Resources for the Newly-Diagnosed Breast Cancer Patient

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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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