Because cancer doesn’t end when your treatment is over
## Contents

1 Emotional effects of cancer 4
   Sources of support
   Sources of information
   Supporting yourself

2 Practical issues 18
   Work
   Benefits and financial advice
   Care in your home

3 Physical effects 26
   Common side and after effects
   Care after cancer

4 Useful organisations 49

---

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**
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.
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

**Cancerbackup**
www.cancerbackup.org.uk

**CancerHelp UK**
www.cancerhelp.org.uk

**Royal Marsden NHS Foundation Trust**
www.royalmarsden.nhs.uk
Emotional effects of cancer

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

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.
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.

**Books 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

British Association for Sexual and Relationship Therapy  
www.basrt.org.uk

British Heart Foundation  
www.bhf.org.uk

British Lung Foundation  
www.lunguk.org

Cancerbackup  
www.cancerbackup.org.uk

Changing Faces  
www.changingfaces.org.uk

Orchid Cancer Appeal  
www.orchid-cancer.org.uk
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
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
Look Good Feel Better UK
www.lookgoodfeelbetter.co.uk
1 Emotional effects of cancer

Look Good Feel Better for Men
www.lookgoodfeelbetterformen.org

Orchid Cancer Appeal (Men’s cancers)
www.orchid-cancer.org.uk

The Limbless Association
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 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
Online forums

All cancers
www.macmillan.org.uk/share
www.cancerbackup.org.uk

Breast cancer
www.breastcancercare.org.uk

Cancer of the testicle, prostate, or penis
www.orchid-cancer.org.uk

For 12-16 year olds with a parent with cancer
www.riprap.org.uk

Kidney cancer
www.kcuk.org

Laryngectomee
www.webwhispers.org

Lung cancer
www.roycastle.org

Patient experience website
www.dipex.org.uk

Prostate cancer
www.prostate-cancer.org.uk

Pancreatic cancer
www.pancreaticcancer.org.uk

Sarcoma
www.sarcoma-uk.org

Young person with lymphoma
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

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

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

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

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
Expert Patients Programme www.expertpatients.nhs.uk

Odyssey 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

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 Laryngectomee Trust has developed a Laryngectomee Travel Guide to the British Isles. It provides a list of all hospitals that are able to respond to laryngectomee emergencies.

Booklets and fact sheets

Advice about soft and liquidised food: A guide for patients and their families (2007)
Christie Hospital NHS Trust

The Royal Marsden NHS Foundation Trust

Cancerbackup recipes (2006)
Cancerbackup
1 Emotional effects of cancer

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

Bowel cancer diet and nutrition: your recipe for recovery*
Beating Bowel Cancer

Websites
Cancer Equality
www.cancerequality.org.uk

Cancer Laryngectomee Trust
www.cancerlt.org

Myeloma UK
www.myelomaonline.org.uk

Odyssey
www.odyssey.org.uk

Royal Marsden NHS Foundation Trust
www.royalmarsden.nhs.uk

The British Nutrition Foundation
www.nutrition.org.uk

The Christie Hospital NHS Foundation Trust
www.christie.nhs.uk
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

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

Macmillan Cancer Support

Macmillan Cancer Support

Cancerbackup

Doing work differently*
RADAR

Websites

ACAS
www.acas.org.uk

Citizens Advice Bureau
www.citizensadvice.org.uk

Equality and Human Rights Commission
www.equalityhumanrights.com

Jobcentre Plus
www.jobcentreplus.gov.uk

Government online – money, tax and benefits
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 0808 801 0304.
2 Practical issues

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

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.
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.

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. 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

Booklets and leaflets
Getting travel insurance when you have been affected by cancer (2007)
Macmillan Cancer Support

A laryngectomee’s travel guide to the British Isles (2007)
Cancer Laryngectomee 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

**Disabled Living Foundation**

www.dlf.org.uk

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

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.
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
3 Physical effects

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.

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

CancerHelp UK
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

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.

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.
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.

Websites

Cancerbackup
www.cancerbackup.org.uk

CancerHelp UK
www.cancerhelp.org.uk
3 Physical effects

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.
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

NHS England
www.nhs.uk/england

HSC Northern Ireland
www.healthandcareni.co.uk

NHS Scotland
www.show.scot.nhs.uk

NHS Wales
www.wales.nhs.uk

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

CancerHelp UK
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.

**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.

**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
- **CancerHelp UK**
  www.cancerhelp.org.uk
- **Orchid Cancer Appeal**
  www.orchid-cancer.org.uk
- **Sexual Dysfunction Association**
  www.sda.uk.net
- **The Prostate Cancer Charity**
  www.prostate-cancer.org.uk
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

CancerHelp UK
www.cancerhelp.org.uk

3 Physical effects

Sexual Dysfunction Association
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
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

**Websites**

**Daisy Network**
www.daisynetwork.org.uk

**Early Menopause**
www.earlymenopauseuk.co.uk

**Menopause Matters**
www.menopausematters.co.uk

**Ovacome (Ovarian Cancer)**
www.ovacome.org.uk

**Women’s Health Concern**
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
3 Physical effects

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.

Websites
Cancerbackup
www.cancerbackup.org.uk
CancerHelp UK
www.cancerhelp.org.uk
Disabled Living Foundation
www.dlf.org.uk
The Neuropathy Trust
www.neurocentre.com
The Royal Association for Disability and Rehabilitation (RADAR)
www.radar.org.uk
3 Physical effects

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

CancerHelp UK
www.cancerhelp.org.uk

Early Menopause UK
www.earlymenopauseuk.co.uk

The National Osteoporosis Society
www.nos.org.uk
3 Physical effects

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

- 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

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

Cancerbackup
www.cancerbackup.org.uk

CancerHelp UK
www.cancerhelp.org.uk

CORE (the Digestive Disorders Foundation)
www.corecharity.org.uk

Disabled Living Foundation
www.dlf.org.uk

InContact
www.incontact.org

Promoting Continence
www.promocon.co.uk

Royal Association for Disability and Rehabilitation (RADAR)
www.radar.org.uk

The Continence Foundation
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

British Lung Foundation
www.lunguk.org

Go Smokefree
www.gosmokefree.co.uk

Quit
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.

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.

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.
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.

**Websites**

- **The British Lymphology Society**
  www.thebls.com

- **Lymphoedema Support Network**
  www.lymphoedema.org/lsn

**Another cancer happens**

- **Cancerbackup**
  www.cancerbackup.org.uk

- **CancerHelp UK**
  www.cancerhelp.org.uk
3 Physical effects

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

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

**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

**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

**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

**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
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

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

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

Useful organisations

ACAS
Brandon House
180 Borough High Street
London SE1 1LW
Helpline 0845 747 4747
www.acas.org.uk

Age Concern
Astral House
1268 London Road
London SW16 4ER
Helpline 0800 009 966
www.ageconcern.org.uk

Beating Bowel Cancer
39 Crown Road
Twickenham
Middlesex TW1 3EJ
Tel 020 8892 5256
Email info@beatingbowelcancer.org
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
www.bowelcanceruk.org.uk
## 4 Useful organisations

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breast Cancer Care</strong></td>
<td>5-13 Great Suffolk Street</td>
<td>0808 800 6000</td>
<td><a href="mailto:info@breastcancercare.org.uk">info@breastcancercare.org.uk</a></td>
<td><a href="http://www.breastcancercare.org.uk">www.breastcancercare.org.uk</a></td>
</tr>
<tr>
<td><strong>British Lymphology Society</strong></td>
<td>10 St Aidans Close</td>
<td>01242 245200</td>
<td><a href="mailto:info@thebls.com">info@thebls.com</a></td>
<td><a href="http://www.thebls.com">www.thebls.com</a></td>
</tr>
<tr>
<td><strong>British Association for Counselling and Psychotherapy</strong></td>
<td>15 St John’s Business Park</td>
<td>0870 443 5252</td>
<td><a href="mailto:bacp@bacp.co.uk">bacp@bacp.co.uk</a></td>
<td><a href="http://www.bacp.co.uk">www.bacp.co.uk</a></td>
</tr>
<tr>
<td><strong>British Nutrition Foundation</strong></td>
<td>High Holborn House</td>
<td>020 7404 6504</td>
<td><a href="mailto:postbox@nutrition.org.uk">postbox@nutrition.org.uk</a></td>
<td><a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a></td>
</tr>
<tr>
<td><strong>British Association for Sexual and Relationship Therapy</strong></td>
<td>PO Box 13686</td>
<td>020 8543 2707</td>
<td><a href="mailto:info@basrt.org.uk">info@basrt.org.uk</a></td>
<td><a href="http://www.basrt.org.uk">www.basrt.org.uk</a></td>
</tr>
<tr>
<td><strong>Cancerbackup</strong></td>
<td>3 Bath Place</td>
<td>0808 800 1234</td>
<td>cancerequality.org.uk</td>
<td><a href="http://www.cancerequality.org.uk">www.cancerequality.org.uk</a></td>
</tr>
<tr>
<td><strong>Cancer Equality</strong></td>
<td>27-29 Vauxhall Grove</td>
<td>020 7735 7888</td>
<td>cancerequality.org.uk</td>
<td><a href="http://www.cancerequality.org.uk">www.cancerequality.org.uk</a></td>
</tr>
<tr>
<td><strong>British Lung Foundation</strong></td>
<td>73-75 Goswell Road</td>
<td>0845 850 5020</td>
<td>lunguk.org</td>
<td></td>
</tr>
<tr>
<td><strong>British Association for Sexual and Relationship Therapy</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4 Useful organisations

**CancerHelp UK**
PO Box 123
Lincoln’s Inn Fields
London WC2A 3PX
Tel 0808 800 4040
www.cancerhelp.org.uk

**Cancer Laryngectomee Trust**
PO Box 618
Halifax
West Yorkshire HX3 8WX
Tel 01422 205522
Email info@cancerlt.org
www.cancerlt.org

**Changing Faces**
The Squire Centre
33-37 University Street
London WC1E 6JN
Tel 0845 450 0275
Email info@changingfaces.org.uk
www.changingfaces.org.uk

**Citizens Advice Bureau**
www.adviceguide.org.uk
www.citizensadvice.org.uk

**Colostomy Association**
15 Station Road
Reading RG1 1LG
Helpline 0800 587 6744
Email cass@colostomyassociation.org.uk
www.colostomyassociation.org.uk

**Continence Foundation**
307 Hatton Square
16 Baldwins Gardens
London ECIN 7RJ
Helpline 0845 345 0165
Email continence-help@dial.pipex.com
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
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
www.dansac.co.uk

**Disabled Living Foundation**
380-384 Harrow Road
London W9 2HU
Helpline 0845 130 9177
Email advice@dlf.org.uk
www.dlf.org.uk
4 Useful organisations

Early Menopause UK  
www.earlymenopauseuk.co.uk

Equality and Human Rights Commission  
www.equalityhumanrights.com

Expert Patients Programme  
www.expertpatients.nhs.uk

Go Smokefree  
Helpline 0800 169 0169  
www.gosmokefree.co.uk

Government online  
www.direct.gov.uk

Ileostomy and Internal Pouch Support Group  
Peverill House  
1-5 Mill Road  
Ballyclare  
County Antrim BT39 9DR  
Tel 0800 018 4724  
Email info@iasupport.org  
www.the-ia.org.uk

Incontact  
SATRA Innovation Park  
Rockingham Road  
Kettering  
Northants NN16 9JH  
Tel 0870 770 3246  
Email info@incontact.org  
www.incontact.org

Kidney Cancer UK  
PO Box 2473  
Uttoxeter ST14 8WZ  
Tel 01889 565801  
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

Limbless Association  
Queen Mary’s Hospital  
Roehampton Lane  
London SW15 5PN  
Tel 020 8788 1777  
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  
www.lookgoodfeelbetter.co.uk
4 Useful organisations

**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
4 Useful organisations

**Pancreatic Cancer UK**  
31 Brooklyn Drive  
Emmer Green  
Reading RG4 8SR  
Tel 0118 947 2934  
Email enquiries@pancreaticcancer.org.uk  
www.pancreaticcancer.org.uk

**Penny Brohn Cancer Care**  
Chapel Pill Lane  
Pill  
Bristol BS20 0HH  
Helpline 0845 123 2310  
Email helpline@pennybrohn.org  
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  
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  
www.promocon.co.uk

**Prostate UK**  
10 Northfields Prospect  
Putney Bridge Road  
London SW18 1PE  
Tel 020 8877 5840  
Email info@prostateuk.org  
www.prostateuk.org.uk

**Prostate Cancer Charity**  
Helpline 0800 074 8383  
Email info@prostate-cancer.org.uk  
www.prostate-cancer.org.uk

**Quit**  
Tel 0800 002200  
www.quit.org.uk

**Relate**  
Tel 0845 456 1310  
Email enquiries@relate.org.uk  
www.relate.org.uk

**Roy Castle Lung Cancer Foundation**  
200 London Road  
Liverpool L3 9TA  
Helpline 0800 358 7200  
www.roycastle.org
4 Useful organisations

Royal Association for Disability and Rehabilitation (RADAR)
12 City Forum
250 City Road
London EC1V 8AF
Tel 020 7250 3222
www.radar.org.uk

Royal Marsden NHS Foundation
www.royalmarsden.nhs.uk

Sarcoma
PO Box 128
Ludlow
Shropshire SY8 1YL
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@sva.uk.net
www.sda.uk.net

The Stroke Association
240 City Road
London EC1V 2PR
Helpline 0845 3033 100
Email info@stroke.org.uk
www.stroke.org.uk

Urostomy Association
Central Office
18 Foxglove Avenue
Uttoxeter
Staffs ST14 8UN
Tel 01889 563191
Email secretary.ua@classmail.co.uk
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.