

Macmillan's information resources April 2024



An overview of our free information resources

At Macmillan, we have over 100 free information booklets and over 1700 pages of online information to help people with cancer live life as fully as they can. We also have a range of other formats including translations in 16 languages and Easy Read booklets.

You can order free booklets from **bemacmillan.org.uk** or call our free helpline on **0808 808 00 00**

Latest information

Reduced print titles

We have made the difficult decision to reduce the number of information booklets available to order. Once the current stock of these titles runs out they will not be reprinted. Any booklets that are now only available in PDF are labelled with 'PDF only' thoughout this list.

These booklets will remain available as PDF resources, which will be updated when a new edition is available. We are working to improve our PDFs – rolling out interactive versions with clickable links. For more information please visit **bemacmillan.org.uk**

New Easy Read titles

We have added two new titles to our suite of Easy Read booklets:

- Deciding on treatment
- If you are unhappy with your care

You can order these booklets for free at **bemacmillan.org.uk**

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Pre-diagnosis

Are you worried about cancer? MAC12150, Edition 8, Published 2022

Cancer genetics – how cancer sometimes runs in families MAC11673, Edition 7, Published 2022

Signs and symptoms card MAC15200, Edition 4, Published 2023

Online content

Bowen's disease

BRCA gene

Breast calcifications

Familial adenomatous polyposis (FAP)

Lobular carcinoma in situ (LCIS)

Lynch syndrome (LS)

MGUS (monoclonal gammopathy of unknown significance)

Multiple endocrine neoplasia 1 (MEN1)

Multiple endocrine neoplasia 2 (MEN2)

Vaginal intraepithelial neoplasia (VAIN)

Vulval intraepithelial neoplasia (VIN)



Tests and treatments

Cancer treatment and sepsis

MAC17218, Edition 2, Published 2022 Audio – soundcloud.com/macmillancancer

Getting help during treatment of the larynx

MAC16131, Edition 3, Published 2022

Having tests for prostate cancer PDF only

MAC13704, Edition 6, Published 2021 Audio – soundcloud.com/macmillancancer

Managing the bladder late effects of pelvic radiotherapy

MAC18910, Edition 1, Published 2021

Managing the bowel late effects of pelvic radiotherapy

MAC18911, Edition 1, Published 2021

Managing the late effects of bowel cancer treatment

MAC12162, Edition 5, Published 2021

Managing the late effects of breast cancer treatment

MAC12161, Edition 5, Published 2023

Managing the late effects of head and neck cancer treatment

MAC14270, Edition 4, Published 2022

MSCC (malignant spinal cord compression) alert card and leaflet MAC15457, Edition 3, Published 2020

Understanding breast reconstruction MAC11660, Edition 14, Published 2022

Understanding chemotherapy MAC11619, Edition 16, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding histology independent therapies (HITs) NEW MAC19456, Edition 1, Published 2023

Understanding pelvic radiotherapy MAC18915, Edition 1, Published 2021

Understanding radiotherapy

MAC11640, Edition 13, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding risk-reducing breast surgery

MAC11680, Edition 7, Published 2022 Audio – soundcloud.com/macmillancancer

Online content

A-Z of treatments

Having your central line put in (animation)

Having your PICC line put in (animation)

What are targeted therapies? (animation)

Cancer types

Understanding acute lymphoblastic leukaemia

MAC11612, Edition 14, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding acute myeloid leukaemia MAC11613, Edition 15, Published 2022

Understanding advanced melanoma

MAC12179, Edition 5, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding advanced (metastatic) prostate cancer

MAC11686, Edition 6, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding anal cancer PDF only MAC14811, Edition 3, Published 2020

Understanding cancer of the ovary, fallopian tube and peritoneum

MAC17297, Edition 2, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding cancer of the pancreas MAC11638, Edition 13, Published 2022

Understanding cancer of the voicebox (larynx)

MAC11650, Edition 12, Published 2022

Understanding cancer of the vulva MAC11643, Edition 11, Published 2021

Understanding cancer of unknown primary MAC11689, Edition 6, Published 2022

Understanding cervical cancer MAC11648, Edition 15, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding cervical screening results and CIN (cervical intraepithelial neoplasia)

MAC15395, Edition 3, Published 2021

Understanding chronic lymphocytic leukaemia (CLL) PDF only

MAC11620, Edition 10, Published 2022

Understanding chronic myeloid leukaemia

MAC11621, Edition 13, Published 2020 Audio – soundcloud.com/macmillancancer

Understanding colon cancer

MAC12474, Edition 5, Published 2020 Audio – soundcloud.com/macmillancancer

Understanding ductal carcinoma in situ (DCIS)

MAC12870, Edition 5, Published 2023

Understanding early (localised) prostate cancer

MAC11639, Edition 6, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding head and neck cancers

MAC11652, Edition 13, Published 2022

Understanding Hodgkin lymphoma MAC11628, Edition 12, Published 2021

MAC11628, Edition 12, Published 2021

Understanding kidney cancer

MAC11629, Edition 11, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding locally advanced prostate cancer

MAC11685, Edition 6, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding lung cancer

MAC11632, Edition 17, Published 2020 Audio – soundcloud.com/macmillancancer

Understanding melanoma: surgery to remove a melanoma

MAC14707, Edition 4, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding melanoma: tests and treatment after surgery to remove a melanoma

MAC19308, Edition 1, Published 2022

Understanding mesothelioma

MAC11672, Edition 10, Published 2021

Understanding muscle-invasive and advanced bladder cancer

MAC11684, Edition 7, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding myeloma

MAC11634, Edition 14, Published 2021

Understanding non-Hodgkin lymphoma

MAC11635, Edition 16, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding non-muscle-invasive bladder cancer

MAC14220, Edition 7, Published 2022 Audio – soundcloud.com/macmillancancer

Understanding oesophageal cancer (cancer of the gullet)

MAC11636, Edition 11, Published 2019 Audio – soundcloud.com/macmillancancer

Understanding primary bone cancer MAC11614, Edition 12, Published 2022

Understanding primary brain tumours

MAC11647, Edition 11, Published 2019 Audio – soundcloud.com/macmillancancer

Understanding primary liver cancer (hepatocellular carcinoma or hepatoma)

MAC11917, Edition 5, Published 2020

Understanding rectal cancer

MAC12475, Edition 5, Published 2020 Audio – soundcloud.com/macmillancancer

Understanding secondary breast cancer

MAC11617, Edition 9, Published 2023

Understanding secondary cancer in the bone MAC11659, Edition 12, Published 2022

Understanding secondary cancer in the liver MAC11630, Edition 9, Published 2020

Understanding skin cancer

MAC11653, Edition 11, Published 2021 Audio – soundcloud.com/macmillancancer

Understanding soft tissue sarcoma

MAC11654, Edition 11, Published 2022

Understanding stomach cancer

MAC11641, Edition 11, Published 2019 Audio – soundcloud.com/macmillancancer

Understanding testicular cancer PDF only

MAC11642, Edition 13, Published 2022

Understanding thyroid cancer

MAC11655, Edition 11, Published 2021

Understanding womb (endometrial) cancer

MAC11656, Edition 12, Published 2021

Online content

	Kaposi's sarcoma	
Acoustic neuroma	Leiomyosarcoma	
Anaplastic large cell lymphoma (ALCL)	Lymph node cancer, secondary	
Anaplastic thyroid cancer	Lymphoblastic lymphoma (LL)	
Angioimmunoblastic		
T-cell lymphoma (AITL)	MALT lymphoma	
Anorectal melanoma	Mantle cell lymphoma	
Astrocytoma	Medullary thyroid cancer	
Bile duct cancer (cholangiocarcinoma)	Medulloblastoma	
Blood cancer	Meningioma	
Brain cancer, secondary	Mouth cancer	
Burkitt lymphoma	Myelodysplasia (MDS)	
Chondrosarcoma	Myelofibrosis (MF)	
Chordoma	Nasal and sinus cancer	
	Nasopharyngeal cancer	
Craniopharyngioma	Neuroendocrine tumours (NETs)	
Cutaneous T-cell lymphoma (CTCL)	Nodal marginal zone	
Diffuse large B-cell lymphoma (DLBCL)	B-cell lymphoma (NMZI)	
Ependymoma	Oligodendroglioma	
Essential thrombocythaemia (ET)	Oropharyngeal cancer	
Ewing sarcoma	Osteosarcoma	
Eye cancer (ocular melanoma)	Paget's disease of the breast	
Fallopian tube cancer	Parathyroid cancer	
Follicular lymphoma (FL)	Penile cancer	
Gallbladder cancer	Peripheral T-cell lymphoma, not otherwise specified (PTCL-NOS)	
Gastrointestinal stromal tumour (GIST)		
Germ cell ovarian cancer	Phyllodes tumours	
Glioma	Pineal region tumours	
Haemangioblastoma	Pituitary gland tumours	
Inflammatory breast cancer	Polycythaemia vera (PV)	

Primary CNS lymphoma

Primary mediastinal large B-cell lymphoma (PMBCL)

Primary peritoneal cancer

Pseudomyxoma peritonei (PMP)

Rare cancers

Rhabdomyosarcoma

Salivary gland cancer

Secondary liver cancer

Secondary lung cancer

Small bowel cancer

Small lymphocytic lymphoma (SLL)

Spinal cord tumours

Splenic marginal zone lymphoma (SMZL)

Throat cancer

Thymus gland cancer

Tongue cancer

Tracheal cancer

Triple negative breast cancer

Ureter and renal pelvis cancers

Vaginal cancer

Waldenström's macroglobulinaemia

Side effects

Coping with fatigue (tiredness) (includes fatigue diary)

MAC11664, Edition 9, Published 2023 Audio – soundcloud.com/macmillancancer

Coping with hair loss

MAC11627, Edition 10, Published 2022 Audio – soundcloud.com/macmillancancer

Eating problems and cancer

MAC13613, Edition 4, Published 2020 Audio – soundcloud.com/macmillancancer

Managing breathlessness

MAC12918, Edition 4, Published 2019 Audio – soundcloud.com/macmillancancer

Managing cancer pain

MAC11670, Edition 13, Published 2022 Audio – soundcloud.com/macmillancancer

Managing the symptoms of cancer MAC11671, Edition 10, Published 2020

Side effects of cancer treatment

MAC12921, Edition 5, Published 2020 Audio – soundcloud.com/macmillancancer

Understanding lymphoedema

MAC11651, Edition 16, Published 2023 Audio – soundcloud.com/macmillancancer

Online content

Impacts of cancer A-Z

Living with cancer

Ask about your cancer treatment

MAC12159, Edition 8, Published 2023

Body image and cancer

MAC14192, Edition 4, Published 2019 Audio – soundcloud.com/macmillancancer

Bone health

MAC12169, Edition 4, Published 2020

Cancer and complementary therapies

MAC11645, Edition 10, Published 2019 Audio – soundcloud.com/macmillancancer

Cancer and relationships: support for partners, families and friends

MAC17643, Edition 2, Published 2023 Audio – soundcloud.com/macmillancancer

Cancer and your sex life MAC17968, Edition 1, Published 2019 Audio – soundcloud.com/macmillancancer

Cancer treatment and fertility MAC19561, Edition 1, Published 2019

Diabetes and cancer treatment MAC16127, Edition 3, Published 2023

Feel more like you MAC14180, Edition 3, Published 2019

Going home from hospital MAC12908, Edition 5, Published 2022

Healthy eating and cancer MAC13612, Edition 4, Published 2020 Audio – soundcloud.com/macmillancancer

Holistic Needs Assessment: Planning your care and support MAC12957, Edition 6, Published 2024

How are you feeling? The emotional effects of cancer

MAC11593, Edition 6, Published 2023 Audio – soundcloud.com/macmillancancer

LGBTQ+ people and cancer NEW MAC19582, Edition 1, Published 2023

Macmillan Organiser

MAC15835, Edition 4

Making treatment decisions MAC12163, Edition 5, Published 2023

Managing weight gain after cancer treatment

MAC12167, Edition 5, Published 2020 Audio – soundcloud.com/macmillancancer

My records MAC15835, Edition 4, Published 2021

Physical activity and cancer MAC12515, Edition 5, Published 2019

Talking about cancer MAC11646, Edition 9, Published 2019

Talking to children and teenagers when an adult has cancer

MAC5766, Edition 4, Published 2019 Audio – soundcloud.com/macmillancancer

The building-up diet

MAC13614, Edition 4, Published 2020 Audio – soundcloud.com/macmillancancer

The cancer guide MAC5765, Edition 8, Published 2021 Audio – soundcloud.com/macmillancancer

Toilet card and leaflet MAC15193, Edition 3, Published 2021

Travel and cancer MAC11667, Edition 8, Published 2023 Audio – soundcloud.com/macmillancancer

Your feelings after cancer treatment MAC12517, Edition 6, Published 2023

Online content

Cancer and coronavirus hub

LGBTQ+ people and cancer treatment NEW

Transgender and non-binary people and cancer NEW

Living with cancer and another condition

A guide for people with cancer and dementia

MAC16126, Edition 2, Published 2020 Audio – soundcloud.com/macmillancancer

Cancer and dementia: a guide for carers

MAC16831, Edition 2, Published 2020

Cancer and pregnancy MAC16128, Edition 2, Published 2019

Diabetes and cancer treatment MAC16127, Edition 2, Published 2020

Heart health and cancer treatment MAC14637, Edition 4, Published 2024

Money

Planning and managing your finances MAC15911, Edition 3, Published 2022

Housing costs MAC14650, Edition 5, Published 2022

Help with the cost of cancer in England, Scotland, Wales and Northern Ireland

MAC4026, Edition 19, Published 2021 Audio – soundcloud.com/macmillancancer

Managing your energy costs MAC11290, Edition 5, Published 2022

Sorting out your financial affairs MAC14286, Edition 7, Published 2023

Online content

Insurance and cancer

Pensions and cancer



Work

For people living with cancer

Self-employment and cancer MAC12818, Edition 6, Published 2023

Work and cancer MAC11675, Edition 8, Published 2023 Audio – soundcloud.com/macmillancancer

Your rights at work when you are affected by cancer

MAC12981, Edition 4, Published 2023

For carers

Working while caring for someone with cancer MAC11688, Edition 7, Published 2023 Audio – soundcloud.com/macmillancancer

For employers 10 top tips for line managers MAC13294, Edition 5, Published 2023

Managing cancer in the workplace MAC12891, Edition 6, Published 2023

For healthcare professionals

Work support route guide PDF only MAC13538, Edition 4, Published 2023

Life after cancer and support when cancer is advanced

After someone dies: coping with bereavement

MAC15371, Edition 3, Published 2023 Audio – soundcloud.com/macmillancancer

A guide for the end of life

MAC14313, Edition 4, Published 2022

Coping with advanced cancer

MAC11626, Edition 12, Published 2022 Audio – soundcloud.com/macmillancancer

Life after cancer treatment

MAC11661, Edition 9, Published 2020 Audio – soundcloud.com/macmillancancer

Planning ahead when living with cancer – England and Wales

MAC13616, Edition 4, Published 2023

Planning ahead when living with cancer – Scotland MAC14480, Edition 4, Published 2023

Preparing a child for loss MAC15372, Edition 3, Published 2023

What to do after cancer treatment ends: 10 top tips MAC13615, Edition 4, Published 2020

Worrying about cancer coming back MAC14215, Edition 4, Published 2023

Your life and your choices: plan ahead – Northern Ireland MAC14376, Edition 3, Published 2023

Your step-by-step guide to making a will MAC14612, Edition 4, Published 2023

Information for carers, friends and family

A guide for young people looking after someone with cancer MAC13009, Edition 5, Published 2021

Cancer and relationships MAC17643, Edition 2, Published 2023

Looking after someone with cancer MAC5767, Edition 8, Published 2022 Audio – soundcloud.com/macmillancancer

Talking with someone who has cancer

MAC11631, Edition 9, Published 2019 Audio – soundcloud.com/macmillancancer

Other languages and formats

Audio

Download or listen to our range of audio titles at **soundcloud.com/macmillancancer**

British Sign Language (BSL) videos

See our range of BSL videos at youtube.com/macmillancancer



Easy read

Our range of over 50 easy read booklets use simple words and pictures – order a printed copy at **be.macmillan.org.uk**:

7 steps to equal healthcare MAC17196, Edition 2, Published 2021

Be safe in the sun MAC16335, Edition 5, Published 2022

Breast care and screening MAC16301, Edition 6, Published 2022

Cancer and covid MAC18793, Edition 2, Published 2022

Cervical screening (smear test) MAC16302, Edition 5, Published 2022

Changes that can happen at the end of life MAC16303, Edition 5, Published 2022

Chemotherapy MAC16304, Edition 5, Published 2022

Choosing where to die MAC16305, Edition 5, Published 2022

Claiming benefits when you have cancer MAC17471, Edition 2, Published 2021

Complementary therapies MAC16306, Edition 4, Published 2020

Deciding about treatment NEW MAC19718, Edition 1, Published 2023

Drink less alcohol MAC16336, Edition 5, Published 2022

Eat a healthy diet MAC16337, Edition 5, Published 2023

Exercise MAC16338, Edition 5, Published 2022

Finding out you have cancer MAC16307, Edition 5, Published 2023

Getting your test results MAC16309, Edition 5, Published 2023 **Giving your consent** MAC16310, Edition 5, Published 2023

Going to a funeral when someone dies MAC16311, Edition 5, Published 2023

Have safer sex MAC16339, Edition 5, Published 2022

Having a biopsy MAC16313, Edition 5, Published 2022

Having a colonoscopy MAC16314, Edition 5, Published 2022

Having a CT scan MAC16315, Edition 5, Published 2022

Having an endoscopy MAC16316, Edition 5, Published 2022

Having an MRI scan MAC16317, Edition 5, Published 2022

Having an ultrasound MAC16318, Edition 5, Published 2022

Having an x-ray MAC16327, Edition 5, Published 2022

Having examinations and blood tests MAC16319, Edition 5, Published 2022

Having surgery MAC16320, Edition 5, Published 2022

Help with costs when you have cancer MAC17472, Edition 2, Published 2021

How Macmillan Cancer Support can help you MAC16987, Edition 4, Published 2023

How to check your balls (testicles) MAC16321, Edition 6, Published 2022

If you are unhappy with your care NEW MAC19717, Edition 1, Published 2023

LGBTQ+ people and cancer NEW

MAC19720, Edition 1, Published 2023

Lung cancer MAC17499, Edition 2, Published 2021

Radiotherapy MAC16326, Edition 5, Published 2022

Seeing the doctor MAC16329, Edition 5, Published 2023

Side effects from chemotherapy MAC16330, Edition 5, Published 2022

Side effects from radiotherapy MAC16331, Edition 5, Published 2022

Signs of cancer MAC16332, Edition 5, Published 2022

Symptoms of cervical cancer MAC16341, Edition 5, Published 2022

Symptoms of prostate cancer MAC16342, Edition 5, Published 2022

Talking about cancer and your feelings MAC17229, Edition 2, Published 2021

Things that are important to me MAC17197, Edition 2, Published 2021

Things you can do when getting ready to die MAC19544, Edition 1, Published 2022

Thinking about your funeral MAC16344, Edition 5, Published 2023

Treatments for prostate cancer MAC17944, Edition 2, Published 2022

What happens after cancer treatment ends MAC16300, Edition 5, Published 2023

What is cancer? MAC16346, Edition 5, Published 2023

Who can help if you are dying MAC19587, Edition 1, Published 2022

Work and cancer MAC16348, Edition 4, Published 2020 **Your feelings and cancer** MAC16349, Edition 4, Published 2020

Your feelings when someone dies and what can help MAC16322, Edition 5, Published 2023

Your feelings when you are dying MAC16323, Edition 5, Published 2022

Your sex life and cancer MAC16350, Edition 5, Published 2023

Your social life and cancer MAC16351, Edition 5, Published 2023

Translations

We have 22 fact sheets about cancer in 16 languages: Arabic, Bengali, Chinese Traditional, Dari, Farsi (Persian), Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Ukrainian, Urdu and Welsh. Print or download at

macmillan.org.uk/translations

We also have a list of all ad-hoc translations we have produced that are available on request. See our list of translations at **be.macmillan.org.uk**

Bowel cancer MAC15136, Published 2020

Breast cancer MAC15135, Published 2023

Cancer and coronavirus MAC18794, Published 2022

Cancer care in the UK NEW MAC19722, Published 2023

Cervical cancer MAC19428, Published 2022

Chemotherapy MAC12464, Published 2022

Claiming benefits when you have cancer MAC15139, Published 2021

Eating problems and cancer MAC15753, Published 2020

End of life MAC14363, Published 2022

Healthcare for refugees and people seeking asylum NEW MAC19723, Published 2023

Healthy eating MC15915, Published 2020

Help with costs when you have cancer MAC17423, Published 2021 **If you are diagnosed with cancer** MAC19516, Published 2023

LGBTQ+ people and cancer NEW MAC18794, Published 2022

Lung cancer MAC15137, Published 2021

Prostate cancer MAC15138, Published 2021

Radiotherapy MAC12465, Published 2022

Sepsis and cancer MAC18335, Published 2022

Side effects of cancer treatment MAC14364, Published 2021

Signs and symptoms card MAC15200, Published 2020

Surgery MAC12466, Published 2020

Tiredness (fatigue) and cancer MAC15754, Published 2023

What is cancer? animation

Available in Arabic, Bengali, BSL, Chinese Traditional, Dari, Farsi (Persian), Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Ukrainian, Urdu and Welsh.

Discontinued content

Here is a list of resources we have discontinued since 2020. This means they are no longer available or have been replaced with a new title. Links will take you to the replaced title if one is available.

A guide for prisoners at the end of life MAC13617N

Are you worried about bowel cancer? MAC12151

Are you worried about breast cancer? MAC12153

Are you worried about cancer? MAC12150

Are you worried about ovarian cancer? MAC12152

Are you worried about prostate cancer? MAC12154

Cancer and older people MAC11666 – We will continue to update online content on this topic

Cancer treatment and fertility (men) MAC12155

Cancer treatment and fertility (women) MAC12156

Fertility – support for young people affected by cancer MAC15188

Financial guidance series: Insurance MAC14285 – We will continue to update online content on this topic

Financial guidance series: Pensions MAC14284 – We will continue to update online content on this topic

Managing your debt MAC11583 Move More Pack MAC13314

Money worries? How we can help MAC19656

Questions for carers to ask about work and cancer MAC13509

Questions to ask about work and cancer MAC14580

Recipes for people affected by cancer MAC15201

Relax and breathe CD MAC5812

Sex and relationships – support for young people affected by cancer MAC15177

The cancer guide for young people MAC7606

Understanding bowel cancer screening

MAC11687 – We will continue to update online content on this topic

Understanding breast cancer in men

MAC11915 – We will continue to update online content on this topic

Understanding breast cancer in women MAC11616

Understanding breast screening

MAC11674 - We will continue to update online content on screening

Understanding cancer research trials (clinical trials)

MAC11658 – We will continue to update online content on this topic

Understanding melanoma – lymph node assessment and treatment MAC12176

Understanding melanoma that has come back in the same area

MAC12178 – We will continue to update online content on this topic

Understanding donor stem cell transplants (allogeneic)

MAC11690 – We will continue to update online content on this topic

Understanding stem cell transplants using your own cells (autologous)

MAC11691 – We will continue to update online content on this topic

Understanding the PSA test

MAC11665

Work support route guide

England MAC13538_ENG Wales MAC13538_WALES Scotland MAC13538_SCOT Northern Ireland MAC13538_NI

Easy Read

Getting ready to die

MAC16308

Grief and loss when someone dies

MAC16312

How you may feel when someone dies MAC16322

Making decisions about the future if you are dying MAC16324

Spirituality and religion at the end of life MAC16333

The end of life MAC16343

What can help you feel better when someone dies MAC16345

Further information

Need information in another format?

Email us at cancerinformationteam@macmillan.org.uk to request information in Braille, large print, audio or another language.

Have feedback on our information?

We welcome all feedback on our information. Please email us at cancerinformationteam@macmillan.org.uk

Sign up to our quarterly e-newsletter

Get information updates, including the latest publications, by signing up to Inside Information, our quarterly e-newsletter. Email cancerinformationteam@macmillan.org.uk to join the mailing list. At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

And we don't stop there. We're going all out to find ever better ways to help people with cancer, helping to bring forward the day when everyone gets life-transforming support from day one.

We'll do whatever it takes. For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**



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