Cancer--Living with Cancer

URL of this page: http://www.nlm.nih.gov/medlineplus/cancerlivingwithcancer.html

Cancer is common. Half of all men and a third of women will get a diagnosis of cancer in their lifetime. Many people with cancer do survive. Millions of Americans alive today have a history of cancer.

For most people with cancer, living with the disease is the biggest challenge they have ever faced. It can change your routines, roles and relationships. It can cause money and work problems. The treatment can change the way you feel and look. Learning more about ways you can help yourself may ease some of your concerns. Support from others is important.

All cancer survivors should have follow-up care. Knowing what to expect after cancer treatment can help you and your family make plans, lifestyle changes, and important decisions.

NIH: National Cancer Institute

Start Here
  Also available in Spanish [http://www.cancer.gov/espanol/cancer/sobrellevar/supervivencia/siga-adelante]

Overviews

Latest News
- Cancer Survivorship [http://www.cdc.gov/features/CancerSurvivorship/index.html] (06/24/2013, Centers for Disease Control and Prevention)

Nutrition
• Eat Your Fruits & Veggies ... Safely [American Cancer Society]
• Eating Hints for Cancer Patients: Before, During, and After Treatment [NIH (National Cancer Institute)]
• No Appetite? How to Get Nutrition during Cancer Treatment [Mayo Foundation for Medical Education and Research]
• Nutrition in Cancer Care (PDQ) [NIH (National Cancer Institute)]
• Also available in Spanish [National Cancer Institute]
• Vitamin D Deficiency: Information for Cancer Patients [Bone and Cancer Foundation] - PDF

Coping

• Adjustment to Cancer: Anxiety and Distress (PDQ) [NIH (National Cancer Institute)]
• Also available in Spanish [National Cancer Institute]
• Cancer Diagnosis: 11 Tips for Coping [Mayo Foundation for Medical Education and Research]
• Cancer Survivors: Managing Your Emotions After Cancer Treatment [Mayo Foundation for Medical Education and Research]
• Cancer Survivors: Reconnecting with Loved Ones After Treatment [Mayo Foundation for Medical Education and Research]
• Communication in Cancer Care (PDQ) [NIH (National Cancer Institute)]
• Also available in Spanish [National Cancer Institute]
• Coping Checklists for Patients and Caregivers [American Cancer Society]
• Coping with Cancer in Everyday Life [American Cancer Society]
• Coping with Fear of Recurrence [American Society of Clinical Oncology]
• Finding Comfort Through Journaling [American Society of Clinical Oncology]
• Grief, Bereavement, and Coping with Loss (PDQ) [NIH (National Cancer Institute)]
• Also available in Spanish [National Cancer Institute]
• How to Find Resources in Your Own Community If You Have Cancer [National Cancer Institute]
• Also available in Spanish [National Cancer Institute]
• Spirituality in Cancer Care (PDQ) [NIH (National Cancer Institute)]
• Also available in Spanish [National Cancer Institute]
• Support Groups: Make Connections, Get Help [Mayo Foundation for Medical Education and Research]
• When Cancer Returns [NIH (National Cancer Institute)]
• When Someone You Know Has Cancer [American Cancer Society]

Disease Management

- Follow-up Care After Cancer Treatment [http://www.cancer.gov/cancertopics/factsheet/Therapy/followup] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/recursos/hojas-informativas/tratamiento/cuidados-seguimiento]
- Palliative Care in Cancer [http://www.cancer.gov/cancertopics/factsheet/support/palliative-care] NIH (National Cancer Institute)

Specific Conditions

- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/cardiovasculares/paciente]
- Chemo Brain [http://www.mayoclinic.com/print/chemo-brain/DS01109/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)
- Delirium (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/delirium/patient/] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/delirio/paciente]
- Depression (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/depression/Patient] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/depresion/Paciente]
- Diarrhea: Cancer-Related Causes and How to Cope [http://www.mayoclinic.com/print/diarrhea/CA00040/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Fatigue (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/fatigue/Patient] NIH (National Cancer Institute)
- Fever, Sweats, and Hot Flashes (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/fever/patient/] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/febre/paciente]
- Gastrointestinal Complications (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/gastrointestinalcompllications/Patient/] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/complicaciones/gastrointestinales/Paciente]
- Hypercalcemia (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/hypercalcemia/Patient/] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/hipercalemia/Paciente]
- Lymphedema (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema/Patient/] NIH (National Cancer Institute)
- Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/linfedema/Paciente]

• MyOncofertility.org [http://myoncofertility.org/] (Oncofertility Consortium)

• Nausea and Vomiting (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/nausea/Patient/] NIH (National Cancer Institute)

Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/nausea/Patient/page2]

• Pain (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/pain/Patient/page2] NIH (National Cancer Institute)

Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/dolor/Patient/page2]


Also available in Spanish [http://www.cancer.gov/espanol/control-del-dolor.pdf]


Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/tensionpostrastumatica/Patient/page2]

• Pruritus (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/pruritus/Patient/page2] NIH (National Cancer Institute)

Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/prurito/Patient/page2]

• Sexuality and Reproductive Issues (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/sexuality/patient/] NIH (National Cancer Institute)

Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/sexualidad/Patient/page2]

• Sleep Disorders (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/sleepdisorders/Patient] NIH (National Cancer Institute)

Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/sueno/Patient/page2]

• Three Good Reasons to See a Dentist Before Cancer Treatment (Pictographs) [http://www.nidcr.nih.gov/OralHealth/Topics/CancerTreatment/ThreeGoodReasonsPicto.html] NIH Easy-to-Read (National Institute of Dental and Craniofacial Research)

Related Issues

• Cancer Survivors: Care for Your Body After Treatment [http://www.mayoclinic.com/health/cancer-survivor/CA00070/METHOD=print] (Mayo Foundation for Medical Education and Research)

• Cancer Survivors: Late Effects of Cancer Treatment [http://www.mayoclinic.com/health/cancer-survivor/CA00073/METHOD=print] (Mayo Foundation for Medical Education and Research)

• Cancer Treatment Myths: Any Truth to These Common Beliefs? [http://www.mayoclinic.com/health/cancer/HO00033/METHOD=print] (Mayo Foundation for Medical Education and Research)

• Cancer, the Flu, and You [http://www.cdc.gov/cancer/flu] (Centers for Disease Control and Prevention)

Also available in Spanish [http://www.cdc.gov/spanish/cancer/flu/]


Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/cancer/treatment/after-cancer-treatment.printerview.all.html]


Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/cancer/treatment/helping-your-family-help-you.printerview.all.html]


Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/cancer/treatment/preparing-for-cancer-treatment.printerview.all.html]

• Caring for the Patient with Cancer at Home

Coping with Cancer after a Natural Disaster
(American Cancer Society)

Facing Forward: Making a Difference in Cancer
(National Cancer Institute)

Facing Forward: When Someone You Love Has Completed Cancer Treatment
(National Cancer Institute)

Family Life (American Society of Clinical Oncology)

Food Safety for People with Cancer
(Food and Drug Administration)

Home Care for Cancer Patients (National Cancer Institute)

Infections in People with Cancer
(American Cancer Society)

Preserving Fertility While Battling Cancer
(National Cancer Institute)

Prostheses
(American Cancer Society)

Talking about Cancer
(American Cancer Society)

Talking with Friends and Relatives about Your Cancer
(American Cancer Society)

Transitional Care Planning (PDQ)
(National Cancer Institute)

When You and Your Family Differ on Treatment Choices
(American Society of Clinical Oncology)

Working During and After Treatment
(American Cancer Society)

Tutorials

Surviving Cancer
(National Cancer Institute)

Videos

Understanding Prognosis: Diving out of the Dark
(National Cancer Institute)

Understanding Prognosis: From Anger to Acceptance
(National Cancer Institute)

Understanding Prognosis: One Couple’s Creative Response
(National Cancer Institute)

Understanding Your Cancer Prognosis
(National Cancer Institute)
Financial Issues

- Health Insurance and Financial Assistance for the Cancer Patient
- Prescription Drug Assistance Programs

Clinical Trials

- ClinicalTrials.gov: Cancer and Quality of Life

Research

- For Many Young Cancer Survivors, Late Effects Pose Lasting Problems
- Tough Transition: Cancer Survivorship Plans Slow to Take Hold
- Understanding the Role of Self-Image in Cancer Recovery

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Effects of integrated psychosocial care for distress in cancer patients.
- Article: What is the difference between depression and truly "giving up"...
- Article: Implications of sperm banking for health-related quality of life up...

Dictionaries/Glossaries


Directories

Organizations
- American Cancer Society [http://www.cancer.org/]
  Also available in Spanish [http://www.cancer.gov/espanol]
- National Coalition for Cancer Survivorship [http://www.canceradvocacy.org/]

Law and Policy
- Patient's Bill of Rights

Statistics
- US Cancer Survivors Grows to Nearly 12 Million

Children
- Coping with Cosmetic Effects of Cancer Treatment
  [http://kidshealth.org/parent/children_center/feelings/cosmetic_effects.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/medicos/cosmetic_effects_esp.html]
- Endocrine Problems After Childhood Cancer: Precocious Puberty
  [http://www.survivorshipguidelines.org/pdf/PrecociousPuberty.pdf] (Children's Oncology Group) - PDF
- Helping Children When A Family Member Has Cancer: Dealing with Diagnosis
  Also available in Spanish [http://www.cancer.org/acs/groups/cid/documents/webcontent/002600-pdf.pdf]
- Keeping Your Child Healthy During Cancer Remission
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/medicos/in_remission_esp.html]
- Keeping Your Heart Healthy After Treatment for Childhood Cancer
  [http://www.survivorshipguidelines.org/pdf/HeartHealth.pdf] (Children's Oncology Group) - PDF
- Late Effects After Amputation for Childhood Cancer [http://www.survivorshipguidelines.org/pdf/Amputation.pdf] (Children's Oncology Group) - PDF
- Late Effects of Treatment for Childhood Cancer (PDQ)
  Also available in Spanish [http://www.cancer.gov/espanol/pdq/tratamiento/efectostardios/Patient]

Teenagers
- Dealing with Cancer [http://kidshealth.org/teen/diseases_conditions/cancer/deal_with_cancer.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/deal_with_cancer_esp.html]
- Planning for Life After Cancer: A Guide to Survivorship for Teens and Young Adults
  [http://www.livestrong.org/App_Themes/Livestrong/pdfs/BROCHURE_AYA.PDF] (Livestrong Foundation) - PDF
- When Your Brother or Sister Has Cancer: A Guide for Teens

Men
- Sexuality for the Man with Cancer
Also available in Spanish

Women
- Sexuality for the Woman with Cancer

Seniors
- Surviving Cancer [http://nihseniorhealth.gov/lifeaftercancer/whoisacancersurvivor/01.html] NIH Senior Health (National Cancer Institute)

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000022.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000032.htm]
- Safe drinking during cancer treatment
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000060.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000061.htm]

You may also be interested in these related encyclopedia pages:
- Safe drinking during cancer treatment

You may also be interested in these related MedlinePlus topics:
- Palliative Care [http://www.nlm.nih.gov/medlineplus/palliativecare.html]

The primary NIH organization for research on Cancer–Living with Cancer is the National Cancer Institute [http://www.nci.nih.gov/]

Cancer–Living with Cancer - Multiple Languages

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