

## 您可以做些甚麼來幫助自己

本資訊主要介紹您在患上癌症之後您可以做哪些事情來幫助自己。為自己做些事情、參與自己的護理事務，這叫做自我管理。

如有任何問題，您可以詢問醫院裡的醫生或護士。您也可以諮詢您的家庭醫生或在您家庭醫生診所中工作的護士。或者前往當地的癌症諮詢中心索取更多資訊並獲得支援。

若您有任何疑問或想與某人溝通，您可於週一至週五上午 9 時至晚上 8 時，致電麥克米倫癌症援助機構 (Macmillan Cancer Support) 熱線：0808 808 00 00。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用甚麼語言即可。

我們提供更多關於不同類型癌症、治療和癌症病患生活的繁體中文版資訊。

請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations) 或致電 0808 808 00 00。

### 本資料單內容：

- 甚麼是自我管理？
- 自我管理如何能夠幫助我？
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## 甚麼是自我管理？

自我管理是指您主動參與管理自己的健康。如果您患上了像癌症這樣可能會連續多年影響您生活的疾病，自我管理會很重要。自我管理可以幫助您了解當您在家時可以獲得甚麼樣的支援。它可幫助您改善您的生活質素並讓您覺得有更高的掌控感。

自我管理是關於：

- 明白到甚麼對您最重要
- 知道您可以採取甚麼行動
- 了解可以獲得甚麼樣的幫助及如何獲得。

您的醫護團隊包括您的醫生、護士和其他專業醫護人員。他們對支援癌症患者很有經驗。如果您告訴他們的任何問題或擔憂，他們可以給您最好的建議。所以，您要記得告訴他們您的情況是否有所改善。

自我管理可幫助您與您的醫療團隊合作，一起決定您需要甚麼以及甚麼對您有幫助。這將幫助您管理您的健康。如果您的醫生或護士尚未和您商討有關自我管理的事宜，您可以主動詢問他們。

照顧您的人明白您的憂慮、感覺和意願可能會隨著時間而改變。一開始對您來說重要的事情可能與以後對您很重要的事情有所不同。您的一些症狀和副作用也可能改變。不同的人可能需要不同的支援。將您覺得重要的事情告訴照顧您的人很重要，這樣您才能得到您所需要的支援。

我們希望這些資訊可以讓您大致了解有關自我管理可以如何幫助您。

## 自我管理如何能夠幫助我？

自我管理可以在您第一次被告知患有癌症時、在治療期間，以及在治療結束後幫助您。

參與自己的護理安排可以幫助您：

- 了解自己的狀況，以及對您的生活所帶來的影響
- 對您的生活作出好的改變
- 知道您甚麼時候需要幫助，以及能從何處獲得幫助
- 感覺到能更多地掌控自己的生活。

## 治療前的自我管理

當您第一次被告知患有癌症時，您將獲得關於癌症及不同治療方案的資訊。這可以幫助您：

- 了解正在發生的事情
- 做決定
- 為未來做規劃和設定目標。

### 了解正在發生的事情

您的醫療團隊會告訴您有關癌症及其含義的資訊。他們會解釋癌症將如何影響您，他們也會告訴您可以選擇的治療方案。您可能會被安排與一位「個案聯絡人」聯絡，這是您有需要時可以聯絡的醫院的人，您的「個案聯絡人」通常會是一名專科護士。

請盡量多地提問，以便您能夠充分瞭解。您可以將這些資訊都記錄好，或者叫別人幫您寫下，讓您之後可以提醒自己。您的醫護團隊可能會給您提供一些書面資訊。如果沒有的話，您可以向他們索取。

許多慈善機構都有電話援助熱線和提供資訊的網站，可能還會有一個針對您的癌症類型而創立的慈善機構。網上也有大量的相關資訊。您可以找一些提供高質素資訊的網站，例如，帶有 Information Standard（資訊標準）標誌的資訊，如下方及本資料單第 11 頁所示。

#### Information Standard（資訊標準）標誌



### 做決定

參與自己的護理決定可讓您有更高的掌控感。您的醫療團隊會向您解釋相關的治療方案。可行的療法可能不止一種，您可能需要在它們之間作出選擇，您的醫療團隊將協助您作出決定，您們可以一起計劃適合您的護理和治療。所獲得的資訊可幫助您作出這些決定。

### 規劃及設定目標

有些人認為思考自己要實現的目標對他們很有幫助。該些目標可以是很小及容易達成的，或者可以是您想要達成的大事。在開始治療時想想您想要改變的事。

您可能會想：

- 飲食更健康，多吃新鮮的水果和蔬菜
- 治療期間找人在家中幫您
- 減少或停止吸菸。

您應該設定一些您可以達成的目標，而不是很難做到的事情。

您一旦決定好了目標，您就可以計劃如何達成目標。

自己問自己：

- 您想做甚麼
- 您甚麼時候去做
- 成功做到之後可以獲得甚麼獎勵。

當您達成了小目標之後，便可以設定更難的目標。可能會有一些事情是您覺得很難做到，但您還是想要完成的。您可以向您的醫生、護士、家人或朋友尋求支援。

不是所有的計劃都可以順利進行。如果事情不順利的話，想想您將如何處理及如何應對可以幫助到您。

如果您覺得太難達到您所定的目標，您可以改變目標或者再想一下您可以如何達成那些目標。

您可以為您與醫療團隊的預約設定目標。在前往預約之前，您可以想想您要講甚麼。例如：

- 獲得應對副作用的實用建議
- 問有甚麼財務援助可以申請。

這可以幫助您從預約中獲得最大收穫。前往預約前，您可以寫筆記來幫助您記住想要談的事情。

## 治療期間的自我管理

在治療期間有很多方法可以參與其中。

- 前往預約以及服用藥物。
- 留意治療期間可能出現的副作用，並將您所經歷的任何情況告訴您的醫療團隊。
- 找出您想與您的醫生或護士談論的任何問題或擔憂。
- 遵循您醫療團隊給您的建議。

## 前往預約以及服用藥物。

您的醫療團隊通常會給您一個計劃，說明您甚麼時候需要接受治療。記得不要錯過這些預約。治療計劃是按照其最大效用而設定的。

如果您覺得無法遵循治療計劃，請告知您的醫生或護士。他們在許多事情上都能提供幫助。

一定要按照指示服用藥物，這樣藥物才能發揮最大的效用。如果您對治療或藥物服用時間有任何疑問，請告知您的醫生或護士。一定要正確地服用藥物。

有些人可能會在家裡進行治療，例如化療藥片。如果您在家裡服用藥片並開始感到不適，請聯絡醫院以獲得建議。在感到不適後確定您是否仍要繼續服用該藥物，這很重要。

## 治療的副作用

您可能會出現治療的副作用。副作用是指癌症治療產生的不良影響，例如感到不適或疲憊。務必讓您的醫生和護士知道您出現的副作用，這一點很重要。如果您有出現任何副作用，請聯絡醫院以獲得建議。

將您所出現的任何副作用記錄下可能會有幫助，您可以寫下出現副作用的時間及所帶給您的影響。這些在您前往預約的時候會很有用，並提醒您要說甚麼。

您的醫生和護士可以建議您有關改善任何副作用的最佳方法。您通常可以靠藥物來緩解副作用的影響。您必須按照指示服藥。

我們提供有關於常見癌症治療副作用的繁體中文資訊。

在嘗試改善副作用的新方法之前，請諮詢您的醫生或護士。

## 遵循建議

您的醫療團隊會在您治療期間為您提供建議。

例如，他們可能會告訴您：

- 避免進食某些食物因為它們可能會影響您的治療
- 如何改善副作用
- 停止吸菸
- 在手術後做某些運動。

當您的醫療團隊給您建議時，他們會向您解釋這些建議將如何幫助您。如果您不確定他們為何提出某個建議，可以請他們進一步解釋。

您的醫療團隊所提供的建議是根據他們照顧癌症患者所累積的經驗，即是說他們不會建議一些沒有用的事情，但是否要聽取他們的意見是您自己的選擇。如果您遇到困難或是想找人幫忙，您可以與提供建議的人傾談，並一起尋找不同的解決方案。

## 治療後的自我管理

要適應治療之後的生活，有時候比較困難。治療結束了，您可能會為此感到高興。有時候，有些人可能會對未來感到有點不確定。有些人起初會有那種感覺，因為去醫院的次數少了，所以覺得所得到的支援也少了。但知道自己可以獲得甚麼樣的支援可以有所幫助。

參與自己的醫療護理可以幫助您有更高的掌控感。它可以幫助您：

- 適應治療之後的生活
- 作出好的改變來改善您的健康
- 改善治療的任何副作用
- 了解任何治療的後期影響的症狀
- 了解癌症可能復發的任何跡象。

## 適應治療之後的生活

當您的治療將近結束時，您的護士或醫生會問您感覺如何。他們會向您解釋，您在未來幾個月內可能會產生的感受，他們也會告知您所有可能出現的副作用。請務必告訴他們您的任何擔憂，這樣您便知道您在家裡時可以如何應對。

您可能會得到一個治療總結，這將解釋您所接受的治療，以及將來會如何。當中也會解釋要注意甚麼症狀，以及當您有任何疑問時可以聯絡誰。總結還會告訴您有關將來可能需要的任何測試以及複診的日期。

如果您擔心自己的健康，知道應該聯絡誰很重要。您的醫療團隊會告訴您，誰是您的主要聯絡人以及其聯絡方式。他們通常稱為「個案聯絡人」，一般是您在醫院的護士。

您可能會發現，尋求一些情感上的支援有助於您適應癌症後的生活。您可以詢問您的護士，是否有人可以與您談話，例如諮詢師。

## 持續的副作用

治療結束後，大多數副作用都會開始好轉。有些副作用可能持續的時間比較長。有時候，某些副作用可能是永久性或長期的。

如果任何副作用可能是長期的，您將會被告知。您出現新的副作用或者現有副作用沒有好轉時，一定要告訴您的腫瘤科醫生或護士。例如，感到疲憊、飲食問題、性問題、膀胱和腸道問題或者疼痛感。

雖然您可能會覺得當中會有一些難以啟齒的內容，但您和您的醫生或護士可以一起努力尋找改善您副作用的最佳方法。如有需要，您的醫生可以將您轉介給其他專科醫生以獲得更多幫助，

這些人可能包括負責不同問題或身體部位的專科醫生和護士。營養師可以幫助解決體重問題，物理治療師可以幫助身體部位的移動或疼痛感。此外還有許多其他類型的幫助。您的醫生會根據您所出現的問題而判斷您需要甚麼樣的幫助。

我們提供更多有關於改善副作用的繁體中文資訊。

## 生活方式的改變

健康的生活方式可以幫助您更快地康復，並改善您的感受。

您可以：

- 停止吸菸
- 身體多活動
- 健康的飲食及保持健康的體重
- 少喝酒
- 學習如何減輕壓力、睡好以及多放鬆。

我們可以就這些事情提供更多資訊給您。請致電 **0808 808 00 00** 並用英語告訴我們您希望使用的語言。

您也可以從您的家庭醫生、醫療團隊、藥房、社區中心或休閒中心獲取資訊。

## 對未來的擔憂

您可能會擔心癌症復發，或者擔心治療所帶來的副作用。您可以與您的醫療團隊談論您的擔憂，他們會告訴您需要留意的症狀以及應對方法，這有助於您有更高的掌控感。他們也會建議您如何面對您的擔憂。

## 獲得幫助及支援

癌症會影響您生活中的其他部分，例如您的工作、人際關係和財務狀況。

根據不同的問題，我們提供多種支援。您可以致電麥克米倫 **0808 808 00 00** 以獲得更多有關此類問題的資訊。我們可以告訴您還可聯絡的其他人。

您也可以聯絡您的醫療團隊、家庭醫生或諮詢師以獲得建議。

您也可以向家人和朋友尋求支援。許多人覺得請人幫忙是很難啟齒及接受的，但通常家人和朋友是很想要幫助您的，只是他們可能不知道可以如何幫助。誠實地表達您需要甚麼是獲得正確支援的最佳方法。別人可以如何幫助您：

- 做飯
- 打掃衛生
- 帶您去醫院的預約
- 與您談論您的感受。

您可以從許多不同的人 and 機構獲得保密的建議和支援，包括：

- 麥克米倫癌症援助機構 (Macmillan Cancer Support) (請參見第 9 頁)
- 您當地的癌症支援中心 (通常在您的醫院中)
- 您的醫院
- 您的工作地點
- 公民諮詢局 (Citizens Advice)。

有些人會覺得融入當地社區對他們也有幫助，您可以成為義工或支援與您有類似經歷的人。

## 了解自我管理

這可能是您第一次聽說自我管理。您可能對如何管理您的醫療保健不太自信，並可能需要一些支援和幫助。

您的醫生或護士可以向您提供自我管理的幫助。有些醫院會舉辦教育日或設有診所來幫助癌症患者康復。他們可以向您展示如何更好地管理您的健康。一些癌症慈善機構和支援團體也可能開辦免費的培訓課程。

麥克米倫也提供一系列課程和講習班來幫助您的康復過程。H. O. P. E. (幫助有效克服困難) 課程是一個免費的短期課程，幫助您了解如何應對癌症給您的生活所帶來的影響。您可以和您的護士談論您所在地區所提供的課程。



## 可給予幫助的機構

### 公民諮詢局 (Citizens Advice)

為財務、法律、房屋和就業問題提供建議。關於您當地辦事處的詳細資訊，可在電話簿或以下其中一個網站中查找：

英國及威爾士

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

蘇格蘭

[www.cas.org.uk](http://www.cas.org.uk)

北愛爾蘭

[www.citizensadvice.co.uk](http://www.citizensadvice.co.uk)

您也可以瀏覽 [adviceguide.org.uk](http://adviceguide.org.uk) 獲取不同語言版本的建議

### 自我管理英國 (Self Management UK)

電話 03333 445 840

電郵 [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

[www.selfmanagementuk.org](http://www.selfmanagementuk.org)

為長期病患者提供一系列的自我管理課程

## 麥克米倫如何給予幫助

麥克米倫致力於幫助您和您的家人。您可透過下列方式獲得援助：

- **麥克米倫援助熱線 (0808 808 00 00)**。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用甚麼語言即可。我們可以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 時至晚上 8 時。
- **麥克米倫網站 (macmillan.org.uk)**。我們的網站有很多有關癌症和癌症病患生活的英文資訊。欲瞭解其他語言的更多資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **資訊中心**。您可透過資訊中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- **當地援助小組** - 瀏覽 [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 尋找離您最近的當地援助小組或致電我們。
- **麥克米倫網路社群** - 前往 [macmillan.org.uk/community](http://macmillan.org.uk/community)，您可以與處境相似的人溝通。

## 更多繁體中文版資訊

我們提供更多關於以下主題的繁體中文資訊：

癌症類型	應對癌症
<ul style="list-style-type: none"><li>● 乳腺癌</li><li>● 腸癌</li><li>● 肺癌</li><li>● 前列腺癌</li></ul>	<ul style="list-style-type: none"><li>● 若您被診斷患有癌症 - 快速指南</li><li>● 經濟援助 - 福利救濟金</li><li>● 飲食問題與癌症</li><li>● 生命的終點</li><li>● 健康飲食</li><li>● 疲憊（疲勞）與癌症</li><li>● 癌症治療的副作用</li><li>● 您可以做些甚麼來幫助自己</li></ul>
<b>治療</b> <ul style="list-style-type: none"><li>● 化療</li><li>● 放療</li><li>● 手術治療</li></ul>	

欲查看該資訊，請前往 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 以繁體中文與我們溝通

您可撥打麥克米倫免費電話 0808 808 00 00 透過口譯員用您的母語與我們交談。您可以同我們討論您的憂慮和醫療問題。您只需用英語告訴我們您希望使用甚麼語言即可。

我們的辦公時間是週一至週五上午 9 時至晚上 8 時。

## 參考文獻與致謝

所有這些資料均由麥克米倫癌症援助機構 (Macmillan Cancer Support) 的資訊編製團隊撰寫、修改和編輯。

此內容已經過相關專家的審核。本資料經我們的醫學總編兼麥克米倫腫瘤醫學顧問 Tim Iveson 博士審核。

特此感謝麥克米倫東薩福克郡和西薩福克郡癌症生存者計劃組長 Louise Smith 和麥克米倫國家聯合醫療人員癌症康復組長 Debbie Provan。同時感謝審閱本版的癌症病患。

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，請透過 [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) 聯絡我們。

MAC14365\_Traditional Chinese



上次審閱日期：2017 年 9 月

計畫下次審閱日期：2020 年

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## What you can do to help yourself

This information is about things you can do to help yourself when you have cancer. Doing things for yourself and becoming involved in your care is called self-management.

If you have any questions, you can ask your doctor or nurse at the hospital. You can also ask your doctor (GP), or the nurse who works in your GP practice. There may also be a local cancer information centre where you can get information and support.

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 your own language. Just tell us, in English, the language you want to use.

We have more information in [language] about different cancers, treatments and living with cancer.

Visit [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations) or call us on **0808 808 00 00**.

### In this fact sheet:

- What is self-management?
- How can self-management help me?
- Self-management before treatment
- Self-management during treatment
- Self-management after treatment
- Getting help and support
- Useful organisations
- How Macmillan can help
- More information in [language]

## What is self-management?

Self-management means being involved in managing your health. This is important when you have an illness like cancer that can affect your life for many years.

Self-management can help you to know what support is available when you are at home. It can improve your quality of life and help you feel more in control.

Self-management is about:

- understanding what is most important to you
- knowing what you can do about it
- finding out what other help is available and how to get it.

Your healthcare team are your doctors, nurses and other health professionals. They have experience in supporting people with cancer. If you tell them about any problems or worries you have, they can give you the best advice. It is important to tell them if things are improving for you or not.

Self-management helps you work with your healthcare team. Together you can decide what you need and what will help you. This will help you manage your health. You can ask your doctor or nurse about self-management if they have not talked to you about it.

The people looking after you understand that your worries, feelings and wishes may change over time. What was important to you in the beginning may be different to what is important to you later. Some of your symptoms and side effects may change too. Different people may need different support. Tell the people looking after you what is most important to you, so you can get the support you need.

We hope this information gives you some ideas about the different ways that self-management can help you.

## How can self-management help me?

Self-management can help you when you are first told you have cancer, during your treatment and after the treatment is finished.

Being involved in your care can help you:

- understand your condition and how it can affect your life
- make helpful changes to your life
- know when you need help and who to get it from
- feel more in control of your life.

## Self-management before treatment

When you are first told you have cancer, you will be given information about the cancer and the different treatment options. This can help you:

- understand what is happening
- make decisions
- plan and set goals for the future.

## Understanding what is happening

Your healthcare team will tell you about the cancer and what it means. They will explain how it can affect you. They will also tell you about the treatment you can have. You may meet someone called your key worker. This is the person you contact at the hospital if you need to. Your key worker is often a specialist nurse.

Ask as many questions as you need to help you understand. You may want to write down the information, or ask someone else to do this for you, so you can remind yourself later. Your healthcare team may give you some written information. If they do not, you can ask for it.

Many charities have telephone helplines and websites with information. There might be a charity for your type of cancer. There is a lot of information available on the internet. Look for websites that produce good quality information. You can look for information that has the Information Standard logo like the one below and on page 11 of this fact sheet.

### Information Standard logo



## Making decisions

Being involved in decisions about your care can give you some control. Your healthcare team will talk to you about your treatment options. There might be more than one possible treatment, so you might be asked to choose between them. They will support you to make any decisions. Together, you can plan for your care and treatment that is right for you. Having information will help you make these decisions.

## Planning and setting goals

Some people find it helpful to think about what they want to achieve (goals). Goals can be small and easy to reach, or they can be big things you want to do.

Think about something you want to change as you start treatment.

You may want to:

- make your diet healthier and eat more fresh fruit and vegetables
- find someone to help you at home during treatment
- cut down or stop smoking.

Set goals you think you can achieve, not things you will find too difficult.

Once you have decided on a goal, you can plan how to reach it.

Ask yourself:

- what you want to do
- when you are going to do it
- what reward you will get from achieving it.

As you achieve small goals, you can set more difficult ones. There may be something you think will be hard but you want to do it. You could ask your doctor, nurse, family or friends for support.

Not all plans go smoothly. It helps to think about what you will do and how you will cope if things do not go well.

If you are finding it hard to achieve your goals, you may want to change them or think again about how you can reach them.

You can set goals for your appointments with your healthcare team. Before the appointment, think about what you want to talk about. For example:

- get practical tips on coping with a side effect
- ask what financial support is available.

This can help you get the most from your appointment. Writing notes before the appointment can help you remember what you want to ask.

## **Self-management during treatment**

There are lots of ways to get involved during your treatment.

- Going to appointments and taking your medicines.
- Being aware of the possible side effects of treatment, and telling your healthcare team about any that you experience.
- Identifying any issues or worries that you would like to talk about with your doctor or nurse.
- Following the advice that your healthcare team gives you.

### **Going to appointments and taking medicines**

Your healthcare team usually gives you a plan that says when you will have your treatment. It is important not to miss these appointments. The treatment is planned so it can be as effective as possible.

If you find it hard to get to your appointments, tell your doctor or nurse. There are things they can do to help.

Always take any medicines you are given exactly as you have been told to. This is so they can work as well as possible. If you do not understand something about your treatment or when to take your medicines, tell your doctor or nurse. It is very important to take medicines in the right way.

Some people may have some of their treatment at home, for example chemotherapy tablets. If you are taking tablets at home and start to feel unwell, contact the hospital for advice. It is important to check whether you should continue taking them while you feel unwell.

### **Side effects of treatment**

You may get side effects from your treatment. Side effects are unwanted effects of cancer treatment, such as feeling sick or tired. It is important to tell your doctors and nurses about any side effects you have. Contact the hospital for advice if you have any side effects.

It might help to write a list of any side effects you have. You could write down when they happen and how they affect you. This will be helpful in your appointments and remind you what to say.

Your doctors and nurses can give you advice on the best way to manage any side effects. You can often have medicines to help. You should take the medicines exactly as you are told to.

We have information in [language] about common side effects of cancer treatments.

Before trying a new way of managing a side effect, check with your doctor or nurse.



## Following advice

Your healthcare team will give you advice during your treatment.

For example, they may tell you:

- to avoid certain foods because they affect your treatment
- how to manage side effects
- to stop smoking
- to do certain exercises after surgery.

When your healthcare team gives you advice, they should explain how it will help you. If you are not sure why they have suggested something, ask them to explain it.

Advice from your healthcare team is based on their experience in caring for people with cancer. This means they will not suggest things that are not likely to be helpful. But it is your choice whether you follow their advice. If you find it difficult or if you need help, talk to the person who gave you the advice. You can work together to find different solutions.

## Self-management after treatment

Adjusting to life after treatment is sometimes hard. You may feel happy that treatment has finished. Sometimes people can feel a bit uncertain about the future. At first, some people find that because they are having less hospital visits, they feel less supported. But knowing what support is available can help.

Being involved in your healthcare can help you feel more in control. It can help you:

- adjust to life after treatment
- make positive changes to improve your health
- manage any side effects of treatment
- know the symptoms of any late effects of treatment
- know about possible signs that the cancer has come back.

## Adjusting to life after treatment

As you come to the end of treatment, your nurse or doctor will ask you how you are feeling. They will explain how you are likely to feel over the next few months. And they will talk to you about any side effects you may get. Make sure you mention any worries you have, so you can find out what you can do about them when you are at home.

You may be given a treatment summary. This explains what treatment you have had and what to expect now. It explains what symptoms to look out for and who to contact if you have any problems. The summary also tells you about any tests you may need in the future and the dates of follow-up appointments.

It is important to know who to contact if you are worried about your health. Your healthcare team should tell you who will be your main contact and how to reach them. They are often called your key worker. It is often your nurse at the hospital.

You may find it useful to get some emotional support to help you adjust to life after cancer. Ask your nurse if there is someone you can talk to, such as a counsellor.

## Ongoing side effects

Most side effects begin to get better after treatment ends. Some side effects can last longer. Sometimes, they can become permanent or long-term.

You should be told about any side effects that could become long-term. Always tell your cancer doctor or nurse if you get a new side effect. Or if the ones you have are not getting better. For example, tiredness, eating problems, sexual problems, bladder and bowel problems, or pain.

Although you might find some of these difficult to talk about, you and your doctor or nurse can work together to find the best way to manage your side effects. Your doctor can refer you to other specialists for more help, if needed.

These can include different doctors and nurses who are experts in problems or certain areas of the body. A dietitian can help with weight problems. Or a physiotherapist can help with difficulty moving or pain in a part of the body. There are many other types of help. Your doctor will know who you need, depending on what problem you have.

We have more information in [language] about managing side effects.

## Lifestyle changes

A healthy lifestyle can help you recover faster and improve how you feel.

You could:

- stop smoking
- be more physically active
- eat a healthy diet and keep to a healthy weight
- drink less alcohol
- learn how to reduce stress, sleep well, and relax more.

We can give you more information about these things. Call us on **0808 808 00 00** and tell us, in English, the language you want to use.

You can also get information from your doctor (GP), hospital team, pharmacy, community centre or leisure centre.

## **Worrying about the future**

You may worry about the cancer returning. Or you may worry about side effects caused by the treatment. Talk to your healthcare team about your worries. They can tell you what signs to look out for and what you can do. This can help you feel more in control. They can also suggest ways of coping with your worries.

## **Getting help and support**

Cancer can affect other parts of your life, such as your work, relationships and finances.

There is lots of support available, depending on the problem. You can call Macmillan on **0808 808 00 00** for information on any of these issues. We can tell you who else to contact.

You could also contact your hospital team, doctor (GP) or local council for advice.

Ask your family and friends for support if you can. Many people find it difficult asking for and accepting help. But usually family and friends want to help, they might just not know how. Being honest about what you need is the best way to get the right support. People could help you by:

- making meals
- cleaning your house
- taking you to hospital appointments
- talking to you about how you are feeling.

You can get confidential advice and support from many different people and organisations, including:

- Macmillan Cancer Support (page 9)
- your local cancer support centre (often in your hospital)
- your hospital
- your workplace
- Citizens Advice.

Some people also find it can help to get involved in their local community.

You could become a volunteer or support others who are going through a similar situation to you.

## Learning about self-management

This may be the first time you have been told about self-management. You may not feel very confident managing your healthcare and may want some support and help.

Your doctor or nurse can help you with self-management. Some hospitals have education days or clinics to help people with recovery after cancer. They can show you ways to manage your health better. Some cancer charities and support groups may also run free training courses.

Macmillan offers a range of courses and workshops to help you with your recovery. The HOPE (Helping to Overcome Problems Effectively) course is a free, short course that looks at ways to manage the impact of cancer on your life. Talk to your nurse about what courses are available in your area.

## Useful organisations

### **Citizens Advice**

Provides advice on financial, legal, housing and employment issues. Find details for your local office in the phone book or on one of the following websites:

England and Wales

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

Scotland

**[www.cas.org.uk](http://www.cas.org.uk)**

Northern Ireland

**[www.citizensadvice.co.uk](http://www.citizensadvice.co.uk)**

You can also find advice online in a range of languages at **[adviceguide.org.uk](http://adviceguide.org.uk)**

### **Self Management UK**

**Tel** 03333 445 840

**Email** [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

**[www.selfmanagementuk.org](http://www.selfmanagementuk.org)**

Delivers a range of self-management courses for people with long-term conditions

## How Macmillan can help

Macmillan is here to help you and your family. 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. We can answer medical questions, give you 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 website has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **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](http://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](http://macmillan.org.uk/supportgroups) or call us.
- **Macmillan Online Community** – You can talk to other people in similar situations at [macmillan.org.uk/community](http://macmillan.org.uk/community)

## More information in [language]

We have information in [language] about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you're diagnosed with cancer – A quick guide</li><li>• Financial support - benefits</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
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To see this information, go to [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## Speak to us in [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.

## References and thanks

All of this information has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team.

This content has been reviewed by relevant experts. It has been approved by our Chief Medical Editor, Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: Louise Smith, Macmillan Survivorship Lead for East and West Suffolk and Debbie Provan, National Macmillan AHP Lead for Cancer Rehabilitation. Thanks also to the people affected by cancer who reviewed this edition.

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

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