

*Resources for the Newly-Diagnosed
Breast Cancer Patient*

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Author of "Diagnosis: Cancer"*



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-  Coping with a diagnosis.
-  Sharing what is important to you.
-  Finding and using good information.
-  Finding hope.












COPING WITH A NEW DIAGNOSIS




Normal Feelings

-  fear,
-  confusion,
-  helplessness,
-  anger,
-  sadness,
-  isolation, and
-  loss of control.



Finding Support

 It is okay to ask for help
and get the support you need.



Asking for Support

- ⌘ Ask a friend or family member to join you.
- ⌘ Ask for and accept help with daily tasks.





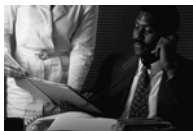
*SHARING
WHAT IS IMPORTANT
TO YOU*



Helping Your Health Care Team

Open communication helps your health care team:

- ⌘ understand and meet your needs; and
- ⌘ prevent, minimize, and resolve problems.



Getting Enough Information



- ⌘ Let your doctor know how much detail you want to know about your diagnosis, prognosis, and treatment options.



Making Your Needs Known

- ⌘ Discuss your concerns with your doctor.
- ⌘ Share information about what is important to you including your goals, cancer-related and otherwise.




Maximizing Your Visit

- ⌘ Bring a list of questions.
- ⌘ Bring a friend or family member.





Gathering Information

 You have a right to understand.




Making the Best Decisions


 Find out how much time is safe to decide about treatment.

 Take the time needed.



Communicating Between Visits


 Ask your doctor how you can communicate questions or concerns that arise between visits.


 Keep a list of questions or concerns that you can bring to talk about at your next doctor visit.



Obtaining Information



 Ask your doctors and nurses for a list of recommended resources.


 Be sure to check with your doctor about information you have found.



Helpful Resources


 American Cancer Society

 National Cancer Institute

 National Coalition for Cancer Survivorship




Additional Resources

 Web sites of national cancer organizations offer information online to read or download.

 Many provide additional resource lists.

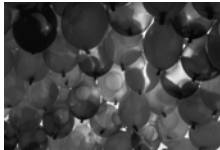


Evaluating Resources






 The National Cancer Institute has a “Question and Answer” fact sheet for evaluating health information resources on the Internet, available online at www.cancer.gov.



FINDING HOPE




Helpful People

-  friends and family members;
-  support groups, other cancer survivors;
-  clergy;
-  counselors; and
-  your doctors and nurses.



You Are Not Alone






 Resources

 Support services



Helpful Resources








-  **American Cancer Society** (800) 227-2345; www.cancer.org
-  **National Alliance of Breast Cancer Organizations** (888) 806-2226
-  **National Cancer Institute**—Cancer Information Service (800) 422-6237; www.cancer.gov
-  **Y-Me National Breast Cancer Organization** (800) 221-2141; www.y-me.org
-  **National Coalition for Cancer Survivorship**: (877) 622-7937; www.canceradvocacy.org



Helpful Resources



-  **Cancer Care** (800) 813-4673; www.cancercare.org
-  **Susan G. Komen Breast Cancer Foundation** (800) 462-9273; www.komen.org
-  **SHARE Self-Help for Women with Breast or Ovarian Cancer** (866) 891-2392; www.sharecancersupport.org
-  **Adelphi University New York Statewide Breast Cancer Hotline** (800) 877-8077; www.adelphi.edu/nysbreastcancer
-  **HANYS Breast Cancer Demonstration Project** (518) 431-7661; www.hanys.org, then click on "Breast Cancer Project"





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