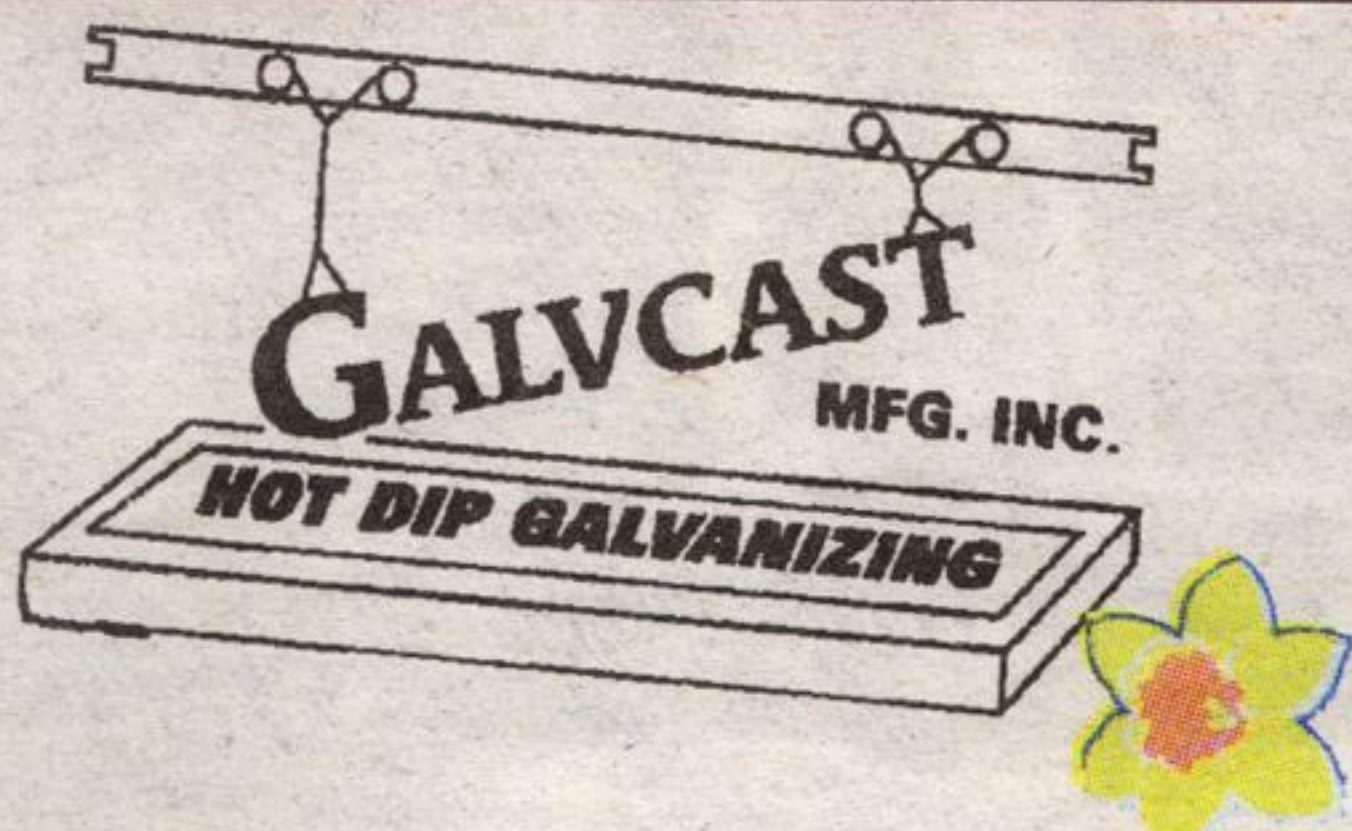




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Some practical tips on coping with cancer

Finding out you have cancer brings many changes. At one time or another, people who have cancer may feel afraid, uncertain, and helpless. Sometimes they may feel they are losing control of their life.

Remember that you, your family and your healthcare team are all partners in your care says the Canadian Cancer Society. You are the most important person on that team, and there are ways you can learn to cope. One is by taking control over many aspects of your illness.

Learn how to work with the people involved with your care. Sharing information about yourself can help your healthcare team plan your care. Let them know if things seem unclear or confusing to you. Find out who to call if something happens between visits. By asking what to expect in advance, you may feel

better prepared to cope with any issues.

Tell others about it when you feel ready. As time goes on, family and close friends will learn that you have cancer. Many people with cancer find it helpful to talk about their feelings. This can give their loved ones the chance to offer support. However, you might need time to sort out some of your emotions first. It's okay to let someone know you're not ready to talk, and that you'd rather wait for another time.

Use methods that helped you solve problems in the past. Some may include: getting information, talking to others, finding ways to feel in control, try a support or self-help group.

Support groups are a good place to get information and learn from others. You may also feel less alone. You may prefer individual coun-

Continued on page 15

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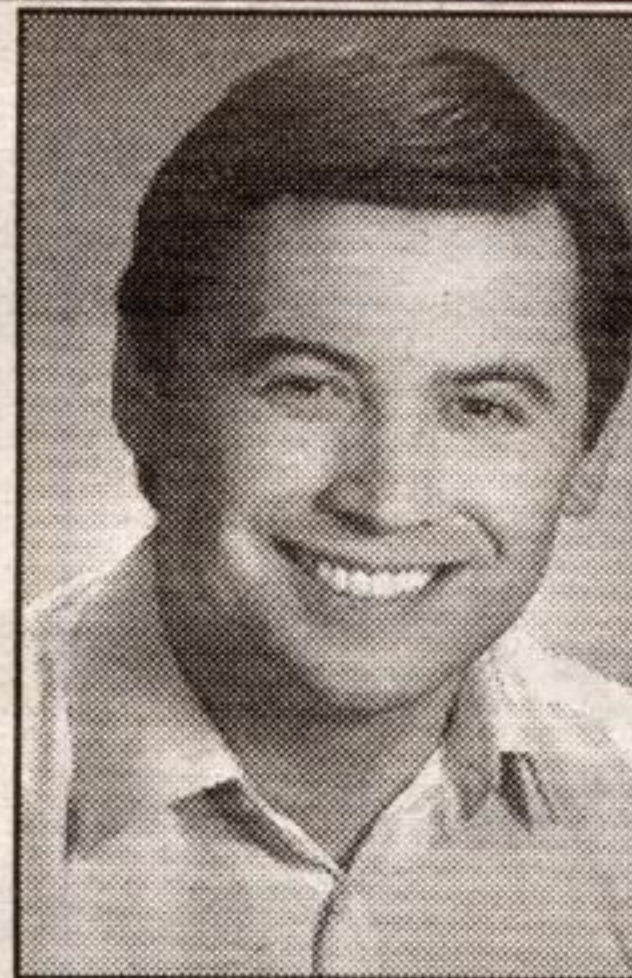


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