Coping with Chronic Illness

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

Having a long-term, or chronic, illness can disrupt your life in many ways. You may often be tired and in pain. Your illness might affect your appearance or your physical abilities and independence. You may not be able to work, causing financial problems. For children, chronic illnesses can be frightening, because they may not understand why this is happening to them.

These changes can cause stress, anxiety and anger. If they do, it is important to seek help. A trained counselor can help you develop strategies to regain a feeling of control. Support groups might help, too. You will find that you are not alone, and you may learn some new tips on how to cope.

Start Here

- Next Steps After Your Diagnosis: Finding Information and Support [Agency for Healthcare Research and Quality]
  Also available in Spanish [American Academy of Family Physicians]
- Self-Management: Taking Charge of Your Health [American Academy of Family Physicians]
  Also available in Spanish
- Chronic Illness [American Psychological Association]
  Also available in Spanish

Related Issues

- Anemia of Inflammation and Chronic Disease [National Institute of Diabetes and Digestive and Kidney Diseases]
- Chronic Illness: How It Can Affect Your Sex Life [American Academy of Family Physicians]
  Also available in Spanish
- Coping with Stress [InteliHealth, Harvard Medical School]
- Depression and Chronic Illness [NAMI] - PDF
- Food Safety for Persons with Chronic Illnesses [Department of Health and Human Services]
- How to Help a Friend or Loved One Suffering from a Chronic Illness [American Psychological Association]
- Psychologists' Role in Treating Chronically Ill Persons [American Psychological Association]
- Request a Brown-Bag Check-Up [Institute
Financial Issues

- Financial Management during Crisis (For Parents) [http://kidshealth.org/parent/system/ill/financial_crisis.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/preguntas/financial_crisis_esp.html]

Clinical Trials

- ClinicalTrials.gov: Chronic Disease [http://clinicaltrials.gov/search/open condition=%22Chronic+Disease%22] NIH (National Institutes of Health)

Journal Articles

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


Organizations

- American Chronic Pain Association [http://www.theacpa.org/]
- Centers for Disease Control and Prevention [http://www.cdc.gov/]
  Also available in Spanish [http://www.cdc.gov/spanish/]

Statistics

- Chronic Diseases and Health Promotion [http://www.cdc.gov/chronicdisease/overview/index.htm] (Centers for Disease Control and Prevention)

Children

- Balancing Academics and Serious Illness (For Parents) [http://kidshealth.org/parent/positive/family/academics_illness.html] (Nemours Foundation)
- Caring for a Seriously Ill Child [http://kidshealth.org/parent/system/ill/seriously_ill.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/medicos/seriously_ill_esp.html]
- Coping with Chronic Illness [http://www.healthychildren.org/English/health-issues/conditions/chronic/Pages/Coping-With-Chronic-Illness.aspx] (American Academy of Pediatrics)
- Illness and Disability for Girls [http://www.girlshealth.gov/disability/] (Department of Health and Human Services, Office on Women's Health)

Teenagers

  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/deal_chronic_illness_esp.html]
Seniors

- Chronic Disease [http://www.ncoa.org/improve-health/center-for-healthy-aging/chronic-disease/] (National Council on Aging)

Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000601.htm]
- Living with a chronic illness - reaching out to others [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000602.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000602.htm]

You may also be interested in these related encyclopedia pages:

- Living with a chronic illness - reaching out to others [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000602.htm]

You may also be interested in these related MedlinePlus topics:


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