

HELPFUL
INFORMATION
YOU CAN TRUST



Hermanus
Cancer Information
Development Nurse

They need accurate and sensitive information they can read in their own time at home. And I can help with that.

PRACTICAL AND
EMOTIONAL
SUPPORT



Archana
Kingston Macmillan Information
and Support Manager

More people need help adjusting to life after cancer now, especially if they're struggling with fatigue or changes to their body. They can drop and see me.

FINANCIAL
HELP



Bob
Macmillan Financial Guide

A lot of people worry about how their condition might affect their pensions or mortgages. That's something I can definitely help with.

SENSITIVE
HELP WITH
DIFFICULT
SUBJECTS



Margaret
Macmillan Support Line Officer

They often need someone to listen calmly and with empathy to their feelings and fears. And I can help with that.

Together, we can help more people affected by cancer – and their families

- Order free information and booklets on all aspects of cancer at: macmillan.org.uk/patientsupport

- Tell your patients and their families about the Macmillan Support Line

0808 808 00 00

Monday to Friday, 9am until 8pm.

- Find your nearest Macmillan regional information and support centre at:

macmillan.org.uk

**ALL KINDS
OF THINGS,
FROM
ALL KINDS
OF PEOPLE.**

Macmillan is well-known for excellent palliative care, and the Macmillan nurses who provide it.

But most of the people we're helping today come for other kinds of support and advice. And it's provided by other members of the Macmillan team, who will listen to and support your patients with the sensitivity you'd expect.

It's just the Macmillan way.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Our cancer support specialists, benefits advisers, financial guides and cancer nurses are available to answer any questions you or your patients might have through our free

Macmillan Support Line

0808 808 00 00

Monday to Friday, 9am to 8pm

Alternatively, visit macmillan.org.uk

Hard of hearing? Use textphone **0808 808 0121**, or Text Relay.

Non-English speaker?
Interpreters available.

**IF MOST OF THE PEOPLE
WE HELP TODAY
DON'T NEED
PALLIATIVE CARE,**

**WHAT DO
THEY NEED?**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

This poster for your wall shows all the information you can order for your patients, which they can read at home in their own time. As you can see, it is for people at every stage of the cancer journey, including at diagnosis, during and after treatment.

Our information is written by experts, and reviewed by people affected by cancer and professionals. It is certified by the Information Standard, so you can be sure it's from a source you can trust.

EARLY DIAGNOSIS — HOW TO RECOGNISE EARLY SYMPTOMS

Signs and symptoms of cancer - what to be aware of
Symptom awareness flyer: Skin symptoms
Symptom awareness flyer: Lung symptoms
Symptom awareness flyer: Bowel symptoms
Symptom awareness flyer: Head and neck symptoms

CANCER AND FAMILY HISTORY — BEING AWARE OF INHERITED RISK FACTORS

Are you worried about bowel cancer?
Are you worried about ovarian cancer?
Are you worried about breast cancer?
Are you worried about prostate cancer?
Are you worried about cancer?
Cancer genetics - how cancer sometimes runs in families

TESTS AND SCREENING — WHAT THEY ARE AND WHAT TO EXPECT

Having tests for prostate cancer
Having tests for bowel cancer
Understanding bowel cancer screening
Understanding breast screening
Understanding cervical screening
Understanding the PSA test

TYPES OF CANCER — INFORMATION ABOUT SYMPTOMS, DIAGNOSIS AND TREATMENTS

Understanding acute lymphoblastic leukaemia
Understanding acute myeloid leukaemia
Understanding advanced melanoma
Understanding advanced (metastatic) prostate cancer
Understanding brain tumours

TYPES OF CANCER (CONT.)

Understanding breast cancer
Understanding breast cancer in men
Understanding cancer of the ovary
Understanding cancer of the pancreas
Understanding cancer of the voicebox (larynx)
Understanding cancer of the vulva
Understanding cancer of unknown primary
Understanding cervical cancer
Understanding chronic lymphocytic leukaemia
Understanding chronic myeloid leukaemia
Understanding colon cancer
Understanding ductal carcinoma in situ (DCIS)
Understanding early (localised) prostate cancer
Understanding early (superficial) bladder cancer
Understanding head and neck cancers
Understanding Hodgkin lymphoma
Understanding invasive and advanced bladder cancer
Understanding kidney cancer
Understanding locally-advanced prostate cancer
Understanding lung cancer
Understanding melanoma series
Understanding mesothelioma
Understanding myeloma
Understanding non-Hodgkin lymphoma
Understanding oesophageal cancer (cancer of the gullet)
Understanding primary bone cancer
Understanding primary liver cancer
Understanding rectal cancer
Understanding skin cancer
Understanding soft tissue sarcomas
Understanding stomach cancer
Understanding testicular cancer
Understanding thyroid cancer
Understanding womb (endometrial) cancer

TREATMENT — OPTIONS AND SIDE EFFECTS

Ask about your cancer treatment — questions to ask about cancer treatments
Assessment and care planning for people with cancer
Cancer drugs fund — information about the fund and how to access it
Discharge from hospital to home
Getting the best from your cancer services
Making treatment decisions
Understanding breast reconstruction
Understanding cancer research trials (clinical trials)
Understanding chemotherapy
Understanding donor stem cell (allogeneic) transplants
Understanding high-dose treatment with stem cell support
Understanding radiotherapy
Understanding risk-reducing breast surgery

SYMPTOMS AND SIDE EFFECTS — WHAT TO EXPECT AND TIPS FOR COPING

Breast radiotherapy - possible long-term side effects
Cancer treatment and fertility - information for men
Cancer treatment and fertility - information for women
Controlling cancer pain
Controlling the symptoms of cancer
Coping with body changes
Coping with fatigue
Coping with hair loss
Managing breathlessness
Managing the late effects of bowel cancer treatment
Managing the late effects of breast cancer treatment
Managing the late effects of pelvic radiotherapy in men
Managing the late effects of pelvic radiotherapy in women
The side effects of cancer treatment
Understanding lymphoedema

ADVANCED CANCER — WHAT IT MEANS

Coping with advanced cancer
Understanding secondary breast cancer
Understanding secondary cancer in the bone
Understanding secondary cancer in the liver

LIVING WITH AND AFTER CANCER — SUPPORT FOR PHYSICAL AND EMOTIONAL WELLBEING

Bone health
The building-up diet
Cancer and complementary therapies
The cancer guide – information about the different stages of cancer and how to get additional support.
Cancer, you and your partner
Eating problems and cancer
Getting travel insurance
Giving up smoking
Healthy eating and cancer
How are you feeling? The emotional effects of cancer
I'm still me: a guide for young people living with cancer
Life after cancer treatment
Physical activity and cancer treatment
Recipes from Macmillan — recommended recipes for people affected by cancer
Relationships, sex and fertility for young people affected by cancer
Sexuality and cancer
Talking about your cancer
Talking to children when an adult has cancer
Travel and cancer
Weight management after cancer treatment
Your feelings after cancer treatment

WORKING THROUGH CANCER — TIME OFF AND GOING BACK TO WORK

Managing cancer in the workplace: a guide for employers
Self employment and cancer
Work and cancer
Working while caring for someone with cancer

END OF LIFE — HELPING PEOPLE PREPARE

Dying with cancer
End of life: the facts

FINANCIAL INFORMATION — HELP WITH THE FINANCIAL IMPACT OF CANCER

Help with the cost of cancer
Help with the cost of cancer - Northern Ireland
It all adds up series
Keeping warm without the worry
Managing your debt
A quick guide to benefits and financial help
A quick guide to benefits and financial help - Northern Ireland

CARING — CARERS NEED SUPPORT TOO

Caring for someone with advanced cancer
Hello, and how are you? — information for carers written by carers
Let's talk about you - a guide for young carers
Lost for words: how to talk to someone with cancer

You can order all of these free booklets at macmillan.org.uk/patientsupport

Our information is available in Braille and large print on demand, that we have resources in audio and items in translation.

**WE ARE
MACMILLAN.
CANCER SUPPORT**