

如果您被診斷為癌症 – 快速指南

本資訊主要介紹當發現自己患癌時會發生的事情及可以在哪裡獲得援助。下劃線術語在本文最後所附的術語表中均有說明。

確診為癌症對您可能是個重大的打擊。您可能五味雜陳。但這並不意味著您必須放棄希望。許多人現在已經成功地治癒癌症或已與癌症抗爭多年。有許多人和服務為您提供援助。

如果您有任何疑問或想與某人溝通，那麼從週一至週五上午 9 時至晚上 8 時，您可以致電麥克米倫癌症援助熱線**0808 808 00 00**。我們有同聲傳譯，所以您可以使用中文與我們溝通。當您致電我們時，只需用英語說出‘中文’即可。

我們提供更多關於不同類型癌症、治療和癌症患者生活的中文資訊，請瀏覽 macmillan.org.uk/translations 或致電**0808 808 00 00**。

我們有一本名為《癌症指南》的厚宣傳冊，該宣傳冊可能會對您有所幫助，不過只有英語版本。

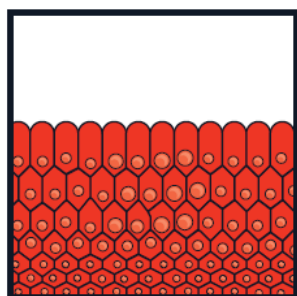
該資訊主要介紹：

- 什麼是癌症？
- 麥克米倫如何給予幫助
- 診斷後會發生什麼？
- 您可能會遇到健康和社會護理專業人士
- 主要癌症治療
- 如何設計治療方案
- 與您的醫療小組溝通
- 應對癌症—從何處獲得援助
- 術語表（詞語釋義）
- 更多中文資訊

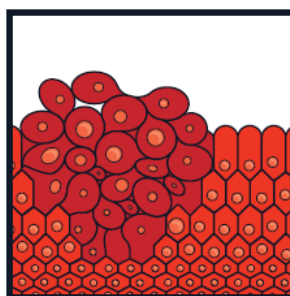
什麼是癌症？

癌症源自於我們身體的細胞。細胞是構成人體器官和組織的微小構建塊。通常，這些細胞以可控的方式分裂（裂解）並生成新的細胞。這就是我們的身體如何成長、癒合和修復的。有時，細胞分裂出錯會使細胞變得異常。異常細胞持續不斷地分裂，生成越來越多的異常細胞。這些細胞形成的腫塊叫做腫瘤。

正常細胞



腫瘤細胞



不是所有的腫塊都是惡性腫瘤。不是惡性腫瘤（良性）的腫塊不會擴散到身體的其他部位。是惡性腫瘤的（惡性）的腫塊有可能生長在身體的周圍部位。

癌細胞有時會離開第一個（原發性）腫瘤，並通過血液或淋巴系統轉移到身體的其他部位。癌細胞擴散到身體的其他部位並長成腫瘤，被稱為繼發性腫瘤。

麥克米倫如何給予幫助

麥克米倫來到這裡是為了幫助您和您的家人。我們會從對您診斷開始，為您的全程治療和後續問題提供援助。您可以下列方式獲得援助：

- **麥克米倫援助熱線（0808 808 00 00）**。我們有同聲傳譯，所以您可以使用您的語言與我們溝通。當您致電我們時，只需用英語說出‘中文’即可。我們的專家將回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。我們的電話接聽時間是週一至週五上午 9 點至晚上 8 點。
- **麥克米倫網站（macmillan.org.uk）**。我們的網站有很多有關癌症和癌症患者生活的資訊。欲參閱更多中文資訊，請瀏覽 macmillan.org.uk/translations
- **麥克米倫護士**。我們的護士是癌症和安寧療護的專家。他們能夠為您和您的家人提供援助。要得到麥克米倫護士的援助，你需要相關人員的推薦。請向您的醫生或護士，或致電**0808 808 00 00**聯繫我們，諮詢有關如何獲得麥克米倫護士援助的問題。如果您所在的地區沒有麥克米倫醫生或護士，我們還會為您推薦其他專業服務。
- **麥克米倫健康和社會護理專業人員**。我們有許多其他專業人士為癌症患者提供援助，如營養師和物理治療師。

- **資訊中心**。在資訊中心裡，您可以向癌症援助專家諮詢並獲得書面資訊。瀏覽 macmillan.org.uk/informationcentres 或致電我們，您可以尋找離您最近的諮詢中心。您的醫院可能設有資訊中心。
- **本地援助小組**。瀏覽 macmillan.org.uk/supportgroups 或致電我們，您可以尋找離您最近的本地援助小組。
- **麥克米倫網路社群**。瀏覽 macmillan.org.uk/community，您可以與處境相似的人溝通。

診斷後會發生什麼？

您的醫療小組應該與您談談您的治療方案和您可能需要的所有援助。他們會將您的治療方案和治療開始時間告訴您。您可能需要做更多的檢口或掃描以發現更多與癌症有關的症狀。

您可能會遇到健康和社會護理專業人士

患癌後，您可能會遇到很多不同的健康和社會護理專業人士。

關鍵社工

您應該會有一個**關鍵社工**及其詳細聯繫方式。您的關鍵社工是您的主要聯絡點。他們可以回答您的問題，並告訴您誰能幫您做哪些事情。

醫院小組 (MDT)

醫院多學科小組 (MDT) 會負責管理您的治療和護理。它由一組健康和社會護理專業人員組成。該小組可能包括下述部分或所有角色：

- **臨床專科護士 (CNS)** — 專門護理特定類型癌症患者的護士。您的 CNS 可能是關鍵社工（見上文）。
- **血液科醫生** — 專門診斷和治療血癌等血液疾病的醫生。
- **腫瘤科醫生** — 專門治療癌症的醫生。
- **安寧照護醫生和護士** — 癌症無法治癒時，專門治療各種症狀並讓患者更舒服。
- **放射線技師 (治療技師)** — 放療專家。
- **放射科醫生** — X 射線和掃描專家。
- **外科醫生** — 精通外科並做手術的醫生。

其他人是否加入 MDT 取決您患的癌症類型。

在您的地區

在家時，其他專業人士可以幫忙照顧您。他們會與您的醫院小組聯繫。他們包括：

- **家庭醫生**—您的家庭醫生可以幫您管控症狀和副作用，並安排您看所需的全部專家。他們可以幫您安排家庭服務，並與您討論您需要做出的所有治療決定。
- **社區和地區護士**—這些護士可以去家裡拜訪您，並為您和您的看護人提供護理和援助服務。您的家庭醫生可以為您聯繫他們。
- **執業護士**—某些家庭醫生做手術時，需要護士在其旁邊協助。執業護士可以做血檢或傷口敷料等事情。

社會服務和志願組織

如果您在家裡需要獲得幫助，如洗衣、穿衣、清潔或購物，請告訴您的家庭醫生或關鍵社工。他們會向您推薦社工。社工可以幫助解決居家問題，讓您過上獨立的生活。您所在地區的其他組織也可以提供幫助。

主要癌症治療

治療的目的是治癒癌症、控制癌症和緩解症狀。

治療的類型將取決於癌症的類型和您的情況。您可能經過不止一次治療。癌症治療可能包括：

- **手術**—做手術切除惡性腫瘤
- **化療**—使用藥物摧毀癌細胞
- **放療**—使用高能量 X 射線摧毀癌細胞
- **激素治療**—改變體內激素的療法，可減緩或阻止癌細胞生長。
- **靶向療法**（有時也稱為生物療法）—使用藥物干擾腫瘤細胞的生長方式。

副作用

癌症治療可能產生不良的副作用。通常需要緩解和管控它們。您的醫療小組會向您提供建議。治療結束後，大多數副作用會逐漸消失。

臨床試驗

您可能會被要求參加臨床試驗。臨床試驗將測試新的治療方法，驗證它們是否比當前的治療方法更有效。試驗有可能包括測試新的藥物或測試新的治療方法。

您可以選擇參加臨床試驗，您的醫生會告訴您相關事項。當然，您也可以選擇不參加試驗。

補充療法

冥想或放鬆等其他療法有助於您感覺更好。這些療法無法治癒癌症。您應該經常將您想要使用的其他療法告訴您的癌症醫生。

如何設計治療方案

在您的醫療小組中，擅長治療您的癌症類型的專家將設計您的療法。在您開始治療前，您可能需要接受檢口以發現更多與癌症有關的症狀。設計您的療法時，醫生將考慮：

- 您所患癌症的類型
- 惡性腫瘤大小和是否擴散
- 您的總體健康狀況
- 國家治療指南。

您的個人喜好也很重要。

確保您瞭解治療選擇。您的醫生或護士應該回答您提出的任何治療問題，直到您為明白一切而感到開心。您需要授權（同意）醫生為您治療。

與親戚或朋友一起赴預約對您會有所幫助。他們會幫助您記住交談口容。列出您想問的問題，並在赴約時帶著，對您也會有所幫助。您可以把答案記下來，以便您能記住它們。

可行的療法

可能不止一種，您需要在它們之間做出選擇。您可能發現很難做出抉擇。請與您的醫療小組溝通，瞭解：

- 不同療法涉及的各個方面
- 每種療法可能口生的副作用
- 每種治療的優點和缺點。

您的醫療小組會給您選擇的時間。他們也可以幫助您做決定。

與您的醫療小組溝通

患癌可能是個令人擔憂和混亂的時刻。與您的醫療小組溝通可能有所幫助。許多人知道他們身上發生什麼和為什麼發生的時候，他們會感覺更好和更能自我控制。

人們常常覺得醫院裡的工作人員太忙以至於無法回答他們的問題。但重要的是您要瞭解發生了什麼和您的癌症及其治療如何影響您。那裡的工作人員為您提供幫助。他們應該騰出時間回答您的問題。如果您不懂或口不好英語，醫院可以為您安排一位翻譯。

您可能會發現有一些問題，很難去問您的醫生或護士，尤其是關於個人的問題。但是您的醫療小組會提供幫助並可以回答這些問題。

重要的是您要明白聽到的口容。如果您不明白，請醫生或護士再解釋一遍。

向您的醫療服務小組提問

您可能想向您的醫療小組提出下列問題。它們可能不都與您有關。

- 對我的診斷意味著什麼？
- 癌症治療取得了哪些進展？
- 我的治療包括哪些內容？
- 每種療法的好處、風險和副作用是什麼？
- 治療如何影響我的日常生活？
- 療法效果如何？
- 我能與誰談論我的感受？
- 我以後有問題時，我能告訴誰？
- 我有信仰宗教或神靈的願望 – 這些願望會得到滿足嗎？

應對癌症 – 從何處獲得援助

您的感覺

當您被告知患有癌症時，您會感到要被不同的感覺壓倒了。您可能會感到震驚、害怕、擔心、生氣或沮喪。感覺沒有對錯之分。談論您的感覺通常會有所幫助。

從何處獲得援助：

- **麥克米倫**—欲了解我們提供幫助的細節，請參閱第 2-3 頁。
- **諮詢師**—諮詢師可以幫助您在保密空間中談論和找到處理您的情感的方法。如果您希望諮詢，請諮詢您的癌症醫生或家庭醫生。
- **援助小組**—與其他癌症患者談論會對您有所幫助。關於您所在地區的援助小組，請向您的醫生或護士諮詢或瀏覽 macmillan.org.uk/supportgroups

金錢、工作和旅行

如果癌症已經影響了您的工作或財務，麥克米倫有很多方法可以幫助您。您可以致電**0808 808 00 00**聯繫我們，與我們討論您的工作或財務問題。

- 我們會將您有權獲得的福利救濟告訴您，並可以幫助您提出申請以獲得它們。
- 我們可以幫助您處理抵押貸款、養老金、保險、借貸和儲蓄問題。
- 我們提供補助金以幫助您支付癌症產生的額外費用。例如，您可能需要為取暖賬單支付更多的費用。健康或社會護理專業人員需要為您提出申請。
- 如果癌症影響了您的工作，我們可以給您提供資訊和建議。
- 如果您患有癌症，我們可以為您提供有關旅行的資訊。

身體變化

有時，癌症或癌症治療會影響您的體型或身體運轉。您的醫生或護士可以為您提供建議和幫助。請致電**0808 808 00 00**聯繫我們，我們還可以為您提供相關資訊。

宗教與精神

癌症診斷後，有些人會變得更加瞭解宗教信仰或精神感覺。有強烈宗教信仰的人經常發現宗教信仰很有幫助。而其他人可能會質疑他們的信仰。

有些人在祈禱或冥想中尋找慰藉。許多人發現其他人在為他們祈禱對時他們會有幫助。

即使您對信仰什麼宗教都不確定，與教士、牧師、神父、拉比或其他宗教領袖交談也會有所幫助。向精神和宗教領袖尋求幫助，您可能會獲得心靈的寧靜。

援助家庭、朋友和照護工

此時，您的親朋好友可能也會遇到情感難題。我們的癌症援助專家可以幫助每個受到癌症影響的人，包括您的親戚和朋友。他們可以致電**0808 808 00 00**聯繫我們。另外，他們也可以向您的醫療小組尋求援助。

照護工為患癌的親戚或朋友提供無償援助，如果得不到這種幫助，他們就無法支撐下去。他們可能幫助進行個人護理、給予情感支持或幫助做家務。如果有人幫忙照顧您，重要的是他們也能得到援助。照護工會為他們提供許多幫助。

他們應該與您的醫生或護士談談這一點兒，或致電**0808 808 00 00**聯繫麥克米倫諮詢。

術語表

福利救濟—政府向您支付款項，幫助您支付費用。

良性—體□腫塊不是惡性腫瘤，不會擴散到身體的其他部位。

細胞—是構成人體器官和組織的微小構建塊。

確診—如果您被診斷為癌症，意味著您的醫生已發現您有惡性腫瘤。

診斷—您的醫生檢□您是否患病。

醫療小組—由照顧您的醫療專家和其他專業人士組成的小組。

淋巴系統—一種遍佈全身的血管和腺體網路。它是免疫系統的組成部分。該系統能□對抗感染並排出組織和器官□的體液。

關鍵社工—此人是您的主要聯絡點。您應該留下他們的詳細聯絡資料。他們可以回答您的問題，並告訴您誰能幫您做哪些事情。

惡性—體□腫塊是惡性腫瘤，會擴散到全身。

安寧療護—護理無法治癒的癌症患者。治療的目的是縮小惡性腫瘤和緩解症狀，並讓癌症患者感覺更加舒服。

副作用—癌症治療□生的不良作用。如□髮、疼痛、噁心或疲勞。治療結束後，大多數副作用會消失。

腫瘤—一團以異常方式生長的細胞。異常細胞不斷繁殖並形成腫塊。

更多的中文資訊

我們提供更多關於以下主題的中文資訊：

癌症類型

- 乳腺癌
- 大腸癌
- 肺癌
- 前列腺癌

治療

- 化療
- 放療
- 手術治療

應對前列腺癌

- 申請福利救濟
- 飲食問題與癌症
- 生命的終點
- 疲憊（疲勞）與癌症
- 癌症治療的副作用
- 您可以做些什麼來幫助自己

若想查閱這些資訊，請瀏覽macmillan.org.uk/translations

用中文與我們溝通

您可以免費致電**0808 808 00 00**，聯絡麥克米倫並透過口譯員用中文與我們溝通。您可以同我們討論您的憂慮和醫療問題。當您致電我們時，只需用英語說出‘中文’即可。

我們的辦公時間是週一至週五上午 9 點至晚上 8 點。如果您有聽力障礙，可使用我們的文字電話**0808 808 0121**或文字轉送服務。

參考文獻與致謝

本資料單資訊以麥克米倫宣傳冊《癌症指南》為基礎編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。本資料單的資訊同樣來自麥克米倫網站 macmillan.org.uk

所有這些資料均由麥克米倫癌症援助機構的資訊編製團隊撰寫和編輯。資訊內容已由相關專家審閱，並得到顧問醫療腫瘤學家和麥克米倫首席醫療編輯，即我們的醫學編輯 Tim Iveson 博士的批准。同時感謝審閱本資訊的癌症患者。

我們所有的資料都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請通過 bookletfeedback@macmillan.org.uk 聯絡我們。

MAC15916_TraditionalChinese



容上次審 日期：2015年12月
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If you're diagnosed with cancer – a quick guide

This information is about what to expect when you find out you have cancer and where to get help and support. Underlined words are explained in the glossary at the end.

Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. But it doesn't mean you have to give up hope. Many people are now treated successfully or able to live with cancer for many years. There are lots of people and services that can support you.

If you have any questions or want someone to talk to, you can call Macmillan Cancer Support on **0808 808 00 00**, Monday to Friday, 9am to 8pm. We have interpreters, so you can speak to us in another language. Just tell us, in English, the language you want to use.

We have more information in other languages about different types of cancer, treatments and living with cancer. Visit macmillan.org.uk/translations or call us on **0808 808 00 00**.

We have a longer booklet called **The cancer guide** that you might find helpful, but this is only available in English.

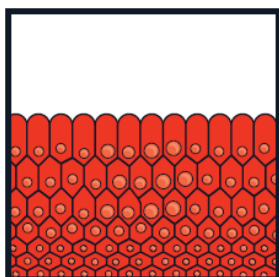
This information is about:

- What is cancer?
- How Macmillan can help
- What happens after diagnosis?
- Health and social care professionals you might meet
- The main cancer treatments
- How treatment is planned
- Talking to your healthcare team
- Coping with cancer – where to get support
- Glossary (explanation of words)
- More information in other languages

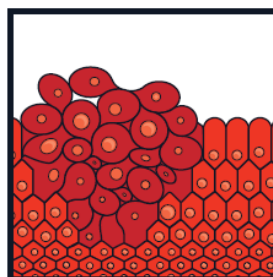
What is cancer?

Cancer starts in our body's cells. Cells are tiny building blocks that make up the organs and tissues of our body. Usually, these cells split (divide) to make new cells in a controlled way. This is how our bodies grow, heal and repair. Sometimes, this goes wrong and the cell becomes abnormal. The abnormal cell keeps dividing and making more and more abnormal cells. These cells form a lump called a tumour.

Normal cells



Cells forming a tumour



Not all lumps are cancer. A lump that is not cancer (benign) cannot spread to anywhere else in the body. A lump that is cancer (malignant) can grow into surrounding areas of the body.

Cancer cells sometimes break away from the first (primary) cancer and travel through the blood or lymphatic system to other parts of the body. Cancer cells that spread and develop into a tumour somewhere else in the body are called a secondary cancer.

How Macmillan can help

Macmillan is here to help you and your family. We will support you from the moment you're diagnosed, through your treatment and beyond. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. Our specialists can answer medical questions, give information about financial support or talk to you about your feelings. The phone line is open Monday to Friday, 9am to 8pm.
- **The Macmillan website (macmillan.org.uk).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Macmillan nurses.** Our nurses are specialists in cancer and palliative care. They can give support to you and your family. To get a Macmillan nurse, you need to be referred. Ask your doctor or nurse about getting one, or call us on **0808 808 00 00**. If there isn't a Macmillan nurse in your area, you can still be referred to other specialist services.

- **Other Macmillan health and social care professionals.** We have lots of other professionals that help people with cancer, for example dietitians and physiotherapists.
- **Information centres.** At an information centre, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can talk to other people in similar situations at macmillan.org.uk/community

What happens after diagnosis?

Your healthcare team should talk to you about your treatment options and about any support you might need. They will give you an idea of what your treatment will involve and when it can start. You may need to have some more tests or scans to find out more about the cancer.

Health and social care professionals you might meet

When you have cancer, you may meet lots of different health and social care professionals.

Key worker

You should have a key worker and be given their contact details. Your key worker is your main point of contact. They can answer your questions and tell you who can help with different things.

Hospital team (MDT)

At hospital, a multidisciplinary team (MDT) will manage your treatment and care. This is a group of health and social care professionals. The group might include some or all of these roles:

- **Clinical nurse specialist (CNS)** – a nurse who is an expert in a particular type of cancer. Your CNS might be your key worker (see above).
- **Haematologist** – a doctor who is an expert in diagnosing and treating blood disorders, including cancers that start in the blood.
- **Oncologist** – a doctor who is an expert in treating cancer.
- **Palliative care doctors and nurses** – experts in treating symptoms and making someone more comfortable when the cancer can't be cured.

- **Radiographer (therapeutic)** – an expert in giving radiotherapy.
- **Radiologist** – an expert in x-rays and scans.
- **Surgeon** – a doctor who is an expert in surgery and does operations.

There may be other people in the MDT depending on the type of cancer you have.

In your local area

There are other professionals who can help look after you while you're at home. They will be in contact with your hospital team. They include:

- **GP** – Your GP can help you manage symptoms and side effects and arrange for you to see any specialists if needed. They can arrange services to help you at home and talk to you about any treatment decisions you need to make.
- **Community and district nurses** – These nurses can visit you at home and give care and support to you and anyone looking after you. Your GP can contact them for you.
- **Practice nurse** – Some GP practices have nurses who work alongside the GP. A practice nurse might do things like take blood tests or put dressings on wounds.

Social services and voluntary organisations

If you need help at home, for example with washing, dressing, cleaning or shopping, speak to your GP or key worker. They may refer you to a social worker. A social worker can help with problems in the home to help someone live independently. There may also be other organisations in your area that could help.

The main cancer treatments

The aim of treatment is to cure the cancer, or to control it and relieve any symptoms.

The type of treatment you have will depend on the type of cancer and your situation. You may have more than one treatment. Cancer treatments can include:

- **surgery** – the cancer is removed in an operation
- **chemotherapy** – drugs are given to destroy cancer cells
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells
- **hormonal therapy** – treatment changes the hormones in your body, which can slow down the cancer or stop it from growing
- **targeted therapy** (sometimes called biological therapy) – drugs are given that target the way cancer cells grow.

Clinical trials

You may be asked to take part in a clinical trial. Clinical trials test new treatments to see if they are more effective than current treatments. A trial might involve testing a new drug or testing a new way of giving treatment.

If there are any trials that you can take part in, your doctor will talk to you about them. You can choose not to take part in a trial.

Side effects

Cancer treatments can cause unwanted side effects. These can often be reduced and managed. Your healthcare team will give you advice. Most side effects gradually go away after treatment finishes.

Complementary therapies

There are other therapies that may help you feel better, such as meditation or relaxation. These therapies do not treat cancer. You should always tell your cancer doctor about any other therapies you want to use.

How treatment is planned

Your healthcare team, who are experts in your type of cancer, will plan your treatment. You may need to have tests to find out more about the cancer before treatment starts. When planning your treatment, the doctors will look at:

- the type of cancer you have
- the size of the cancer and whether it has spread
- your general health
- national treatment guidelines.

Your personal preferences are also important.

Make sure you understand the treatment options. Your doctor or nurse should answer any questions you have about the treatment, until you're happy that you understand everything. You will need to give permission (consent) for the doctors to give you the treatment.

It might help to take a relative or friend to appointments with you. They can help you remember what was said. It might also help to take a list of questions that you want to ask and take it to your appointment. You can write down the answers so you remember them.

Making decisions about treatment

There might be more than one possible treatment, so you might be asked to choose between them. You might find this difficult. Talk to your healthcare team to find out:

- what the different treatments will involve
- what the possible side effects of each treatment are
- what the possible advantages and disadvantages of each treatment are.

Your healthcare team will give you time to choose. They can also help you with the decision.

Talking to your healthcare team

Having cancer can be a worrying and confusing time. Talking to your healthcare team can help. Many people feel better and more in control when they know what is happening to them and why.

People often feel that hospital staff are too busy to answer their questions. But it's important for you to understand what's happening and how the cancer and its treatment might affect you. The staff are there to help you. They should make time for your questions. If you don't understand or speak English well, the hospital can arrange an interpreter for you.

You might find some questions difficult to ask your doctor or nurse, especially if they are about personal issues. But your healthcare team are there to help and they are used to answering these questions.

It is important that you understand what you are told. If you don't, ask the doctor or nurse to explain again.

Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team. They may not all be relevant for you.

- What does my diagnosis mean?
- How advanced is the cancer?
- What will my treatment involve?
- What are the benefits, risks and side effects of each treatment?
- How will the treatment affect my daily life?
- How effective will treatment be?
- Who can I talk to about how I'm feeling?

- Who can I speak to if I think of questions later?
- I have religious or spiritual wishes – will these be met?

Coping with cancer – where to get support

Your emotions

It's common to feel overwhelmed by different feelings when you're told you have cancer. You may feel shocked, scared, worried, angry or depressed. There is no right or wrong way to feel. Talking about how you feel can often help.

Where to get support:

- **Macmillan** – See pages 2 to 3 for all the ways we can help.
- **Counsellors** – A counsellor can help you talk about and find ways to deal with your emotions in a confidential space. Ask your cancer doctor or GP if you'd like counselling.
- **Support groups** – Talking to other people who have cancer may help. Ask your doctor or nurse about groups in your area, or visit macmillan.org.uk/supportgroups

Money, work and travel

There are many ways Macmillan can help if cancer has affected your job or finances. Call us on **0808 808 00 00** to talk about any of these issues.

- We can tell you about benefits you might be entitled to and help you apply for them.
- We can help you with questions about mortgages, pensions, insurance, borrowing and savings.
- We provide grants – payments to help you cope with extra costs caused by cancer. For example, you might be spending more money on your heating bills. A health or social care professional needs to apply for you.
- We can give you information and advice if cancer has affected your work.
- We can give you information about travelling if you have cancer.

Physical changes

Sometimes, cancer or cancer treatments can affect the way your body looks or works. Your doctor or nurse can give you advice about this and the help available. We can also give you information – call us on **0808 808 00 00**.

Religion and spirituality

After a cancer diagnosis, some people become more aware of religious beliefs or spiritual feelings. People with a strong religious faith often find this very helpful. Other people may question their faith.

Some people find comfort in prayer or meditation. Many people find it helpful knowing that other people are praying for them.

You can talk to a chaplain, minister, priest, rabbi or other religious leader even if you're not sure about what you believe. Spiritual and religious leaders are used to helping, and you may find peace of mind.

Support for family, friends and carers

People close to you may also have difficult emotions at this time. Our cancer support specialists are here to help everyone affected by cancer, including your relatives and friends. They can call us on **0808 808 00 00**. They can also talk to your healthcare team for support.

A **carer** is someone who gives unpaid support to a relative or friend with cancer who couldn't manage without this help. They might help with personal care, give emotional support or help with housework. If someone is helping to look after you, it's important they get support too. There is lots of help available for them.

They should talk to your doctor or nurse about this, or call Macmillan on **0808 808 00 00**.

Glossary

Benefits – Money paid to you by the government to help you with costs.

Benign – A lump in the body that is not cancer and cannot spread to anywhere else in the body.

Cells – The tiny building blocks that make up the organs and tissues of our body.

Diagnosed – If you are diagnosed with cancer, it means your doctor has found that you have cancer.

Diagnosis – A diagnosis is when your doctor finds out whether you have an illness or not.

Healthcare team – The team of medical experts and other professionals that will look after you.

Lymphatic system – A network of tubes and glands throughout the body. It is part of the immune system. The system fights infections and drains fluid out of our tissue and organs.

Key worker – This person is your main point of contact. You should have their contact details. They can answer your questions and tell you who can help with different things.

Malignant – A lump in the body that is cancer and can spread around the body.

Palliative care – Care given to someone with a cancer that can't be cured. . This may include treatment to shrink the cancer or to reduce symptoms and make someone more comfortable.

Side effects – Unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness. Most side effects go away after treatment finishes.

Tumour – A tumour is a group of cells that are growing in an abnormal way. The abnormal cells keep multiplying and form a lump.

More information in other languages

We have information in other languages about these topics:

Types of cancer

- Breast cancer
- Large bowel cancer
- Lung cancer
- Prostate cancer

Treatments

- Chemotherapy
- Radiotherapy
- Surgery

Coping with cancer

- Claiming benefits
- Eating problems and cancer
- End of life
- Fatigue and cancer
- Side effects of cancer treatment
- What you can do to help yourself

To see this information, go to macmillan.org.uk/translations

Speak to us in another language

You can call Macmillan free on **0808 808 00 00** and speak to us in your own language through an interpreter. You can talk to us about your worries and medical questions. Just tell us, in English, the language you want to use.

We are open Monday to Friday, 9am to 8pm. If you have problems hearing you can use textphone **0808 808 0121** or Text Relay.

References and thanks

The information in this fact sheet is based on the Macmillan booklet **The cancer guide**. We can send you a copy, but the full booklet is only available in English. Information in this fact sheet also comes from the Macmillan website, **macmillan.org.uk**

All of this information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been reviewed by relevant experts and approved by our medical editor, Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor. Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **bookletfeedback@macmillan.org.uk**

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