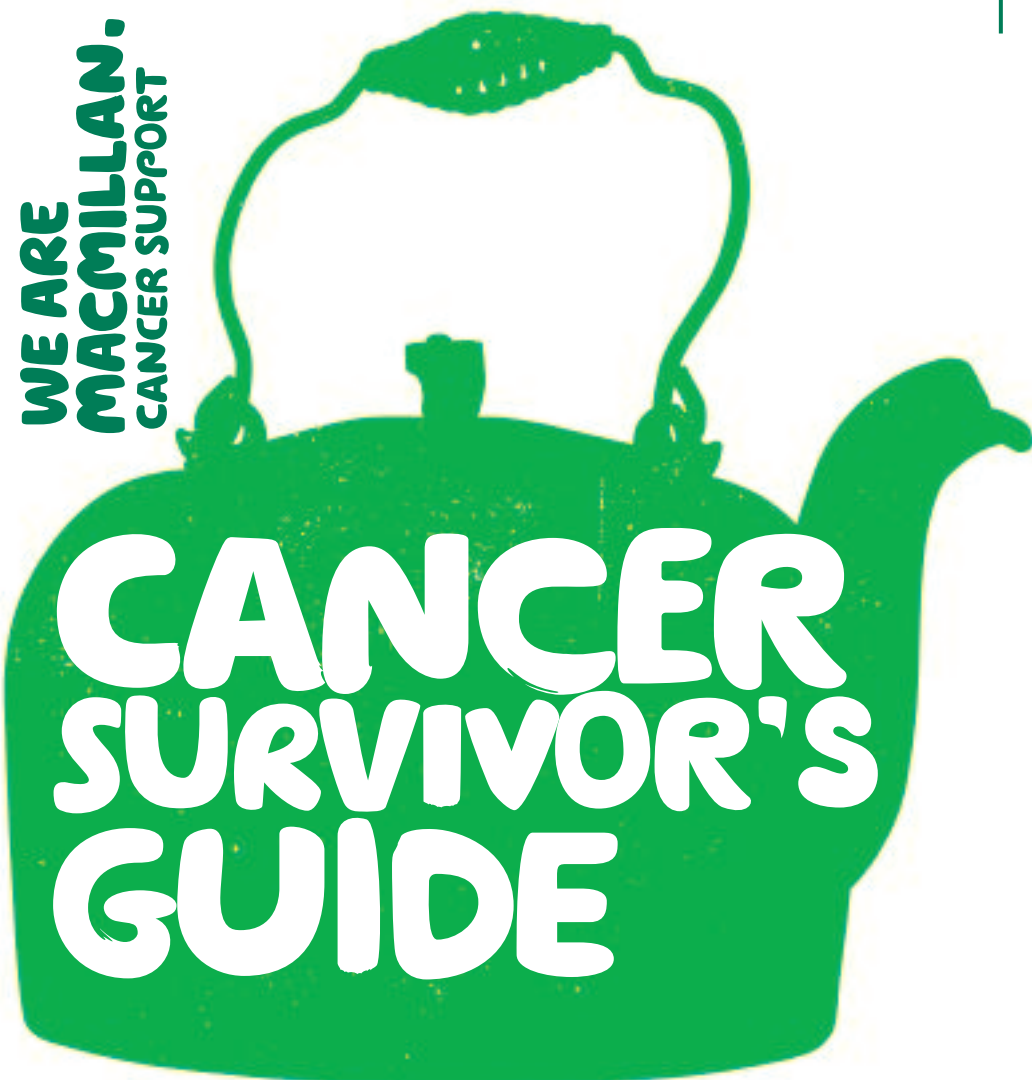


Because cancer doesn't end when  
your treatment is over

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**CANCER  
SURVIVOR'S  
GUIDE**



<b>1 Emotional effects of cancer</b>	<b>4</b>
Sources of support	
Sources of information	
Supporting yourself	
<b>2 Practical issues</b>	<b>18</b>
Work	
Benefits and financial advice	
Care in your home	
<b>3 Physical effects</b>	<b>26</b>
Common side and after effects	
Care after cancer	
<b>4 Useful organisations</b>	<b>49</b>

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The **Living with cancer** series is a range of booklets giving you the information you need if you are living with or affected by cancer. Other booklets available in the series:

- The cancer guide
- Men and cancer
- Talking to children when an adult has cancer
- I'm still me: a guide for young people living with cancer
- Cancer survivor's guide: because cancer doesn't end when your treatment is over
- Palliative care: practical help in advanced cancer
- Palliative care: emotional support in advanced cancer
- When someone with cancer is dying
- Coping with shortness of breath
- Living with breathlessness
- Managing breathlessness

To order any of this series call **0800 500 800** or to talk to someone about cancer call **0808 808 2020**

# Introduction

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Sixty years ago, most cancers were incurable. Today, thanks to better ways of spotting and treating the disease, more people are living with cancer than at any other time. Today, over one million people in the UK have been diagnosed with cancer and will need to adjust to the challenges and life-changes that lie ahead.

**There are 1.2 million people with cancer in the UK. Over 400,000 have been living with cancer for more than 10 years.**

Sometimes, cancer doesn't end when the treatment stops. Many people who have been through treatment will experience some of its after effects. These might take some time to get better or, in some cases, stay for good. Cancer and its treatment can also affect your emotions. You may also have many practical needs and be unsure where to turn.

Macmillan Cancer Support's guide to cancer survivorship provides information about some of the emotional and practical issues you may face; it tells you about some of the after effects of cancer, and provides you with advice and contact details of individuals and organisations that can help. Against each topic, we have listed some of the publications\* and websites you might want to read.

\* Publications marked with an asterisk (\*) are either more than 5 years old or do not have a publication date. They may contain useful information but always check what is up to date.



# 1 Emotional effects of cancer

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This section describes some of the emotions and feelings you may have, and some of the ways Macmillan Cancer Support and other organisations can help.

## Feelings

From time to time, you may have lots of different feelings. These may be both positive and negative. There is no right or wrong way to feel. Remember, whatever feelings you have, you are not on your own.

Talking to others can help. This might be someone who is close to you, a counsellor, or someone from your support group. Many people find it helpful to express their day-to-day feelings in a diary.

Your doctor, members of your hospital healthcare team and organisations such as Macmillan Cancer Support are there to help.

You can discuss your feelings or practical and financial issues with trained professionals by calling one of the many cancer helplines. There are many useful publications, websites and online forums that may help.

**The Macmillan CancerLine on 0808 808 2020 is a good place to start. They can talk to you about any needs you may have, and put you in contact with the people and organisations that can help.**

## Booklets and fact sheets

**The cancer guide (2007)**

Macmillan Cancer Support

**Adjusting to life after cancer treatment**

Cancerbackup

**After treatment. A guide for cancer patients (2002)**

The Royal Marsden Foundation Trust

**The emotional effects of cancer (2006)**

Cancerbackup

## Websites

**Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

**Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

**CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

**Royal Marsden NHS Foundation Trust**

[www.royalmarsden.nhs.uk](http://www.royalmarsden.nhs.uk)

### Relationships

When you are speaking to people close to you about your diagnosis it may not be easy to find the right words or share your feelings. Sometimes you might want to protect them by not saying much. They may also be protective, and might think they are doing the right thing by not discussing anything that could make you upset.

If you have a partner, your relationship may change. They may need to take on new or different roles. Problems, that may have been difficult before your cancer, might also resurface.

Your healthcare team understands the emotions you may have, and are there to listen and talk to you about any worries and concerns. There are also many organisations, helplines, websites, online forums and publications that can help.

### Booklets and fact sheets

#### **Talking to children when an adult has cancer (2007)**

Macmillan Cancer Support

#### **Lost for words - how to talk to someone with cancer (2006)**

Cancerbackup

#### **Relationships, sex and fertility for young people affected by cancer (2007)**

Cancerbackup

#### **Talking about your cancer (2006)**

Cancerbackup

#### **Talking to children about cancer. A guide for parents and carers (2005)**

Cancerbackup

### Website

#### **Relate**

[www.relate.org.uk](http://www.relate.org.uk)

### Your body, your sexuality and sexual relationships

Sexuality is about the feelings you have about yourself and how you express them to others. You can express your sexuality in many ways including your body language or how you dress. Your sexuality can be affected by cancer.

Some operations may change how your body looks and works, while other treatments may make you less interested in sex, or make sex more difficult. Your sexuality might be affected by depression, sadness, stress or fatigue.

## 1 Emotional effects of cancer

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In addition to any physical effects you might have, you may feel differently about yourself and how you look. This may affect the relationships you have.

There are many organisations that can help. Your family doctor may be able to organise a counsellor who is an expert in listening and talking to people about sexual problems. There are also many useful publications, websites, online forums and helplines.

### Booklets and fact sheets

#### **Female sexual matters (2005)**

Urostomy Association

#### **Lack of sex drive (2007)**

The Sexual Dysfunction Association

#### **Male sexual matters (2005)**

Urostomy Association

#### **Relationships, sex and fertility for young people affected by cancer (2007)**

Cancerbackup

#### **Sex and breathlessness (2005)**

British Lung Foundation

#### **Sexuality and Cancer (2006)**

Cancerbackup

#### **Sexuality, intimacy and breast cancer (2004)**

Breast Cancer Care

#### **Sexuality and prostate cancer (2005)**

The Prostate Cancer Charity

#### **A guide to intimacy and relationships \***

Changing Faces

### Websites

#### **Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

#### **British Association for Sexual and Relationship Therapy**

[www.basrt.org.uk](http://www.basrt.org.uk)

#### **British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)

#### **British Lung Foundation**

[www.lunguk.org](http://www.lunguk.org)

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **Changing Faces**

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

#### **Orchid Cancer Appeal**

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)



### Relate

[www.relate.org.uk](http://www.relate.org.uk)

### Sexual Dysfunction Association

[www.sda.uk.net](http://www.sda.uk.net)

### Body image

Body image is the perception you have about your body. It's unique to you. Some cancers and treatments can change how your body works and appears to you and those around you. While an operation can make this change less obvious, you might still feel different about how your body appears.

Whatever the physical change and challenges to your body, its emotional impact can be just as hard. There are many organisations and individuals that can help you overcome these changes.

For women, programmes organised by Look Good Feel Better help restore self-esteem by running make-up and hair care workshops around the UK. The Look Good Feel Better website also provides useful information for men.

**Remember, while your body may have changed, you are still the same person inside.**

### Booklets and fact sheets

#### **Breast cancer and hair loss (2004)**

Breast Cancer Care

#### **A confident choice. Breast prostheses, bras and clothes after surgery (2006)**

Breast Cancer Care

#### **Living with a colostomy (2007)**

Colostomy Association

#### **When cancer affects the way you look. Managing the change in your appearance (2005)**

Changing Faces

#### **Handling other people's reactions\***

Changing Faces

#### **Swimwear\***

Colostomy Association

#### **Self Image\***

The Ileostomy and Internal Pouch Support Group

### Websites

#### **British Red Cross**

[www.redcross.org.uk](http://www.redcross.org.uk)

#### **Look Good Feel Better UK**

[www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

## 1 Emotional effects of cancer

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### **Look Good Feel Better for Men**

[www.lookgoodfeelbetterformen.org](http://www.lookgoodfeelbetterformen.org)

### **Orchid Cancer Appeal (Men's cancers)**

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

### **The Limbless Association**

[www.limbless-association.org](http://www.limbless-association.org)

### **Sources of support**

Your healthcare team and people who are close to you are likely to be some of the most important sources of support. Your healthcare team will also know what support services are available in your local area.

### **Support groups**

Support groups are groups of people affected by cancer, who meet regularly to socialise and help each other. They are for people who have cancer and for friends and family who are caring for someone with cancer.

They provide the opportunity to talk and learn about each other's experiences. Many people find support groups can help them adjust to their life after cancer. Many support groups provide

counselling, and complementary therapies.

Attending support groups can also help you find out about other local services that may be able to make life easier for you, like help around the home and transport to hospital.

**Contact the Macmillan CancerLine on 0808 808 2020 or visit [www.macmillan.org.uk](http://www.macmillan.org.uk) to find a support group near you.**

### **Online support**

If you have a computer, you can be part of an online forum, where you can read about other people's cancer experiences and the feelings they have. It's up to you whether you want to write anything or not; if you prefer, you can just read what others have written.

Forums also help you find out how other people are living with similar problems. Many have members from all over the world.

**Macmillan Cancer Support runs several forums on the Share section of our website. Visit [www.macmillan.org.uk/share](http://www.macmillan.org.uk/share)**

### Online forums

#### All cancers

[www.macmillan.org.uk/share](http://www.macmillan.org.uk/share)  
[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### Breast cancer

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

#### Cancer of the testicle, prostate, or penis

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

#### For 12-16 year olds with a parent with cancer

[www.riprap.org.uk](http://www.riprap.org.uk)

#### Kidney cancer

[www.kcuk.org](http://www.kcuk.org)

#### Laryngectomy

[www.webwhispers.org](http://www.webwhispers.org)

#### Lung cancer

[www.roycastle.org](http://www.roycastle.org)

#### Patient experience website

[www.dipex.org.uk](http://www.dipex.org.uk)

#### Prostate cancer

[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

#### Pancreatic cancer

[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

#### Sarcoma

[www.sarcoma-uk.org](http://www.sarcoma-uk.org)

#### Young person with lymphoma

[www.lifesite.info](http://www.lifesite.info)

### Cancer helplines

These are telephone numbers where you can talk to specially trained people who understand the problems people with cancer face. They can give advice on any emotional, practical, and financial difficulties you may have. Some helplines are staffed by cancer nurses who can help you understand your cancer and answer any questions you, or your carers may have.

Numbers that begin with 0808 or 0800 are free.

**Macmillan CancerLine** – 0808 808 2020

**Macmillan South Asian CancerLines**

**Hindi** – 0808 808 0100

**Punjabi** – 0808 808 0101

**Urdu** – 0808 808 0102

**Youth Line**

**Macmillan YouthLine on** – 0808 808 0800

**All types of cancers**

**Cancerbackup** – 0808 800 1234

**CancerHelp UK** – 0808 800 4040

## 1 Emotional effects of cancer

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### Other helplines

**Breast Cancer Care** – 0808 800 6000  
**Bowel Cancer UK** – 0870 850 6050  
**Beating Bowel Cancer** – 020 8892 5256  
**Brain Tumour UK** – 0845 450 0386  
**Brain and Spine Foundation** – 0808 808 1000  
**British Heart Foundation** – 0845 070 8070  
**British Lung Foundation** – 0845 850 5020  
**Cancer Black Care** – 020 8961 4151  
**Changing Faces** – 0845 450 0275  
**Colostomy Association** – 0800 587 6744  
**Disabled Living Foundation** – 0845 130 9177  
**James Whale Fund for Kidney Cancer** – 01799 585033  
**Jo’s Trust (cervical cancer support)** – 01327 341965  
**Lymphoedema Support Network** – 020 7351 4480  
**Lymphoma Association** – 0808 808 5555  
**Myeloma UK** – 0800 980 3332  
**National Association of Laryngectomee Clubs** – 020 7730 8585  
**Oesophageal Patients Association** – 01217 049860  
**Ovacome** – 020 7380 9589  
**Prostate Cancer Charity** – 0800 074 8383  
**Prostate Cancer Support** – 0845 601 0766  
**Quit (Quit Smoking)** – 0800 002 200  
**Rarer Cancers Forum** – 01227 738279  
**Relate** – 0845 130 4016  
**Roy Castle Lung Cancer Foundation** – 0800 358 7200  
**Sex and Disability Helpline** – 0707 499 3527  
**Sexual Dysfunction Association** – 0870 774 3571  
**Urostomy Association** – 01889 563191

### Support groups by phone

This is when you talk to lots of people linked by a phone. You can express your feelings and learn from each other. A cancer nurse is sometimes on the telephone line and can help with any questions you may have.

**The Macmillan CancerLine on 0808 808 2020 will be able to tell you more.**

### Live chat programmes

**Primary and secondary breast cancer**

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

### Counsellors

A counsellor is someone you can talk to, and share any feelings you have. Counsellors can help you make sense of your feelings.

Many GP practices have a counsellor or can put you in contact with one. Your hospital healthcare team can also make contact with a counsellor on your behalf. Some support groups and cancer information and support centres offer counselling services.

The British Association for Counselling and Psychotherapy can help you find a counsellor or therapist near to where you live. Contact 0870 443 5252 or visit [www.bacp.co.uk](http://www.bacp.co.uk)

### Clinical psychologists

Clinical psychologists can help to enhance your overall psychological wellbeing by relieving any distress you may have. This might involve treatments and counselling. Your healthcare team or GP will be able to tell you more.

### Spiritual help

Some people find their religious faith or spiritual beliefs give them extra strength to face cancer. Others find their faith is shaken by a cancer diagnosis.

You can talk to your religious or spiritual leader about your worries and fears. They are used to talking to people in your situation. You might find that your faith community is a good source of practical and emotional support.

The hospital chaplain is willing to help people of any religion – or

## 1 Emotional effects of cancer

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even people who don't have a faith. You can ask to talk to the chaplain any time.

### Courses and other programmes

There are many courses for people who have had cancer. Macmillan Cancer Support runs the Living with cancer programme. It aims to help people find ways of managing their symptoms and side effects, regain confidence and enjoy a better quality of life.

The Expert Patients Programme helps people understand their illness, look after themselves, and be more in control of their lives.

The Odyssey charity helps people with cancer to regain self confidence through a programme of outdoor activities.

**Contact the Macmillan CancerLine 0808 808 2020 for more details.**

### Websites

**Macmillan Cancer Support**  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

**Expert Patients Programme**  
[www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk)

### Odyssey

[www.odyssey.org.uk](http://www.odyssey.org.uk)

### Sources of information

While your healthcare team is there to explain and answer any questions you might have, it's easy to forget what was said or forget what some of the words mean. Some people might prefer it to stay that way, but some people want to know all the facts about what is happening to them and feel a sense of control when they do.

### Publications

Many cancer charities provide information about cancer, its treatment, the emotional effect of the disease, relationships and much more.

Information about cancer is also available on the internet.

Finding websites that contain accurate and up-to-date information is not always easy.

**Macmillan Cancer Support's *A directory of information materials for people affected by cancer* contains details of booklets, leaflets, books,**

**audiovisual materials and websites on all aspects of cancer.**

**It's updated every year and there's a searchable version on the Macmillan website. To order a copy call Macmillan on 0800 500 800.**

### **Cancer information and support centres**

Many hospitals, some GP practices and libraries have their own cancer information and support centres. These are places where you can get free information on all aspects of cancer. Cancer information and support centres provide a relaxing environment where you can find information and talk to specially trained staff.

Cancer information and support centres provide a range of support services. Some offer free counselling, benefit advice, complementary therapies, coffee mornings and other social meetings, where you can meet people with a similar experience to your own, learn about living with cancer or attend 'look good feel better' programmes.

**Call the Macmillan CancerLine on 0808 808 2020 to find your nearest cancer information and support centre.**

### **Complementary therapies**

Always consult with your healthcare team before using any complementary therapy.

Complementary therapies are kinds of treatment you can take, or something you can do to help with the emotional, and physical symptoms of cancer. Unlike cancer treatments, such as radiotherapy, chemotherapy, surgery and hormone therapy, they don't treat your cancer, but can help you relax.

If you want to find out more about complementary therapies, your local cancer support group, cancer information centre, hospice, or cancer treatment centre should be able to help. Some complementary therapies are available on the NHS.

## 1 Emotional effects of cancer

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### Booklets and fact sheets

#### **Cancer and complementary therapies (2005)**

Cancerbackup

#### **Complementary therapies (2007)**

Breast Cancer Care

#### **Complementary therapies (2007)**

British Lung Foundation

### Websites

#### **The Prince's Foundation for Integrated Health**

[www.fih.org.uk](http://www.fih.org.uk)

#### **Penny Brohn Cancer Care**

[www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)

#### **The Research Council for Complementary Medicine**

[www.rccm.org.uk](http://www.rccm.org.uk)

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### **Tips about finding the right complementary therapy**

- Find a good practitioner. Seek advice from cancer organisations or your local support group.
- Check whether there is an organisation that sets standards in the therapy you want to use, and if they have a list of qualified practitioners.
- Try and find a practitioner who has worked with people with cancer.
- Choose someone you can get on with.
- Ask for references to find out what other people have thought.
- Don't be misled by miracle cures.
- Don't be taken in by people who say you should abandon your doctor's treatment.
- Ask your GP or cancer treatment centre whether you can get complementary therapies on the NHS, or through a local cancer charity.
- Check the number of sessions you might need before the benefits are felt, and how long each session will take.
- Check the cost. Many therapies are not available on the NHS and can be expensive. It is worth checking, with a recognised organisation, what the cost of treatments should be for the therapy you choose.



### Enjoying life and looking after yourself

When you are living with cancer, it's important to look after yourself:

- eat well every day
- if you feel unwell, get some extra rest and don't put off seeing your doctor
- accept offers of help or turn to others for help
- keep to a regular sleeping pattern
- try to keep fit with regular exercise, for it can help you relax and boost your energy
- try to share your feelings
- try to keep your social life alive by staying in contact with your friends
- recognise when you are 'run down' and stressed (headaches, trouble sleeping, tummy upsets, and colds that don't go away) and see your doctor for advice.

Ask your doctor or nurse about seeing a dietitian if you have eating problems. You can find your nearest nutritionist by contacting The British Nutrition Foundation.

The Oesophageal Patients Association can provide a restaurant card which you can use in restaurants to ask for smaller helpings of food.

The charity Odyssey can help you regain self confidence and a zest for life through a programme of outdoor activities.

Your library is also a good source of information about local events and activities.

The Cancer Laryngectomy Trust has developed a *Laryngectomy Travel Guide to the British Isles*. It provides a list of all hospitals that are able to respond to laryngectomy emergencies.

### Booklets and fact sheets

#### **Advice about soft and liquidised food: A guide for patients and their families (2007)**

Christie Hospital NHS Trust

#### **After treatment: A guide for cancer patients (2002)**

The Royal Marsden NHS Foundation Trust

#### **Cancerbackup recipes (2006)**

Cancerbackup

## 1 Emotional effects of cancer

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**Coping with eating difficulties when you have cancer: A guide for African and Caribbean patients (2007)**

Cancer Equality

**Diet and cancer (2006)**

Cancerbackup

**Diet and nutrition (2007)**

Myeloma UK

**Dietary and nutritional advice for ostomists (2007)**

Dansac

**Eating after bowel surgery (2007)**

Bowel Cancer UK

**Eating well when you have cancer: A guide for cancer patients when eating may be difficult (2007)**

The Royal Marsden NHS Foundation Trust

**Restaurant card**

Oesophageal Patients Association

**Staying healthy after bowel cancer (2007)**

Bowel Cancer UK

**Bowel cancer diet and nutrition: your recipe for recovery\***

Beating Bowel Cancer

**Websites**

**Cancer Equality**

[www.cancerequality.org.uk](http://www.cancerequality.org.uk)

**Cancer Laryngectomy Trust**

[www.cancerlt.org](http://www.cancerlt.org)

**Myeloma UK**

[www.myelomaonline.org.uk](http://www.myelomaonline.org.uk)

**Odyssey**

[www.odyssey.org.uk](http://www.odyssey.org.uk)

**Royal Marsden NHS Foundation Trust**

[www.royalmarsden.nhs.uk](http://www.royalmarsden.nhs.uk)

**The British Nutrition Foundation**

[www.nutrition.org.uk](http://www.nutrition.org.uk)

**The Christie Hospital NHS Foundation Trust**

[www.christie.nhs.uk](http://www.christie.nhs.uk)



## 2 Practical issues

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This section describes some of the practicalities of living with cancer.

### Work

Returning to work can restore a sense of control, routine, and stability in your life. It also brings with it a source of regular income and can reduce any feelings of isolation by providing contact with friends and colleagues.

Fatigue is a common problem faced by people returning to work. It can be a daily problem and may mean that you will have to change your pattern of work.

As someone who has been diagnosed with cancer you have a number of rights and are protected by the Disability Discrimination Act.

You have the right to:

- not tell your employers about any tests you are having
- carry on working
- if needed, expect your employer to make reasonable adjustments to your working environment
- challenge your dismissal, if you are sacked or made redundant because of your health, even if you work part-time.

Macmillan Cancer Support has developed the *Working through cancer guide* for employers and guide for employees. They provide facts and figures about cancer, details of relevant legislation, and advice on the reasonable adjustments employers can make, when employees affected by cancer return to work.

**If your employer wants to know more, they can visit our website [www.macmillan.org.uk/work](http://www.macmillan.org.uk/work)**

You may find that work becomes too much and that you need to reduce your working hours, or leave your job completely. Talk to your employer about whether it may be possible to reduce your working hours, work from home, or have flexible working arrangements. If you are considering early retirement or resignation, we recommend you seek advice about the best options for your situation.

**Call the Macmillan's Benefits Line on 0808 801 0304**

### Booklets and fact sheets

#### **Working through cancer: a guide for employees (2007)**

Macmillan Cancer Support

#### **Working through cancer: a guide for managers (2007)**

Macmillan Cancer Support

#### **Work and cancer (2006)**

Cancerbackup

#### **Doing work differently\***

RADAR

### Websites

#### **ACAS**

[www.acas.org.uk](http://www.acas.org.uk)

#### **Citizens Advice Bureau**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

#### **Equality and Human Rights Commission**

[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

#### **Jobcentre Plus**

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

#### **Government online – money, tax and benefits**

[www.direct.gov.uk](http://www.direct.gov.uk)

### Benefits and financial advice

If you are struggling with the financial costs of cancer, or your income has been affected by your

diagnosis, you may be able to get some of the following state benefits:

- Disability Living Allowance
- Attendance Allowance
- Incapacity Benefit
- Carers' Allowance
- Housing and Council Tax Benefit
- Income Support, including disability and carer premiums
- Pension Credit
- Working Tax Credit and Child Tax Credit
- help from the Social Fund

Financial help may be available to cover the cost of prescriptions, travel to hospital, fabric supports and wigs, dental treatment, eye tests and glasses. People who cannot use public transport may be able to get travel vouchers for taxis and door-to-door services.

**Macmillan Cancer Support's guide to benefits, *Help with the cost of cancer*, is available by calling 0800 500 800.**

**It's a good idea to get help from an experienced benefits adviser. Contact the Macmillan Benefits Line on 0800 801 0304.**

## 2 Practical issues

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**Your local Citizen's Advice Bureau can help with benefit advice.**

### **Booklets and fact sheets**

**Help with the cost of cancer. A guide to benefits and financial help for people affected by cancer (April 2007)**

Macmillan Cancer Support

**Money worries? We can help (2006)**

Macmillan Cancer Support

**Breast cancer and benefits (2006)**

Breast Cancer Care

**Breast cancer and childcare (2007)**

Breast Cancer Care

### **Useful telephone numbers**

**Macmillan Benefits line**

0808 801 0304

**Benefits Enquiry Line for Northern Ireland**

0800 220 674

**Department of Work and Pensions Benefits Enquiry Line**

0800 882 200

### **Website**

**British Red Cross (finance section)**

[www.redcross.org.uk](http://www.redcross.org.uk)

### **Other financial assistance**

There are many organisations and occupational benevolent funds which may be able to help. They include:

- Macmillan Cancer Support provide grants to people with cancer in financial difficulties. Applications are usually made by health and social services staff on your behalf.
- The Independent Living Fund (ILF) helps with the costs of help at home. Applications have to be made through your local social services department.
- If you have been in the armed forces, you may be able to apply for a grant from the Soldiers, Sailors, Airmen and Families' Association (SSAFA), Forces Help, the Earl Haig Fund or the RAF Benevolent Fund.

### Organisations

#### **Earl Haig Fund Scotland**

0141 221 8141

#### **Independent Living Funds**

0845 601 8816

#### **RAF Benevolent Fund**

0800 169 2942

#### **SSAFA Forces Help**

0845 1300 975

#### **The Royal British Legion**

0845 772 5725

### Website

#### **Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### Travel and travel insurance

Getting travel insurance can be more difficult for someone who has had a cancer diagnosis. It can mean that travel insurance, when it

is offered, might be expensive and carry a high excess (the amount you pay of any claim you make).

Your insurance company may need a letter from your doctor that says you are well enough to travel and may also exclude any claim that is related to the cancer you have.

As premiums (the amount you pay for the insurance cover) vary, it's a good idea to shop around. Some insurance brokers specialise in this kind of insurance.

If you are travelling within the European Union, the European Health Insurance Card (EHIC) entitles you to free, or reduced cost emergency treatment within the European Union. You may have to pay for the treatment and reclaim the cost when you return to the UK.

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### European Health Insurance Card (EHIC)

EHIC cards can be obtained by post (forms from the post office), by telephone 0845 606 2030, or online [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers). The website also provides health advice for travellers.

### Insurance brokers and insurance companies

For an up-to-date list of companies who specialise in providing travel insurance to people affected by cancer contact Cancerbackup on 0808 800 1234.

## 2 Practical issues

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### Booklets and leaflets

#### **Getting travel insurance when you have been affected by cancer (2007)**

Macmillan Cancer Support

#### **A laryngectomy's travel guide to the British Isles (2007)**

Cancer Laryngectomy Trust

#### **Breast cancer and travel insurance (2006)**

Breast Cancer Care

#### **Travel and cancer (2006)**

Cancerbackup

### Care in your home

If your day-to-day living is becoming a struggle, there are a number of organisations and services that can help.

### Nurses in the community

Community and district nurses are nurses that work in the community where you live. They are usually based at a GP practice and visit your home or care home to provide you, and your carer, with care and support. Your GP can contact them on your behalf.

District nurses can help treat any symptoms you may have. They can help to show you and your carer(s)

practical ways of looking after yourself. Many district nurses are trained to provide specialist help.

### Social workers

Cancer can change the way you live and work and create other problems that you might find hard to fix. You might have to take time off work during and after your treatment, or stop work altogether; you may find it hard to look after yourself as well as you did before cancer, or be worried about how you are going to pay the bills.

Social workers can help with any practical and money issues you may have. This might include changes in your home, to make your day-to-day living easier. Your social worker will be able to contact any specialist staff or organisations you might need.

### Occupational therapists

Occupational therapists (OT) can help you adapt to changes in your everyday life. They can help you overcome practical problems that have emerged and enable you to live as independently as possible, at home, at your place of work or education. Like your social worker,



they can help with advice, assess whether you need help around your home, refer you to other services, such as speech and language therapy and help you with work-related issues.

Occupational therapists have specialist knowledge of the range of disability equipment, housing adaptations and adaptations to the workplace that may be available for you.

The social services department of your local council, your doctor or consultant can arrange for you to meet an occupational therapist.

### **Other specialist staff**

There are many specialists who can provide support and care during, and after, your cancer diagnosis. These might include dietitians, home carers, physiotherapists, speech and language therapists. Your hospital team, GP or social worker will be able to contact any specialist staff you may need.

### **Websites**

#### **Government online – social care**

[www.direct.gov.uk](http://www.direct.gov.uk)

#### **Disabled Living Foundation**

[www.dlf.org.uk](http://www.dlf.org.uk)

#### **The Royal Association for Disability and Rehabilitation (RADAR)**

[www.radar.org.uk](http://www.radar.org.uk)

### **Organisations which can help**

Apart from Social Services and the NHS, there are many other voluntary organisations or charities, which provide a wide range of care services. Some organisations for example, provide nurses who will sit with you all night, should you need round-the-clock care; others might take you to hospital or help with shopping. Your doctor, cancer nurse and community nurse can organise these services on your behalf.

## 2 Practical issues

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### Carers assessment

If someone is providing regular care for you, you can ask for a 'carers assessment'. This looks at your carers needs. Your hospital social worker, practice nurse, district nurse or GP will be able to arrange this assessment.

Before the assessment, your carer should think about the kind of help that would make it easier for them to care for you. It's a good idea for them to make a list of everything they do for you, whether they work or want to return to work.

Your Social Services department can also help carers in other ways including giving breaks from caring and any practical help they may need.

### Meals on wheels

Meals on wheels are meals (either hot or delivered frozen) that are delivered to your door. The menu

reflects a range of dietary needs and religious customs for example diabetics, vegetarians, gluten free, kosher or halal. There is a small charge for each meal.

You might be eligible if:

- you live on your own and are having difficulty cooking your own meals
- the person you live with (or your carer) is not able to cook for you during the day.

You may also be able to have meals delivered as a temporary service if you are recovering from an operation at home and are unable to cook. Your social worker will be able to help organise meals on wheels and any other needs you may have.

### Website

#### Government online

[www.direct.gov.uk](http://www.direct.gov.uk)



## 3 Physical effects

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Cancer and its treatments can cause many changes to your body. Different parts may no longer work in the same way as they once did. You might look and feel different, and may need to learn new ways to cope with the changes that have come into your life.

### Common side and after effects

The side effects of cancer can vary from one person to another. Sometimes your cancer doctor will not always know what side effects you may have, or whether they will be short-lived or last a long time. There are also after effects that can emerge many months or years after your treatment stops.

This section describes some of the side effects you can have, what they might mean to you, and some of the practical steps you can take. As treatments continue to improve, some of the side effects we've listed are rare, and reflect treatments that are no longer used.

### Booklets and fact sheets

#### Controlling the symptoms of cancer (2007)

Cancerbackup

### Fatigue

Fatigue is a general feeling of weakness that sleep doesn't always seem to solve. It can make you tired, no matter how simple the task. Fatigue can also make thinking difficult and affect your sex drive. It's a common effect during chemotherapy and usually goes away once the treatment stops, but it can also linger and, for some people, last a long time.

There are other reasons why you might be experiencing fatigue. While it can be a long term effect of cancer, talk to your doctor if your fatigue continues or returns.

### Booklets and fact sheets

#### Coping with fatigue (2005)

Cancerbackup

#### Fatigue (2006)

International Myeloma Foundation  
UK

#### Some tips for coping with fatigue (2005)

Lymphoma Association

### Websites

#### Cancerbackup

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### CancerHelp UK

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### Tips for when you have fatigue

- plan out your day and make lists to help you remember what you need to do
- choose a time of day when you have more energy (usually in the morning) to do the most strenuous things
- accept help from others
- try not to multi-task. Finish one task before starting another.
- recognise that what you once did without thinking has become harder to do
- try to exercise regularly. It might seem odd, but people who exercise experience less fatigue than those who don't. It can start with something simple, such as walking for a few minutes each day.
- talk to your doctor if you are depressed, have any pain, or find it hard to sleep. All of these can make your fatigue worse.

### 3 Physical effects

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#### **Memory, concentration and behavioural problems**

From time to time we all have memory problems. Most of us find it easy to forget where we left the keys, or walk to one part of the house only to forget why we were going there in the first instance.

Forgetfulness, and your ability to think and carry out tasks, is more common when you are stressed, depressed, and as you age. On top of this, many different kinds of cancer treatments including

surgery or radiotherapy to the head can affect your memory, your ability to think straight or to learn new things.

It might mean that some of the things you did without thinking have become harder to do. When this happens, it's easy to become annoyed and frustrated. Your cancer specialist and doctor may be able to help, but there are many things you can do to adjust to the change.

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#### **Tips for memory, concentration and behavioural problems**

- use organisers or diaries
- make lists of what you have to do
- try to work to a daily or weekly routine
- try not to multi-task. Complete one job before you start another rather than doing lots of things at once
- chose a time in the day when you feel more alert to carry out more difficult tasks
- improve your memory by repeating any new things you are reading or trying to do
- keep mentally active by doing crosswords, puzzles, reading newspapers, books or magazines
- try to relax by listening to music or doing other things that can help you wind-down
- try to exercise regularly and sleep at regular times.

Talk to your doctor who may be able to help. Your GP may organise for you to see an occupational therapist.

### Websites

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### **Teeth and mouth problems**

People who have had chemotherapy can develop teeth and mouth problems that usually go away a few weeks after the treatment has stopped. However, if you have had a bone marrow transplant you are more likely to develop infections of the mouth, such as gum disease, thrush, ulcers and other problems may continue long after treatment ends.

Other treatments, like radiotherapy to your head or neck can damage your salivary glands and teeth. It can mean your mouth becomes dry because you are not making enough saliva. This makes chewing more difficult and, as

saliva is a mild antiseptic, can cause mouth problems to happen.

If you have been taking regular bisphosphonate injections (also called *zometa*, or *aredia*) it might mean that you develop healing problems in your mouth.

It is important to visit your dentist before starting any treatment so that any dental work that needs to be done can be carried out. It's also important to visit your dentist regularly after your treatment, to stop any small problems becoming bigger.

Radiotherapy to the head and neck region and chemotherapy can make your mouth become dry. This can affect your speech, taste and ability to swallow. It can also cause halitosis or bad breath, as food and bacteria find it easier to stick to your gums and teeth. Saliva protects your teeth from infections and other problems that might come along. If your mouth is dry, you are more likely to get tooth decay and gum problems.

### 3 Physical effects

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#### Tips for keeping your mouth safe and clean

- Gently brush your teeth, your tongue and inside of your mouth with fluoride toothpaste after every meal and before going to bed. If your teeth are sensitive, use toothpaste for sensitive teeth.
- Use a small soft toothbrush and change your brush regularly, as frayed bristles can hurt your gums and don't clean as well as new brushes. Soft toothbrushes are made by several manufacturers. Electric toothbrushes with soft heads are also suitable.
- Clean between teeth daily with floss or an inter-dental brush (a brush that can clean the small gaps between your teeth) because bacteria, which cause tooth decay and gum disease, can stay between teeth where toothbrush bristles can't reach.
- If you notice bleeding when you brush or floss your teeth, it may be an early sign of preventable gum disease. Visit your dentist or hygienist for professional cleaning and advice.
- Use gentle mouthwashes which you can make yourself. For example, mix 1/4 of a teaspoon of sodium bicarbonate (baking soda) in a cup of warm water.



### Tips if you have a dry or sore mouth

- sip water regularly during the day or try chewing sugarless chewing gum; this can help you make more saliva and protect your teeth
- avoid drinks with caffeine, alcohol and fizzy drinks which can make your mouth dry
- drink water while you are eating and coat foods with salad dressings and oils: this will make chewing and swallowing easier and may improve your taste
- avoid crunchy foods as these can scratch the lining of your mouth
- avoid using mouthwashes that contain alcohol
- try using a water spray bottle to wet your mouth or your dentist or doctor can prescribe you a saliva substitute spray if you need it
- keep a glass of water by your bed for sipping during the night
- ask your dentist for regular fluoride treatment to prevent decay
- because you may be more prone to mouth problems, it's important to have regular visits to your dentist, especially if you have any worries or infections (like a sore, swelling, bleeding or a sticky white film in your mouth).

### Tips if you have false teeth

- False teeth can be a great place for bacteria to hide. Make sure food does not collect underneath your dentures, as this can lead to ulcers, soreness and infection, especially if your mouth is dry.
- Clean your natural teeth with a tooth brush, and brush your dentures with denture cream. Disinfect your dentures, at least once a week, to kill any germs.
- If you have any discomfort, see your dentist who may be able to adjust your dentures to a better fit.
- Make sure that you visit your dentist once a year to check your gums and tongue for problems and visit your dentist right away if you have any worries or infections like a sore, swelling, or bleeding or a sticky white film in your mouth.

## 3 Physical effects

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### Finding a dentist

If you do not have a dentist, NHS Direct can give you a list of NHS dentists willing to register patients in your area.

### Useful telephone numbers

#### NHS Direct

0845 4647

#### NHS 24 Scotland

0845 424 2424

### Websites

#### NHS Direct

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

#### NHS England

[www.nhs.uk/england](http://www.nhs.uk/england)

#### HSC Northern Ireland

[www.healthandcareni.co.uk](http://www.healthandcareni.co.uk)

#### NHS Scotland

[www.show.scot.nhs.uk](http://www.show.scot.nhs.uk)

#### NHS Wales

[www.wales.nhs.uk](http://www.wales.nhs.uk)

You should tell your dentist about your cancer history, your previous treatments and any that are planned. You can ask your dentist to be referred to a special care dentist or ask your doctor to refer you to a suitable specialist for dental care.

If you need to have further treatment for your cancer, see a dentist before your treatment begins. Fixing any underlying problems can help to stop new problems that might be more difficult to treat, after your cancer treatment ends.

### Booklets and fact sheets

#### Dry mouth (or Xerostomia) (2007)

Cancerbackup

### Websites

#### Cancerbackup

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### CancerHelp UK

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### Sexual problems

Cancer and its treatment can cause many sexual problems. Some of these are physical and are described below.

### Impotence

Impotence is when a man cannot get an erection. Some treatments such as surgery and hormone therapy for cancers of the prostate, bladder, bowel, penis and testes, can make it difficult to get an erection. While this may be short-lived and recover once your

treatment stops, sometimes, for example after surgery your impotence can last a long time or never improve.

Impotence might be a delayed side-effect of treatment, happening some months or years after your treatment ends. This is because radiotherapy, like surgery, can damage some of the nerves needed for an erection to happen, but this damage can take some time to show.

You can also have erection problems because of the way you feel. Being depressed, anxious or stressed can all affect your ability to get an erection.

Doctors are used to talking about impotence and other sexual problems. There are specialist clinics, counsellors, sexual therapists, operations, treatments and devices that can help improve impotence.

### Booklets and fact sheets

#### **Impotence or erectile dysfunction (2007)**

Sexual Dysfunction Association

#### **Sexuality and cancer (2006)**

Cancerbackup

#### **Sexuality and prostate cancer (2005)**

The Prostate Cancer Charity

### Websites

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

#### **Orchid Cancer Appeal**

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

#### **Sexual Dysfunction Association**

[www.sda.uk.net](http://www.sda.uk.net)

#### **The Prostate Cancer Charity**

[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

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### Tips about your impotence

- **talk to your doctor, if you are stressed or depressed**
- **talk to your doctor about the treatments that can help. These can work well, especially if you have partial erections.**
- **talk to your partner about your feelings and frustrations**
- **talk to a counsellor or therapist if you have sexual problems.**

## 3 Physical effects

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### Vaginal dryness

Some treatments can make your vagina dry and shrink. It can also make you more prone to vaginal infections. Depending on the cancer you have had, you may be able to take hormone replacement therapy (HRT) or a local dose of oestrogen. Talk to your cancer doctor or clinical nurse specialist about the best treatment for you. Lubricants that you can use in your vagina before sex can also help.

### Booklets and fact sheets

#### **Lack of sex drive or libido (2007)**

The Sexual Dysfunction Association

#### **Painful sex or dyspareunia (2007)**

The Sexual Dysfunction Association

#### **Sexuality and cancer (2006)**

Cancerbackup

#### **Vaginal dryness (2007)**

The Sexual Dysfunction Association

### Websites

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### **Sexual Dysfunction Association**

[www.sda.uk.net](http://www.sda.uk.net)

### Fertility

This is the ability of a woman to have a child and for a man to father a child. Infertility can happen if your cancer treatment damages either your ovaries and uterus or testes in men. Although you may become fertile again once your treatment ends, you might be infertile for the rest of your life.

If you are treated for cancer again, it may be possible to remove some of your sperm or eggs before your treatment and store them for future use. You may also be able to use donated eggs or sperm.

If you want to have children, adoption may be an option open to you. Your social worker, Social Services Department, and other organisations listed below may be able to help.

### Booklets and fact sheets

#### **Breast cancer during pregnancy (2007)**

Breast Cancer Care

### **Cancer and fertility (2007)**

Cancerbackup

### **Fertility issues and breast cancer treatment (2006)**

Breast Cancer Care

### **Fertility issues for patients with lymphoma (2007)**

Lymphoma Association

### **Relationships, sex and fertility for young people affected by cancer (2007)**

Cancerbackup

### **Sex and the prostate (2005)**

Sexual Dysfunction Association & Prostate UK

### **Websites**

#### **Adoption Information Line**

[www.adoption.org.uk](http://www.adoption.org.uk)

#### **British Association for Sexual and Relationship Therapy**

[www.basrt.org.uk](http://www.basrt.org.uk)

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

#### **Human Fertilisation and Embryology Authority**

[www.hfea.gov.uk](http://www.hfea.gov.uk)

### **Infertility Network UK**

[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)

### **Menopausal symptoms**

This is when women stop having periods. It usually happens between the age of 45-55 years. Some cancer treatments including chemotherapy, radiotherapy, hormone therapy and surgery that removes your ovaries, can damage your ovaries and stop your periods. The natural menopause tends to happen over many months or years, while cancer treatments can cause it to happen very suddenly, often with more intense side effects than if you were having a natural menopause. The Daisy Network provides information and support to people who have had an early menopause.

### **Booklets and fact sheets**

#### **Breast cancer and menopausal symptoms (2007)**

Cancerbackup

#### **Menopausal symptoms and breast cancer (2006)**

Breast Cancer Care

## 3 Physical effects

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### Websites

#### **Daisy Network**

[www.daisynetwork.org.uk](http://www.daisynetwork.org.uk)

#### **Early Menopause**

[www.earlymenopauseuk.co.uk](http://www.earlymenopauseuk.co.uk)

#### **Menopause Matters**

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

#### **Ovacom (Ovarian Cancer)**

[www.ovacom.org.uk](http://www.ovacom.org.uk)

#### **Women's Health Concern**

[www.womens-health-concern.org](http://www.womens-health-concern.org)

### **Nerve problems (peripheral neuropathy)**

Nerves carry messages between your brain and the rest of your body and are needed to help you move, keep your balance, see and hear, sense pain and temperature.

Some treatments, including chemotherapy and radiotherapy to the head or spine, can cause nerve problems. Our nerves can also be damaged during an operation. It means you might have pins and needles, find it hard to balance, or feel numbness (lose the sense of feeling) in part of your body.

The most common type of damage is called peripheral

neuropathy. It tends to affect the nerves in your feet and hands, and may mean you can no longer sense or feel the ground below your feet, or be able to feel things with your fingers and hands. Although peripheral neuropathy tends to ease after your treatment finishes, in some cases it can linger or never go away.

The loss of feeling might mean you find it hard to feel the brake pedals in a car, or difficult to keep your balance. You might also struggle to fasten buttons or do other day-to-day activities with your hands.

If you need to be treated for cancer again, and have had peripheral neuropathy before, talk to your cancer specialist. There may be other kinds of chemotherapy you can take that are less likely to cause peripheral neuropathy.

### **Booklets and fact sheets Choosing equipment to maintain safety and independence at home (2006)**

Disabled Living Foundation

### **Making a difference (choosing equipment for everyday living) (2005)**

Disabled Living Foundation

### **Peripheral neuropathy**

Cancerbackup

### **Peripheral neuropathy**

Myeloma UK

### **Peripheral neuropathy & neuropathic pain (2005)**

The Neuropathy Trust

### **Websites**

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

#### **Disabled Living Foundation**

[www.dlf.org.uk](http://www.dlf.org.uk)

#### **The Neuropathy Trust**

[www.neurocentre.com](http://www.neurocentre.com)

#### **The Royal Association for Disability and Rehabilitation (RADAR)**

[www.radar.org.uk](http://www.radar.org.uk)

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### **Living with nerve problems (peripheral neuropathy)**

- Use mirrors to help you dress, fasten buttons or jewellery, and to do things that have become difficult. Seeing what you are trying to do, when you can no longer feel, can help.
- If your balance is affected, some people avoid sloping pavements and find it easier to use steps instead.
- Use thermometers that allow you to sense how hot something is. Thin strip-thermometers are sometimes the best.
- Special kitchen utensils which give you better grip are available, from potato peelers to large-handled mugs.
- Replace small knobs on cupboard doors with large ones.
- Use key pads on phones that make a noise when the number has been pressed.
- Contact the Disability Living Foundation for information on the range of products available.

## 3 Physical effects

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### Joint and bone problems

Chemotherapy and other treatments such as steroids and hormone therapy can cause bone and joint problems. Radiotherapy to the pelvis region can also cause bone problems to emerge later.

One of the most common problems is osteoporosis. This is when your bones become porous and begin to lose their strength. As osteoporosis has few signs and symptoms, most people don't find out they have osteoporosis until they have a fracture or break to one of their bones. Eating well and exercise might be some of the best ways to keep your bones healthy.

Talk to your doctor about osteoporosis, as there are many treatments that can help. Some treatments may cause dental problems. See Teeth and Mouth Problems in this section.

### Booklets and fact sheets

#### **Bone health and breast cancer (2003)**

Breast Cancer Care

#### **Exercises for people with osteoporosis\***

The National Osteoporosis Society

### Websites

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

#### **Early Menopause UK**

[www.earlymenopauseuk.co.uk](http://www.earlymenopauseuk.co.uk)

#### **The National Osteoporosis Society**

[www.nos.org.uk](http://www.nos.org.uk)



### Tips for keeping your bones strong

- Calcium is needed for strong and healthy bones. Your body contains about 1 kilogram of Calcium, with 99% of it inside your bones and teeth.
- Vitamin D helps your body hold onto calcium, while too much salt, fizzy drinks, smoking, alcohol and being overweight, can all reduce the amount of calcium your body contains and, therefore, the strength of your bones.
- Eat foods rich in calcium like milk, cheeses and yoghurts. Low fat cheeses and yoghurts have similar amounts of calcium as higher fat alternatives. Compared to milk, cream contains about half the amount of calcium.
- A good way to start is to have cereals for breakfast, with plenty of milk. Many cereals contain added calcium. The levels of calcium are about the same in skimmed, semi-skimmed and whole milk.
- Eat more nuts and seeds especially sesame seeds, and dried fruits in particular figs and apricots as these are good sources of calcium.
- Include tinned fish such as salmon and sardines in your diet. Tinned fish often contains small amounts of fish bones, which are high in calcium, and can be mashed with the fish. Compared to salmon and sardines, tinned tuna does not contain high levels of calcium.
- Green vegetables are a good source of calcium. Kale, water cress, broccoli, and spinach have the highest levels. Tofu also contains high levels of calcium.
- Bottled mineral waters can be a good source of calcium.
- Exercise regularly, especially exercise that places weight on your bones. You don't have to become a weight lifter, but jumping up and down on the spot and lifting small weights, such as a tin of baked beans (also a good source of calcium), is a good start.

### 3 Physical effects

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- **Vitamin D helps our body absorb calcium from the foods we eat. Our skin cells make vitamin D when they are exposed to the sun. In the UK, about 20 minutes of sunlight each day provides you with all the vitamin D needed. Outside activities like walking and gardening expose your body to the sun, and allow you to both exercise and make vitamin D at the same time. Always remember to wear appropriate sun protection.**

### Bowel and bladder problems

If you have had an operation that removes part of your bowel or bladder or other treatments that mean you can no longer control how your bowel or bladder works, you may be using bags to collect your urine or waste.

Some treatments can cause bowel and bladder problems. You may have diarrhoea that comes and goes, or need to pass urine more often. The good news is that there are many organisations and suppliers that can help. Your local Continence Advisory Service will also be able to help. Your GP, district nurse and hospital team will be able to contact them for you.

### Booklets and fact sheets

#### **Healthy bladder – what to do if things go wrong (2005)**

InContact

#### **Healthy bowels – what to do if things go wrong (2006)**

InContact

#### **Travelling with confidence\***

InContact

#### **Troubled nights\***

InContact

#### **Just can't wait\***

InContact

### Websites

#### **Bowel Control**

[www.bowelcontrol.org.uk](http://www.bowelcontrol.org.uk)

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### Tips for travel

- **map out your journey and know where the local toilets are**
- **remember, flights can sometimes be delayed and luggage lost, so take extra bags in your carry-on luggage**
- **take spare pants, pads and plastic bags when you are away from your home**
- **if you have bladder problems, avoid foods that can make you constipated as this may make things worse**
- **the RADAR key provides access to all UK public toilets**
- **the 'Just Can't Wait' card can allow you to use toilets in shops and restaurants.**

## 3 Physical effects

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### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### **CORE (the Digestive Disorders Foundation)**

[www.corecharity.org.uk](http://www.corecharity.org.uk)

### **Disabled Living Foundation**

[www.dlf.org.uk](http://www.dlf.org.uk)

### **InContact**

[www.incontact.org](http://www.incontact.org)

### **Promoting Continence**

[www.promocon.co.uk](http://www.promocon.co.uk)

### **Royal Association for Disability and Rehabilitation (RADAR)**

[www.radar.org.uk](http://www.radar.org.uk)

### **The Continence Foundation**

[www.continence-foundation.org.uk](http://www.continence-foundation.org.uk)

### **Heart and lung problems**

Some kinds of radiotherapy to the chest region, can cause heart and lung problems. Better ways of delivering radiotherapy has made this problem less likely to happen.

If your heart has been damaged, it might mean your heart does not work as well as it once did. Heart problems can have no symptoms and so, if you are worried, talk to

your doctor about having your heart checked. If you have any chest pain, tell your doctor right away.

Some of the signs of lung problems include chest pain, a shortness of breath, or a niggling dry cough that doesn't go away. Sometimes the lung problem is short-lived but it can also last for a long time. As the risk of developing lung problems is greater if you smoke, it's another good reason to quit.

Talk to your doctor if you are feeling breathless, have pain when you breathe, or a cough that lingers. Inhalers can sometimes help to open up the airways in your lungs and make breathing easier.

### **Websites**

#### **British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)

#### **British Lung Foundation**

[www.lunguk.org](http://www.lunguk.org)

#### **Go Smokefree**

[www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)

#### **Quit**

[www.quit.org.uk](http://www.quit.org.uk)

### Lymphoedema

This is a swelling, usually in your leg or arm and happens when your cancer treatment has affected the way your body drains fluid. It's more common in people who have had their lymph nodes removed. Once you have had lymphoedema, it's unlikely to go away completely and can return for no apparent reason.

There are many things you can do to treat lymphoedema and help prevent it happening again.

Exercises, elastic bandages, and gentle massage can all help.

See your GP, specialist nurse straight away if you notice any swelling or see any redness or swelling around a cut.

The British Lymphology Society website allows you to search for your nearest lymphoedema service.

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### Tips to prevent lymphoedema

- **Insect bites, grazes, cuts, sunburn and too much strain on your arms or legs can make lymphoedema worse. It's best to use high factor sun screens, insect repellent, and treat all cuts, grazes, and bites right away.**
- **Use gloves, if you are gardening or thimbles if you sew to avoid cutting or pricking yourself.**
- **If you shave under your arms, try an electric razor to avoid cuts.**
- **If you have a pet, be careful that it does not scratch you.**
- **Avoid very hot showers, saunas, and baths.**
- **Try to avoid using an arm that is prone to developing lymphoedema for lifting heavy things like shopping bags and other day to day tasks.**
- **Avoid crossing your legs if they have, or might develop, lymphoedema.**
- **Being over-weight can make lymphoedema worse.**

## 3 Physical effects

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### Booklets and fact sheets

#### **Coping with lymphoedema of the arm (2002)**

Wessex Cancer Trust

#### **Coping with lymphoedema of the leg (2003)**

Wessex Cancer Trust

#### **Living with lymphoedema after breast cancer (2007)**

Breast Cancer Care

#### **Reducing the risk of lymphoedema (2006)**

Breast Cancer Care

#### **Understanding lymphoedema (2006)**

Cancerbackup

### Websites

#### **The British Lymphology Society**

[www.thebls.com](http://www.thebls.com)

#### **Lymphoedema Support Network**

[www.lymphoedema.org/lisn](http://www.lymphoedema.org/lisn)

### Another cancer happens

While your cancer treatment is designed to kill cancer cells, it can sometimes damage healthy cells. It's this damage that, over time, may cause them to change into cancer cells. Spotting cancer early

offers the best chance of treating any new cancers that emerge. Not all cancers have tell-tale signs that are easy to find. It might be that you just don't 'feel right' and can't pinpoint any one symptom.

If you think something doesn't feel right, or have a symptom that is new and unusual to you, talk to your family doctor, who can check out what might be wrong, organise tests, and talk about any concerns you might have.

### Booklets and fact sheets

#### **Are you worried about cancer? (2006)**

Cancerbackup

#### **Cancer – know the warning signs (2005)**

Cancer Research UK

#### **Lifestyle and cancer – reduce the risk (2005)**

Cancer Research UK

### Websites

#### **Cancerbackup**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

#### **CancerHelp UK**

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### See your doctor if you have:

- an ache or pain that doesn't go away
- a sore that hasn't healed
- a mole that has changed shape, size or colour, or started to bleed
- a nagging cough or hoarseness
- an unusual lump or thickening under your skin
- a loss of weight that can't be explained
- difficulty in swallowing
- changes in your bowel motions and how often you go to the toilet
- bleeding between your periods or if you start to lose blood again long after your periods have ended
- a fever that doesn't seem to be getting any better or feeling tired for no obvious reason.

## 3 Physical effects

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### Care after cancer

#### Follow-up plans

Most people diagnosed with cancer today will have a 'follow-up plan'.

This is a plan for your care after your treatment has finished. It's likely to mean regular check-ups to make sure your cancer is not coming back, and to check whether everything is going ok.

Your follow-up plan is about you and what emotional, practical and financial support you may need.

Follow-up appointments are a good time for you to talk to your specialist about any problems or worries you have. You should be given a contact telephone number to use if you have any problems between appointments.

If you were diagnosed with cancer many years ago, you may not have had a follow-up plan or no longer have follow-up appointments. You might have forgotten what type of cancer you

had or the treatments you were given. Your GP can help find out the details from the hospital where you were treated.

#### Follow-up tests

There are a number of tests and scans that can help you and your doctor look for any problems that may be invisible to the eye. For example, bone-density scans can help see if you have osteoporosis, and blood tests measure some of the proteins that cancer cells sometimes make. Your GP or cancer specialist can organise these tests for you.

#### Questions to ask your doctor or cancer specialist

Asking questions can help you find out more about your cancer and help your doctor provide the best possible care and support.



### Questions for your doctor

- Is there anything I can do to lower the chance of my cancer coming back?
- Are there any signs and symptoms I should look for?
- How often should I have a follow up appointment?
- What should I do if I am worried about my health?
- Are there any screening tests you think I should have?
- Are there any information resources you would recommend?



## 4 Useful organisations

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### **Macmillan Cancer Support**

Macmillan can offer you information, advice and support through a wide range of services.

### **Macmillan CancerLine**

Our specialist advisers offer confidential advice and help you find the information you need.

Freephone 0808 808 2020

Textphone 0808 808 0121

Monday to Friday 9am-9pm

Calls are free

Email

[cancerline@macmillan.org.uk](mailto:cancerline@macmillan.org.uk)

### **South Asian CancerLine**

Hindi – 0808 808 0100

Punjabi – 0808 808 0101

Urdu – 0808 808 0102

Monday to Friday 9am-6pm

Calls are free

### **Macmillan YouthLine**

Macmillan's YouthLine is available for young people aged 12 to 21.

Freephone 0808 808 0800

Monday to Friday 9am-9pm

Calls are free

Email [youthline@macmillan.org.uk](mailto:youthline@macmillan.org.uk)

### **Macmillan Benefits Helpline**

The Macmillan Benefits Helpline is a telephone advice service for people with cancer, their family and carers who need help to access benefits and other kinds of financial support.

Freephone 0808 801 0304

Monday, Tuesday, Friday 10am-5pm

Wednesday 12pm-5pm

Calls are free

### **Macmillan self help and support groups**

We support over 750 independent cancer self help and support groups across the UK.

Contact Macmillan CancerLine or email

[cancerline@macmillan.org.uk](mailto:cancerline@macmillan.org.uk)

### **Macmillan cancer information and support centres and mobile centres**

Visit one of our centres where you will find clear information and face-to-face support.

Contact Macmillan CancerLine or email

[cancerline@macmillan.org.uk](mailto:cancerline@macmillan.org.uk)

## 4 Useful organisations

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### **Macmillan publications**

We produce publications about day to day practical and emotional issues. These are available free to anyone affected by cancer.

To order call 0800 500 800 or visit our website at [www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Macmillan website**

Our website provides detailed information on all our sources of support as well as a forum where you can share your experiences. [www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Living with cancer course**

This is a free six-week course for people living with cancer, run by trained tutors who have had cancer themselves.

To find out more, contact CancerLine on 0808 808 2020 or visit the website at [www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Useful organisations**

#### **ACAS**

Brandon House  
180 Borough High Street  
London SE1 1LW  
Helpline 0845 747 4747  
[www.acas.org.uk](http://www.acas.org.uk)

#### **Age Concern**

Astral House  
1268 London Road  
London SW16 4ER  
Helpline 0800 009 966  
[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

#### **Beating Bowel Cancer**

39 Crown Road  
Twickenham  
Middlesex TW1 3EJ  
Tel 020 8892 5256  
Email  
[info@beatingbowelcancer.org](mailto:info@beatingbowelcancer.org)  
[www.beatingbowelcancer.org](http://www.beatingbowelcancer.org)

#### **Bowel Cancer UK**

7 Rickett Street  
London SW6 1RU  
Tel 020 7381 9711  
Advisory service 0870 850 6050  
Email  
[admin@bowelcanceruk.org.uk](mailto:admin@bowelcanceruk.org.uk)  
[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

### **Breast Cancer Care**

5-13 Great Suffolk Street  
London SE1 0NS  
Helpline 0808 800 6000  
Email  
[info@breastcancercare.org.uk](mailto:info@breastcancercare.org.uk)  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

### **British Association for Counselling and Psychotherapy**

15 St John's Business Park  
Lutterworth LE17 4HB  
Tel 0870 443 5252  
Email [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)  
[www.bacp.co.uk](http://www.bacp.co.uk)

### **British Association for Sexual and Relationship Therapy**

PO Box 13686  
London SW20 9ZH  
Tel 020 8543 2707  
Email [info@basrt.org.uk](mailto:info@basrt.org.uk)  
[www.basrt.org.uk](http://www.basrt.org.uk)

### **British Lung Foundation**

73-75 Goswell Road  
London EC1V 7ER  
Tel 0845 850 5020  
[www.lunguk.org](http://www.lunguk.org)

### **British Lymphology Society**

10 St Aidans Close  
Cheltenham  
Gloucestershire GL51 0HL  
Tel 01242 245200  
Email [info@thebls.com](mailto:info@thebls.com)  
[www.thebls.com](http://www.thebls.com)

### **British Nutrition Foundation**

High Holborn House  
52-54 High Holborn  
London WC1V 6RQ  
Tel 020 7404 6504  
Email [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)  
[www.nutrition.org.uk](http://www.nutrition.org.uk)

### **Cancerbackup**

3 Bath Place  
Rivington Street  
London EC2A 3JR  
Tel 0808 800 1234  
[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

### **Cancer Equality**

27-29 Vauxhall Grove  
Vauxhall  
London SW8 1SY  
Tel 020 7735 7888  
Email [info@cancerequality.org.uk](mailto:info@cancerequality.org.uk)  
[www.cancerequality.org.uk](http://www.cancerequality.org.uk)

## 4 Useful organisations

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### **CancerHelp UK**

PO Box 123  
Lincoln's Inn Fields  
London WC2A 3PX  
Tel 0808 800 4040  
[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### **Cancer Laryngectomee Trust**

PO Box 618  
Halifax  
West Yorkshire HX3 8WX  
Tel 01422 205522  
Email [info@cancerlt.org](mailto:info@cancerlt.org)  
[www.cancerlt.org](http://www.cancerlt.org)

### **Changing Faces**

The Squire Centre  
33-37 University Street  
London WC1E 6JN  
Tel 0845 450 0275  
Email [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk)  
[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

### **Citizens Advice Bureau**

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Colostomy Association**

15 Station Road  
Reading RG1 1LG  
Helpline 0800 587 6744  
Email  
[cass@colostomyassociation.org.uk](mailto:cass@colostomyassociation.org.uk)  
[www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk)

### **Continence Foundation**

307 Hatton Square  
16 Baldwins Gardens  
London EC1N 7RJ  
Helpline 0845 345 0165  
Email  
[continence-help@dial.pipex.com](mailto:continence-help@dial.pipex.com)  
[www.continence-foundation.org.uk](http://www.continence-foundation.org.uk)

### **CORE (the Digestive Disorders Foundation)**

3 St Andrews Place  
London NW1 4LB  
Tel 020 7486 0341  
Email [info@corecharity.org.uk](mailto:info@corecharity.org.uk)  
[www.corecharity.org.uk](http://www.corecharity.org.uk)

### **Dansac Limited**

(manufacturers of stoma care products)  
Victory House  
Vision Park  
Histon  
Cambridge CB4 9ZR  
Tel 0800 581117  
Email [dansac.ltd@dansac.com](mailto:dansac.ltd@dansac.com)  
[www.dansac.co.uk](http://www.dansac.co.uk)

### **Disabled Living Foundation**

380-384 Harrow Road  
London W9 2HU  
Helpline 0845 130 9177  
Email [advice@dlf.org.uk](mailto:advice@dlf.org.uk)  
[www.dlf.org.uk](http://www.dlf.org.uk)

### **Early Menopause UK**

[www.earlymenopauseuk.co.uk](http://www.earlymenopauseuk.co.uk)

### **Equality and Human Rights Commission**

[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

### **Expert Patients Programme**

[www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk)

### **Go Smokefree**

Helpline 0800 169 0169

[www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)

### **Government online**

[www.direct.gov.uk](http://www.direct.gov.uk)

### **Ileostomy and Internal Pouch Support Group**

Pevevill House

1-5 Mill Road

Ballyclare

County Antrim BT39 9DR

Tel 0800 018 4724

Email [info@iasupport.org](mailto:info@iasupport.org)

[www.the-ia.org.uk](http://www.the-ia.org.uk)

### **Incontact**

SATRA Innovation Park

Rockingham Road

Kettering

Northants NN16 9JH

Tel 0870 770 3246

Email [info@incontact.org](mailto:info@incontact.org)

[www.incontact.org](http://www.incontact.org)

### **Kidney Cancer UK**

PO Box 2473

Uttoxeter ST14 8WZ

Tel 01889 565801

[www.kcuk.org](http://www.kcuk.org)

### **Let's Face It**

72 Victoria Avenue

Westgate On Sea

Kent CT8 8BH

Tel 01843 833724

[www.lets-face-it.org.uk](http://www.lets-face-it.org.uk)

### **Limbless Association**

Queen Mary's Hospital

Roehampton Lane

London SW15 5PN

Tel 020 8788 1777

[www.limbless-association.org](http://www.limbless-association.org)

### **Look Good Feel Better UK**

West Hill House

32 West Hill

Epsom

Surrey KT19 8JD

Tel 01372 747500

Email [info@lgfb.co.uk](mailto:info@lgfb.co.uk)

[www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

## 4 Useful organisations

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### **Lymphoma Association**

PO Box 386  
Aylesbury  
Buckinghamshire HP20 2GA  
Helpline 0808 808 5555  
Email  
information@lymphoma.org.uk  
www.lymphoma.org.uk

### **Lymphoedema Support Network**

St.Luke's Crypt  
Sydney Street  
London SW3 6NH  
Tel 020 7351 4480  
www.lymphoedema.org/lsn

### **Myeloma UK**

Broughton House  
31 Dunedin Street  
Edinburgh EH7 4JG  
Infoline 0800 980 3332  
Email  
myelomauk@myeloma.org.uk  
www.myelomaonline.org.uk

### **National Osteoporosis Society**

Manor Farm  
Skinners Hill  
Camerton  
Bath BA2 0PJ  
Helpline 0845 450 0230  
Email info@nos.org.uk  
www.nos.org.uk

### **Neuropathy Trust**

PO Box 26  
Nantwich  
Cheshire CW5 5FP  
Tel 01270 611828  
www.neurocentre.com

### **Oesophageal Patients Association**

22 Vulcan House  
Vulcan Road,  
Solihull  
West Midlands B91 2JY  
Tel 0121 704 9860  
Email opa@ukgateway.net  
www.opa.org.uk

### **Orchid Cancer Appeal**

St Bartholomew's Hospital  
London EC1A 7BE  
Tel 020 7601 7167  
www.orchid-cancer.org.uk

### **Ovacome**

Elizabeth Garrett Anderson  
Hospital  
Huntley Street  
London WC1E 6DH  
Tel 020 7380 9589  
Email ovacome@ovacome.org.uk  
www.ovacome.org.uk



### **Pancreatic Cancer UK**

31 Brooklyn Drive  
Emmer Green  
Reading RG4 8SR  
Tel 0118 947 2934  
Email  
[enquiries@pancreaticcancer.org.uk](mailto:enquiries@pancreaticcancer.org.uk)  
[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

### **Penny Brohn Cancer Care**

Chapel Pill Lane  
Pill  
Bristol BS20 0HH  
Helpline 0845 123 2310  
Email [helpline@pennybrohn.org](mailto:helpline@pennybrohn.org)  
[www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)

### **Prince's Foundation for Integrated Health**

33-41 Dallington Street  
London EC1V 0BB  
Tel 020 3119 3100  
Email [info@fih.org.uk](mailto:info@fih.org.uk)  
[www.fih.org.uk](http://www.fih.org.uk)

### **Promoting Continence**

Redbank House  
4 St Chads Street  
Cheetham  
Manchester M8 8QA  
Tel 0870 760 1580  
Email  
[promocon@disabledliving.co.uk](mailto:promocon@disabledliving.co.uk)  
[www.promocon.co.uk](http://www.promocon.co.uk)

### **Prostate UK**

10 Northfields Prospect  
Putney Bridge Road  
London SW18 1PE  
Tel 020 8877 5840  
Email [info@prostateuk.org](mailto:info@prostateuk.org)  
[www.prostateuk.org.uk](http://www.prostateuk.org.uk)

### **Prostate Cancer Charity**

Helpline 0800 074 8383  
Email [info@prostate-cancer.org.uk](mailto:info@prostate-cancer.org.uk)  
[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

### **Quit**

Tel 0800 002200  
[www.quit.org.uk](http://www.quit.org.uk)

### **Relate**

Tel 0845 456 1310  
Email [enquiries@relate.org.uk](mailto:enquiries@relate.org.uk)  
[www.relate.org.uk](http://www.relate.org.uk)

### **Roy Castle Lung Cancer Foundation**

200 London Road  
Liverpool L3 9TA  
Helpline 0800 358 7200  
[www.roycastle.org](http://www.roycastle.org)

## 4 Useful organisations

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### **Royal Association for Disability and Rehabilitation (RADAR)**

12 City Forum  
250 City Road  
London EC1V 8AF  
Tel 020 7250 3222  
[www.radar.org.uk](http://www.radar.org.uk)

### **Royal Marsden NHS Foundation**

[www.royalmarsden.nhs.uk](http://www.royalmarsden.nhs.uk)

### **Sarcoma**

PO Box 128  
Ludlow  
Shropshire SY8 1YL  
[www.sarcoma-uk.org](http://www.sarcoma-uk.org)

### **Sexual Dysfunction Association**

Suite 301  
Emblem House  
London Bridge Hospital  
27 Tooley Street  
London SE1 2PR  
Helpline 0870 774 3571  
Email [info@sda.uk.net](mailto:info@sda.uk.net)  
[www.sda.uk.net](http://www.sda.uk.net)

### **The Stroke Association**

240 City Road  
London EC1V 2PR  
Helpline 0845 3033 100  
Email [info@stroke.org.uk](mailto:info@stroke.org.uk)  
[www.stroke.org.uk](http://www.stroke.org.uk)

### **Urostomy Association**

Central Office  
18 Foxglove Avenue  
Uttoxeter  
Staffs ST14 8UN  
Tel 01889 563191  
Email  
[secretary.ua@classmail.co.uk](mailto:secretary.ua@classmail.co.uk)  
[www.uagbi.org](http://www.uagbi.org)



Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical, emotional and financial support and push for better cancer care. One in three of us will get cancer. 1.2 million of us are living with it. We are all affected by cancer. We can all help. We are Macmillan.

For further copies, call us on 0800 500 800  
or visit [www.be.macmillan.org.uk](http://www.be.macmillan.org.uk)

Macmillan Cancer Support  
89 Albert Embankment, London SE1 7UQ  
Tel 0800 500 800  
CancerLine 0808 808 2020  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

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