually available. Joining a club or gym does not always have to be expensive – look at some in your area to find prices.
- Cycling is a good way to get fitter. There is a National Cycle Network for cycling outdoors. It has safe cycling routes throughout the UK that try to avoid busy roads. Visit [sustrans.org.uk](https://www.sustrans.org.uk) for details. You can also cycle indoors on an exercise bike.
- Join a walking group, or build up the distances you walk. There are free, guided health walks across the UK (see pages 57 to 58).

Get fit for free

There are many ways to get fit for free. You can contact your local authority for information about any schemes in your area.

Some areas may offer free swimming classes on certain days of the week, to encourage people to exercise. Other areas have free outdoor gym equipment in parks, so people can exercise in the fresh air. If you are under 16 or over 60, or get benefits, you may be able to use local leisure services (see opposite) for free.

'I'd wake up in the morning with fatigue. I'd also gained weight because of the drugs. I started walking – every day if I could. I would always come back from that feeling lifted, and so pleased I'd got out of bed.'

Alfie

Who can help?

Family and friends

Tell your family and friends what you are doing and ask them to support you. They might even join you in healthy eating and exercising. This can encourage you, and it is good for them too.

If you are getting used to life after cancer treatment, it can help to talk to people going through the same thing. Our Online Community is a place where you can make friends, blog about your experiences and join groups to meet other people going through the same things (see page 55).

Healthcare team

Your doctor or nurse can advise you on a healthy weight or refer you to a dietitian. If you are struggling, your GP may refer you to an NHS weight-loss clinic.

Exercise groups

You can find more information about local exercise groups at your local library, healthy living centre, community centre or leisure centre. You can also look online.

Weight loss groups

These can be a good way to meet other people who can encourage and support you. Weight loss programmes should be based on:

- a balanced, healthy diet
- regular physical activity
- weight loss of no more than 0.5 to 1kg (1 to 2lb) a week.

'Without the support of Macmillan and the coaching of my local leisure centre, I would not be as active as I am now. And I would have found it hard to keep my weight down. I have found a weight equilibrium and I manage to keep in shape. I feel healthier and I have regained muscle tone and strength.'

Daniel

Using a food and activity planner

Writing down your meals and physical activity each week can help you plan what you are going to eat and do in advance. This can help you keep track of how you are doing each week.

We have included a planner on pages 50 to 51 that you can use to help you manage your weight.

Tips for using the planner

- Photocopy the planner before you fill it in. This means you can use a new one each week.
- Try to write down everything you eat for a week. You can then see what you have done well and use it to plan for the next week. You will also have a record to show your doctor or dietitian.
- Use our healthy meal suggestions (see pages 36 to 38) when you plan your meals for the week.
- Use the row to mark down each portion of fruit and vegetables you eat.
- Use the activity section to plan and record physical activity.
- At times when you have eaten a lot, make a note of where you were, who you were with and how you were feeling. This may help you find any eating habits that are causing weight gain.

FOOD AND ACTIVITY PLANNER

	Monday	Tuesday	Wednesday
Breakfast			
Lunch			
Dinner			
Snacks and drinks			
Did I eat five portions of fruit or vegetables?			
Today's exercise			

What went well this week?

Date / /

Thursday	Friday	Saturday	Sunday

Plans for next week

About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

Order what you need

You may want to order more booklets or leaflets like this one. Visit [be.macmillan.org.uk](https://www.be.macmillan.org.uk) or call us on **0808 808 00 00**.

We have booklets about different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer treatment and information for carers, family and friends.

Online information

All our information is also available online at [macmillan.org.uk/information-and-support](https://www.be.macmillan.org.uk/information-and-support) You can also find videos featuring stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- eBooks
- large print
- translations.

Find out more at [macmillan.org.uk/otherformats](https://www.be.macmillan.org.uk/otherformats)

If you would like us to produce information in a different format for you, email us at cancerinformationteam@macmillan.org.uk or call us on **0808 808 00 00**.

Help us improve our information

We know that the people who use our information are the real experts. That's why we always involve them in our work. If you've been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you'd like to hear more about becoming a reviewer, email reviewing@macmillan.org.uk You can get involved from home whenever you like, and we don't ask for any special skills – just an interest in our cancer information.



Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open 7 days a week, 8am to 8pm. Our cancer support specialists can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via our website, **macmillan.org.uk/talktous**

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face.

Visit one to get the information you need, or if you'd like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **macmillan.org.uk/informationcentres** or call us on **0808 808 00 00**.

Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That's why we help to bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

Online Community

Thousands of people use our Online Community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

Book reviews

Our volunteers review many books about cancer. These include people's stories of living with cancer, and books for children. Visit [publications.macmillan.org.uk](https://www.macmillan.org.uk/publications) and search 'book reviews'.

'Everyone is so supportive on the Online Community, they know exactly what you're going through. It can be fun too. It's not all just chats about cancer.'

Mal

Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you've been affected in this way, we can help.

Financial guidance

Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants.

We can also tell you about benefits advisers in your area. Visit **[macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport)** to find out more about how we can help you with your finances.

Help with work and cancer

Whether you're an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit **[macmillan.org.uk/work](https://www.macmillan.org.uk/work)**

Work support

Our dedicated team of work support advisers can help you understand your rights at work. Call us on **0808 808 00 00** to speak to a work support adviser (Monday to Friday, 8am to 6pm).

Macmillan Organiser

This includes a records book to write down information such as appointments, medications and contact details. You can also download the app on IOS or Android.

Other useful organisations

There are lots of other organisations that can give you information or support.

Nutrition information

British Dietetic Association (BDA)

Tel 0121 200 8080

Email info@bda.uk.com

www.bda.uk.com

Provides training and facilities for registered dietitians. The website includes food facts, and has information on the role of dietitians and how to find a dietitian.

British Nutrition Foundation

Tel 020 7557 7930

Email

postbox@nutrition.org.uk

www.nutrition.org.uk

The website has information about healthy eating.

Exercise support

CanRehab

Tel 0345 4594 618

www.canrehab.co.uk

Runs training workshops on developing exercise-based cancer rehabilitation programmes.

National walking groups

Walking for Health (England)

www.walkingforhealth.org.uk

Paths for All (Scotland)

Tel 01259 218 888

Email

info@pathsforall.org.uk

www.pathsforall.org.uk

Let's Walk Wales

Tel 029 2064 4308

Email [letswalkcymru@](mailto:letswalkcymru@ramblers.org.uk)

ramblers.org.uk

www.letswalkcymru.org.uk

Walk Northern Ireland

Tel 028 9030 3930

Email info@walkni.com

www.walkni.com

Stop-smoking services

Smokefree (England)

www.smokefree.nhs.uk

Smokeline (Scotland)

Tel 0800 22 44 88

www.canstopsmoking.com

Help Me Quit Wales

Tel 0808 223 0706

www.helpmequit.wales

Stop Smoking

Northern Ireland

www.stopsmokingni.info

General cancer support organisations

Cancer Black Care

Tel 020 8961 4151

www.cancerblackcare.org.uk

Offers UK-wide information and support for people from Black and ethnic minority communities who have cancer. Also supports their friends, carers and families.

Cancer Focus

Northern Ireland

Helpline 0800 783 3339

(Mon to Fri, 9am to 1pm)

Email nurseline@cancerfocusni.org

cancerfocusni.org

www.cancerfocusni.org

Offers a variety of services to people affected by cancer in Northern Ireland.

Cancer Support Scotland

Tel 0800 652 4531

(Mon to Fri, 9am to 5pm)

Email info@cancersupportscotland.org

cancersupportscotland.org

www.cancersupportscotland.org

Runs cancer support groups throughout Scotland. Also offers free complementary therapies and counselling to anyone affected by cancer.

Macmillan Cancer Voices
www.macmillan.org.uk/cancervoices

A UK-wide network that enables people who have or have had cancer, and those close to them such as family and carers, to speak out about their experience of cancer.

Maggie's Centres

Tel 0300 123 1801

Email

enquiries@maggiescentres.org

www.maggiescentres.org

Has a network of centres in many locations throughout the UK. Provides free information about cancer and financial benefits. Also offers emotional and social support to people with cancer, and their family and friends.

Penny Brohn UK

Helpline 0303 3000 118

(Mon to Fri, 9.30am to 5pm)

Email

helpline@pennybrohn.org.uk

www.pennybrohn.org.uk

Offers physical, emotional and spiritual support across the UK, using complementary therapies and self-help techniques.

Tenovus

Helpline 0808 808 1010

(Daily, 8am to 8pm)

Email

info@tenovuscancercare.org.uk

www.tenovuscancercare.org.uk

Aims to help everyone in the UK get equal access to cancer treatment and support. Funds research and provides support such as mobile cancer support units, a free helpline, benefits advice and an online 'Ask the nurse' service.

General health information

Health and Social Care in Northern Ireland

www.hscni.net

Provides information about health and social care services in Northern Ireland.

NHS.UK

www.nhs.uk

The UK's biggest health information website. Has service information for England.

NHS Direct Wales

www.nhsdirect.wales.nhs.uk

NHS health information site for Wales.

NHS Inform

Helpline 0800 22 44 88

(Mon to Fri, 8am to 10pm,
Sat and Sun, 9am to 5pm)

www.nhsinform.scot

NHS health information site for Scotland.

Counselling

British Association for Counselling and Psychotherapy (BACP)

Tel 01455 883 300

Email bacp@bacp.co.uk

Promotes awareness of counselling and signposts people to appropriate services across the UK. You can search for a qualified counsellor at **itsgoodtotalk.org.uk**

Emotional and mental health support

Mind

Helpline 0300 123 3393

(Mon to Fri, 9am to 6pm)

Text 86463

Email info@mind.org.uk

www.mind.org.uk

Provides information, advice and support to anyone with a mental health problem through its helpline and website.

Samaritans

Helpline 116 123

Email jo@samaritans.org

www.samaritans.org

Provides confidential and non-judgemental emotional support, 24 hours a day, 365 days a year, for people experiencing feelings of distress or despair.

Financial or legal advice and information

Citizens Advice

Provides advice on a variety of issues including financial, legal, housing and employment issues. Use their online webchat or find details for your local office in the phone book or by contacting:

England

Helpline 03444 111 444
www.citizensadvice.org.uk

Scotland

Helpline 0808 800 9060
www.cas.org.uk

Wales

Helpline 03444 77 2020
www.citizensadvice.org.uk/wales

Northern Ireland

Helpline 0800 028 1181
www.citizensadvice.co.uk

GOV.UK

www.gov.uk

Has information about social security benefits and public services in England, Scotland and Wales.

Local councils (England, Scotland and Wales)

Your local council may have a welfare rights unit that can help you with benefits. You can also contact your local council to claim Housing Benefit and Council Tax Reduction, education benefits, and for help from social services (in England or Wales) or the Social Work department (in Scotland).

You should be able to find your local council's contact details in your phone book, or visit:

England

www.gov.uk/find-local-council

Scotland

www.cosla.gov.uk/councils

Wales

www.wlga.gov.uk/authorities

Unbiased.co.uk

Helpline 0800 023 6868

Email contact@unbiased.co.uk

www.unbiased.co.uk

You can search the website for qualified advisers in the UK who can give expert advice about finances, mortgages, accounting or legal issues.

Equipment and advice on living with a disability

British Red Cross

Tel 0344 871 11 11

Textphone 020 7562 2050

Email

information@redcross.org.uk

www.redcross.org.uk

Offers a range of health and social care services across the UK, such as care in the home, a medical equipment loan service and a transport service.

Scope

Helpline 0808 800 3333

(Mon to Fri, 9am to 5pm)

Textphone Use Type Talk

by dialling 18001 from a textphone followed by 0808 800 3333

Email helpline@scope.org.uk

www.scope.org.uk

Offers advice and information on living with disability. Also supports an independent, UK-wide network of local Disability Information and Advice Line services (DIALs) run by and for disabled people. Support for young people

Teenage Cancer Trust

Tel 0207 612 0370

(Mon to Fri, 9am to 5.30pm)

Email

hello@teenagecancertrust.org

www.teenagecancertrust.org

A UK-wide charity devoted to improving the lives of teenagers and young adults with cancer. Runs a support network for young people with cancer, their friends and families.

Support for older people

Age UK

Helpline 0800 055 6112

(Daily, 8am to 7pm)

www.ageuk.org.uk

Provides information and advice for older people across the UK via the website and advice line. Also publishes impartial and informative fact sheets and advice guides.

LGBT-specific support

LGBT Foundation

Tel 0345 330 3030

(Mon to Fri, 10am to 10pm,
Sat, 10am to 6pm)

Email helpline@lgbt.foundation

www.lgbt.foundation

Provides a range of services to the LGBT community, including a helpline, email advice and counselling. The website has information on various topics including sexual health, relationships, mental health, community groups and events.

Support for carers

Carers UK

Helpline (England, Scotland, Wales) 0808 808 7777

(Mon and Tue, 10am to 4pm)

Helpline (Northern Ireland)

028 9043 9843

www.carersuk.org

Offers information and support to carers across the UK. Has an online forum and can put people in contact with local support groups for carers.

Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it.

Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

With thanks to: Loraine Gillespie, Specialist Oncology Dietitian; Natasha Jones, Advanced Specialist Dietician; Monika Siemicka, Senior Specialist Haematology and TYA Dietician; Clare Stevinson, Senior Lecturer in Behavioural Aspects of Physical Activity and Health; Professor Robert Thomas, Consultant Oncologist and Professor of Exercise and Biological Science; and Sarah Wheeldon, Macmillan Specialist Dietician. Thanks also to the people affected by cancer who reviewed this edition, and those who shared their stories.

We welcome feedback on our information. If you have any, please contact [**cancerinformationteam@macmillan.org.uk**](mailto:cancerinformationteam@macmillan.org.uk)

Sources

We have listed a sample of the sources used in the booklet below. If you would like more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

NICE guidelines. Preventing excess weight gain. 2015. www.nice.org.uk (accessed August 2018).

World Cancer Research Fund (WCRF). Diet, nutrition and physical activity: energy balance and body fatness – a literature review. 2017. www.wcrf-uk.org (accessed August 2018).

World Cancer Research Fund (WCRF). Healthy living after cancer. 2016. www.wcrf-uk.org (accessed August 2018).

Can you do something to help?

We hope this booklet has been useful to you. It's just one of our many publications that are available free to anyone affected by cancer. They're produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we're there to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.



Share your cancer experience

Support people living with cancer by telling your story, online, in the media or face to face.

Campaign for change

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

Help someone in your community

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

Raise money

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

Give money

Big or small, every penny helps. To make a one-off donation see over.

Call us to find out more

0300 1000 200

macmillan.org.uk/getinvolved

Please fill in your personal details

Mr/Mrs/Miss/Other _____

Name _____

Surname _____

Address _____

Postcode _____

Phone _____

Email _____

Please accept my gift of £ _____

(Please delete as appropriate)

I enclose a cheque / postal order /
Charity Voucher made payable to
Macmillan Cancer Support

OR debit my:

Visa / MasterCard / CAF Charity
Card / Switch / Maestro

Card number

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Issue no

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Security number

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Signature _____

Date / / _____

Don't let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

- I am a UK tax payer and I would like Macmillan Cancer Support to treat all donations I make or have made to Macmillan Cancer Support in the last 4 years as Gift Aid donations, until I notify you otherwise.

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.



If you'd rather donate online go to macmillan.org.uk/donate

Please cut out this form and return it in an envelope (no stamp required) to:
Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851,
89 Albert Embankment, London SE1 7UQ

This booklet is about managing weight gain after cancer treatment. The booklet aims to give you ideas that will help you keep to a healthy body weight after cancer treatment.

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you. For information, support or just someone to talk to, call **0808 808 00 00** (7 days a week, 8am to 8pm) or visit **macmillan.org.uk**

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, eBooks, easy read, Braille, large print and translations. To order these, visit macmillan.org.uk/otherformats or call our support line.

**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

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Next planned review 2021. Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.



What's this logo? Visit macmillan.org.uk/ourinformation