What Cancer Cannot Do
Author Unknown

Cancer is so limited...
It cannot cripple love
It cannot shatter hope
It cannot corrode faith
It cannot destroy peace
It cannot kill friendship
It cannot suppress memories
It cannot silence courage
It cannot invade the soul
It cannot steal eternal life
It cannot conquer the spirit

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Personal Information
Name:____________________________________
Street Address:_____________________________
City, State, Zip:____________________________
Mailing Address:____________________________
Date of Birth:_____ Gender:___ Ethnicity:_______

Insurance Information
Provider: __________________________________
Plan Number: _________ Group Number:_______
Phone:____________________________________
Address:__________________________________

Cancer Survivorship Plan
Diagnosis:_________________________________
Date of Diagnosis:__________________________
Treatment Received:
Short and Long Term Health Effects:

__________________________________________
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Survivorship (sur-VY-ver-ship)
In cancer, survivorship covers the physical, psychological, and economic issues of cancer, from diagnosis until the end of life. It includes issues related to the ability to get health care and follow up treatment, late effects of treatment, second cancers, and quality of life.

From the: National Institute of Health.
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Treatment Symptoms or Complications
(vomiting, fatigue, anemia, trouble sleeping)

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Details: __________________________

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Survivorship Plan

Date of Diagnosis: _____________________________

Name of Diagnosis: ____________________________

Stage of Finding: ______________________________

Treatment Plan:
Surgery: _____________________________________
Chemotherapy: ________________________________
Radiation: ____________________________________

Place of Treatment (s):
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Possible Short and Long Term Health Effects:
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Coping with the Cancer Diagnosis

With the stress cancer causes, it is important that you take care of yourself, the person, and not just your cancer. Some people may want to become more “in tune” with themselves or participate in activities such as walking, dance, and yoga which can improve your sense of well-being and make you more aware of your body. Poetry, music, drawing, and reading are also creative ways to express yourself and keep your mind off cancer. Meditation and relaxation training can help with anxiety and symptom control. Taking on a new and challenging activity can provide a sense of accomplishment, as well as help reduce stress.

Let your doctor know if you are considering an alternative or unproven treatment. There are many people selling herbs or treatments that claim to cure cancer. Some of these treatments are harmless in certain situations, while others have been shown to be clearly harmful. In addition, some of these treatments interact with other medications you may be taking and can cause unexpected effects.

www.cancer.org
11 Ways to Cope with a Cancer Diagnosis

Maintain a positive attitude.  
Appreciate the little things in life.

Get the facts about your cancer diagnosis.  Try to obtain as much basic, useful information as possible.

Keep the lines of communication open between you and your loved ones, doctors and others.

Anticipate possible physical changes.  Although some people may not notice physical changes, you will.  Insurance will often help pay for wigs, prostheses and special adaptive devices.

Maintain a healthy lifestyle to improve your energy level with adequate rest, good nutrition, exercise, and fun activities.

Let friends and family help you.

Review your goals and priorities.  Consider what’s really important in life.  Reduce undesirable activities.  Find new openness with loved ones.

Try to maintain your normal lifestyle.  Take each day one at a time.  Don’t let cancer control your life.

Talk to other people with cancer who can share experiences and give you insight into what you can expect.

Fight stigmas.  Remind friends and family that even if cancer has been a frightening part of your life, it shouldn’t scare them to be near you.

Look into insurance options.

Develop your own coping strategy with relaxation techniques, spiritual support, counseling, journaling, some private time, staying involved with work and leisure activities.
Personal Coping Strategies

Perhaps playing with pets, watching a funny movie or going for a walk may make you feel better. Jot down in the space below things that have helped you cope.

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Benefits of Good Nutrition

- Feel better
- Keep up your strength and energy
- Keep up your weight and your body’s store of nutrients
- Tolerate treatment-related side effects
- Decrease your risk of infection
- Heal and recover quickly

www.cancer.org
Symptom Management

Some of the side effects from receiving treatment for cancer could be related to chemotherapy or other invasive medical procedures. Rest assured, these symptoms will go away with time and some can be controlled with medication prescribed by your doctor. Be sure to communicate any physical problems you may be experiencing during and after treatment with your physician.

Below are a few suggestions from the National Institute of Health/National Cancer Institute for dealing with possible side effects from cancer treatment:

**Constipation:**
- Use stool softener
- Drink 2 to 3 quarts of fluids per day
- Eat high-fiber foods, fresh fruits, vegetables and prunes
- Physical Activity
  *Call provider if no bowel movement occurs in 2 days, especially if on opioids.

**Loss of Appetite:**
- Eat small, frequent, high-calorie, high-protein meals
- Snack between meals and bedtime
- Serve small portions on small plates
- Add 1T of powdered milk to foods made with milk (mashed potatoes or custard) to get extra protein
- Drink calorie-dense oral supplements, in addition to or as meals
- Prepare favorite foods ahead of time
- Maintain a dietary-intake diary

**Early Satiety (feeling very full after a small meal):**
- Eat small, frequent, high-calorie, high-protein meals
- Snack between meals and at bedtime
- Stay away from “empty” foods (lettuce, diet soda, and bouillon)
Symptom Management continued

Early Satiety (feeling very full after a small meal):
- Limit beverage consumption with meals to avoid filling up on liquids
- Sip high-calorie, high-protein beverages between meals

Taste Changes:
- Eat foods that look and smell good
- Use plastic utensils rather than metal ones.
- Consume protein-rich foods (cheese, eggs, and fish) if meat is unappealing
- Marinate meat, chicken, and fish in a fruit juice, sweet and sour sauce, or sweet wine
- Eat foods at room temperature
- Eat pineapple to neutralize taste
- Experiment with new herbs and spices

Nausea & Vomiting:
- Eat small, frequent meals in a pleasant environment
- Stay away from cooking smells; purchase foods packed in plastic pouches that can be boiled or microwaved
- Eat soft foods kept cold or at room temperature (yogurt, pretzels, skinned chicken, and soft vegetables and fruits such as canned pears)
- Avoid greasy, creamy, or spicy foods; avoid foods with strong odors
- Leave about an hour between eating and drinking
- Drink cold liquids, including ginger ale
- Consume extra fluids to replace any lost due to vomiting

Fever
- Report fever of over 100.5 degrees
- Increase liquids
Symptom Management continued

Diarrhea
- Take antidiarrheal medication as instructed
- Notify provider if diarrhea persists more than 2 days, if it worsens, or if weakness or lightheadedness emerge
- Consume extra fluids to replace any lost due to diarrhea
- Eat small, frequent meals (warm or at room temperature)
- Eat and drink foods and liquids high in sodium and potassium
- Eat Boiled white rice, tapioca, and cream rice cereal
- Drink at last 8 glasses of fluids per day

Remember, there aren’t any hard and fast nutrition rules during cancer treatment. Some patients may continue to enjoy eating and have a normal appetite throughout most of their cancer treatment. Others may have days when they don’t feel like eating at all; even the thought of food may make them feel sick. Here are some things to keep in mind:

When you can eat, try to eat meals and snacks with sufficient protein and calories; they will help you keep up your strength, prevent body tissues from breaking down, and rebuild tissues that cancer treatment may harm.

Many people find their appetite is better in the morning. Take advantage of this and eat more then. Consider having your main meal of the day early, and have liquid meal replacements later on if you don’t feel so interested in eating.
Symptom Management continued

If you don’t feel well and can eat only one or two things, stick with them until you are able to eat other foods. Try a liquid meal replacement for extra calories and protein.

On those days when you can’t eat at all, don’t worry about it. Do what you can to make yourself feel better.

Come back to eating as soon as you can, and let your doctor know if this problem doesn’t get better within a couple days.

Try to drink plenty of fluids, especially on those days when you don’t feel like eating. Water is essential to your body’s proper functioning, so getting enough fluids will ensure that your body gets the water it needs. For most adults, 6-8 cups of fluid a day are a good target. Try carrying a water bottle with you during the day. That may help you get into the habit of drinking plenty of fluids.

www.cancer.gov
Tips to Increase Your Appetite When You Don’t Feel Like Eating

- Eat small meals or snacks whenever you want. You don’t have to eat 3 regular meals each day.
- Avoid food aromas if they cause nausea.
- Cold foods have less aroma than hot foods.
- Vary your diet and try new foods and recipes.
- Take a walk before meals, when possible. This may increase your hunger.
- Change your mealtime routine. For example, eat by candlelight or in a different location.
- Eat with friends or family members. When eating alone, listen to the radio or watch TV.

If you live alone you might want to arrange for Meals on Wheels or a similar program to bring food to you. Ask your doctor, nurse, or local American Cancer Society office about services in your area.

*Remember that eating a healthy diet is an important part of care. Sometimes you may need to make yourself eat even when you don’t feel like it.*

www.cancer.gov
**Nutritional Guidelines for Cancer Survivors**

Be as lean as possible without becoming underweight.

Be physically active for at least 30 minutes each day.

Avoid sugary drinks. Limit consumption of energy dense foods

Eat more of a variety of vegetables, fruits, whole grains and legumes.

Limit consumption of red meats and avoid processed meats.

Limit consumption of salty foods and foods processed with salt.

If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.

Don’t use supplements to protect against cancer.

It’s best for mothers to breastfeed exclusively for up to six months.

After treatment, cancer survivors should follow the recommendations for cancer prevention.

**SOURCE:** WCRF/AICR (2007)
Physical Activity

If you are recovering from chemotherapy, the last thing you may want to do is exercise. But exercise may be just what the doctor orders to help battle cancer-related fatigue. Two studies cite the importance of exercise for cancer patients following treatment. More information on the study can be found at www.cancer.gov

In the meantime, the American Cancer Society suggests talking with your doctor about the benefits of physical activity. Exercise, with adequate period of rest built into your day, can be beneficial for a number of reasons. It can boost your energy level, relieve stress, decrease anxiety and depression, and stimulate your appetite.
Four Critical Elements
There are four legal documents that protect one’s right to specify the treatment one wants, or to refuse medical treatment one does not want, in the event a person loses the ability to make decisions.

1. **Texas Medical Power of Attorney**
   - Lets you name someone to make decisions about your medical care-including decisions about life support-if you can no longer speak for yourself.
   - Your attending physician must certify in writing that you are unable to make health care decisions, and file the certification in your medical records.

   Location: __________________________________________

2. **Texas Directive to Physicians and Family or Surrogates (Living Will)**
   - Lets you state your wishes about medical care in the event that you develop a terminal or irreversible condition and can no longer make your own medical decisions.
   - Becomes effective when your attending physician certifies in writing that you are in a terminal or irreversible condition.

   Location: __________________________________________

3. **The Out-of-Hospital Do Not Resuscitate Order (OOH DNR)**
   - The OOH DNR program allows individuals to decide that they do not want to be resuscitated if they stop breathing and their heart stops beating. The program allows people to declare that certain resuscitative measures will not be used on them. Those resuscitative measures specifically listed in the OOH DNR legislation are cardiopulmonary resuscitation (CPR), advanced airway management, defibrillation, artificial ventilations, and transcutaneous cardiac pacing.

   Location: __________________________________________
4. The Declaration for Mental Health Treatment
   - Lets you state your wishes about mental health treatment.
   
   Location: ____________________________

   Advance Directive forms can be downloaded from:
   www.texaslivingwill.org

   People with Access to Advance Directives:

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   “Let our advance worrying become advance thinking and planning.” -Winston Churchill
Complementary and Alternative Methods for Cancer Management

You may have heard the terms “alternative” or “complementary” used to refer to methods of diagnosing, preventing, or treating cancer and wondered exactly what they meant. How can you know if these approaches are safe and whether they are likely to help you? The definitions below can help you sort out what these terms mean.

What Terms are Used to Describe Cancer Treatments:

*Proven* treatment refers to evidence-based, or mainstream medical treatments that have been tested following a strict set of guidelines and found to be safe and useful.

*Research or investigational* treatments are therapies being studied in a clinical trial. Clinical trials are research projects to find out whether a new treatment works and is safe for patients.

*Complementary therapy* is used in addition to standard therapy. Some complementary therapies may help relieve certain symptoms of cancer, relieve side effects of cancer therapy, or improve a patient’s sense of well-being.
Integrative therapy is a term that refers to the combined offering of mainstream and complementary therapies.

The terms unproven or untested can be confusing because they are sometimes used to refer to treatments with little basis in scientific fact, while they may also refer to treatments or tests that are under study when there is not enough scientific evidence to support their use.

Alternative therapy refers to an unproven therapy that is used instead of standard or proven therapy.

Quackery refers to the promotion of methods that claim to prevent, diagnose, or cure cancers that are known to be false, or which are unproven.

Some Helpful Complementary Approaches:
- Acupuncture
- Aromatherapy
- Art therapy
- Biofeedback
- Message therapy
- Meditation
- Music therapy
- Prayer and spiritually
- Tai chi
- Yoga

Information provided by: www.cancer.gov

CAM Resources:
www.cim.utmb.edu
http://www.mdanderson.org/departments/CIMER/
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Month:
The Health Benefits over time for Quitting Smoking

20 minutes after quitting: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

8 hours after quitting: The carbon monoxide level in your blood drops to normal.

24 hours after quitting: Your chance of a heart attack decreases.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases up to 30%.

1 to 9 months after quitting: Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

American Cancer Society
www.cancer.org
Smoking Cessation Resources

American Cancer Society
Telephone: 1-800-ACS-2345 (1-800-227-2345)
Internet address: www.cancer.org

American Heart Association & American Stroke Association
Telephone: 1-800-AHA-USA-1 (1-800-242-8721)
Internet address: www.amhrt.org
       www.strokeassociation.org

American Lung Association
Telephone: 1-800-LUNG-USA (1-800-586-4872)
Internet address: www.lungusa.org

Centers for Disease Control and Prevention Office on Smoking & Health
Internet address: www.cdc.gov/tobacco

National Cancer Institute
Cancer Information Service
Telephone: 1-800-4-CANCER (1-800-422-6237)
Internet address: www.cancer.gov

Nicotine Anonymous
Telephone: 1-877-TRY-NICA (1-877-879-6422)
Internet address: www.nicotine-anonymous.org

Smokefree.gov
(Online materials, including info on state telephone-based programs)
Telephone: 1-800-QUITNOW (1-800-784-8669)
Internet address: www.smokefree.gov

Smoking Cessation Leadership Center
Internet address: http://smokingcessationleadership.ucsf.edu/
Cancer Resources on the Internet

American Cancer Society:  
www.cancer.org

National Cancer Institute:  
www.cancer.gov

American Institute for Cancer Research:  
www.aicr.org

Cancer Nutrition Network for Texans:  
www.ttuhsc.edu/cnnt

American Dietetic Association:  
www.eatright.org

The UTMB Complimentary & Alternative Medicine Project:  
www.cim.utmb.edu

UT M.D. Anderson Complimentary/Integrative Medicine:  
http://www.mdanderson.org/departments/CIMER/

Texas Cancer Information  
www.texascancer.info

The Center for Nutrition Promotion and Policy:  
www.mypyramid.gov

Disclosure: This document is not offering medical advice. Please refer to your physician/medical team for such advice and direction.
NOTES:

The Cancer Nutrition Network for Texans
Texas Tech University Health Sciences Center
3601 4th Street MS 8143
Lubbock, TX 79430
806-743-1100 extensions: 254 & 258
website: www.ttuhsc.edu/cnnt e-mail: cnnt@ttuhsc.edu
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