

您可以做什麼來幫助自己

本情況說明書介紹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、參與自己的護理和健康事務被稱為「自我管理」。您可能還會聽到另一種說法「有支援的自我管理」，因為會有一支醫護團隊為您提供支援。

若您還有其他問題，可以詢問您的家庭醫生，您正在其中接受治療的醫院裡的主要工作人員或醫生及護士。

您也可以和我們的癌症支援專員討論這些資訊。對於非英語人士，可安排口譯員。週一至週五上午9時至晚上8時，可免費致電英國麥克米倫癌症援助熱線 (Macmillan Support Line)：0808 808 00 00。若您有聽力方面的困難，可使用我們的文本電話 0808 808 0121 或文字中轉。也可造訪網站 macmillan.org.uk

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什麼是自我管理？

自我管理是指參與對您健康的日常管理。自我管理能幫助您生活得更好，若您患上了像癌症這樣可能會連續多年影響您生活的疾病，自我管理會很有幫助。諸如此類的疾病有時也稱為慢性疾病或長期疾病。

許多患上癌症的人接受治療後獲得痊癒並繼續生活許多年。這些人經常被稱為癌症倖存者。有些人在某個時候可能需要接受進一步的癌症治療。還有一些人可能帶著治療的副作用或症狀生活。

您的醫護團隊包括您的醫生、護士和其他專業醫護人員。他們具備支援癌症患者的經驗，能夠為您提供建議。他們對您本人不太瞭解。因此，您需要將您的問題、擔憂和需要告訴他們。這樣，他們才能給您提供最好的建議和幫助。您還需要告訴他們您的情況是否有所改善。

自我管理使您能夠與您的醫護團隊建立起合作關係。你們可以共同制定一份符合您需求的護理計畫。這份計畫將會幫助您管理自己的健康。

自我管理能如何幫助我？

參與到自己的護理中能幫助您改善自己的生活品質。自我管理可以幫助您：

- 瞭解自己的疾病，以及它如何影響您的生活
- 在您的生活中做出一些有益於您自己的改變
- 知道自己什麼時候需要幫助、可以向誰尋求幫助
- 感覺到能更多地掌控自己的生活。

自我管理能在各個階段幫助您，包括診斷階段、治療期間和治療之後，以及重返生活軌道之後。

治療之前的自我管理

當您第一次被告知患有癌症時，您會獲得關於癌症和不同治療方案的資訊。這有助於您：

- 瞭解情況
- 做出決定
- 提前為將來做計畫和制定目標。

瞭解

您的醫護團隊會告訴您有關癌症的資訊以及它對您意味著什麼。他們會解釋癌症對您的影響以及他們認為最適合您的治療方案。請盡量多地提問，以便您能夠充分瞭解。您可能想寫下答案——或者讓別人幫您寫下答案，以便之後再作參考。您的醫護團隊可能會給您提供一些書面資訊。若沒有，您可以請他們提供。

您還可以從麥克米倫 (Macmillan) 之類的癌症慈善機構那裡獲取資訊（見第 8 頁）。許多慈善機構都有幫助熱線和網站。網上也有大量的相關資訊。請仔細選擇那些提供可靠資訊的網站。您可以查找帶有「資訊標準」(Information Standard) 標誌的資訊。這表示這些資訊有證據支撐，並且按照嚴格的指引編寫。

做出決定和制定護理計畫

參與有關您的癌症、癌症治療和癌症對您的影響的決定，可以讓您在一定程度上有所掌控。您的醫護團隊會為您的護理和治療制定計劃。他們會與您討論您的治療方案，瞭解您對這些方案的感受。在您需要做出任何決定時，他們也可以幫到您。這意味著你們共同制定出適合您的計畫。

掌握所需的資訊有助於您做出決定。您可以提出問題以便理解您的醫護團隊給您的提議。您可能會發現，閱讀我們有關做決定的小冊子很有幫助。

提前計畫——制定目標

有些人發現，思考自己想要實現的目標很有幫助。可以是較小而容易實現的目標，也可以是較大而較為複雜的目標。制定的目標應該是您認為可以實現的，而不是您覺得太難辦成的事。當您成功實現較小的目標之後，您可以制定一些更有挑戰性的目標。

在您開始治療時，思考一下您想改變或改善的事情。例如，您可能想要：

- 改善飲食，多吃新鮮的蔬菜和水果。
- 治療期間找人在家中幫您。
- 減少吸煙量，或者戒煙。

當您制定好目標之後，就可以計畫一下實現目標的最佳方式。問問自己將要做些什麼、什麼時候去做，以及做到之後會獲得什麼回報。

想一想您有多大信心去實現目標。您可能會發現用 0 至 10 分的尺度來衡量很有幫助：0 分表示完全沒有信心，10 分表示非常有信心。爭取達到 7 分左右的信心水準。若您的信心水準低於 7，請想一想怎樣做會有所幫助，例如獲得家人與朋友的幫助和支援。

並不是所有目標都會像我們計畫的那樣進展順利。比較好的方法是，思考一下應該做些什麼，以及當事情未能按計劃進展時應該如何應對。

定期回顧您的計畫的執行情況。若您實現了目標，可考慮再制定更多的目標。若您執行計畫的過程中遇到了挫折或麻煩，您可能需要考慮改變目標或重新計畫如何實現目標。

您可以針對自己與醫護團隊的會面來制定目標。在你們會面之前，先考慮您想要談些什麼，以及您希望從會面中獲得什麼。這樣有助於您從會面中得到最大收穫。寫下一些備註有助於您記住自己希望瞭解什麼。

您可以跟家人和朋友談談您的目標，他們能給予您支援和鼓勵。您也可以跟您的醫生或專科護士交談，以便他們為您提供建議和支援。

治療期間的自我管理

您可以有很多方法在治療期間參與其中，例如：

- 按時治療與用藥
- 瞭解治療可能會引起的副作用，並且讓您的醫護團隊知道您的情況如何
- 聽從您的醫護團隊的建議。

按時治療與用藥

您的醫護團隊可能會給您提供一份治療時間計畫。例如，若您要進行放療，治療時間可能會預約在週一至週五每天的某個特定時間。或者，若您要進行化療，治療時間可能會預約為每幾週一次。按照約定時間接受治療很重要，因為您的治療計畫是按對您盡可能起效的方式制定的。

若您在某些天無法如約治療，請與您的醫生或專科護士溝通，以便另作安排。您可以透過電話與專科護士預約。

在服藥方面，請務必嚴格遵照醫囑。這樣才能確保藥物盡可能地對您起效。

若您在治療方面有不明白的地方，或者想獲得更多詳細資訊，請儘管提問。

治療的副作用

治療可能會給您帶來一些副作用。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。您必須把發生的情況告訴他們，否則他們無法幫助您。

您可以在副作用發生時記錄下來，以便在下一次按約定時間治療時可以提醒自己。試著以寫日記或者做筆記的方式來記錄副作用對您的日常生活造成的干擾。在您與醫生談話時用上您的日記可以有所幫助。

您的醫生和護士可以在如何最好地應對各種副作用方面給您提供建議。他們通常可以開一些藥來幫您控制副作用。您應當嚴格按照他們的指示來使用藥物。

您也許想做一些力所能及的事情來幫助自己應對副作用。您可以詢問那些接受過類似治療的人他們當初是怎樣應對的。他們可能會有一些對您有幫助的實用提示。您可以跟支援小組的成員交談，或者使用網上論壇。麥克米倫有一個網上社區，網址是 macmillan.org.uk/community

您也許還想透過其他方式來查找應對副作用的不同方法，例如上網查找、在當地圖書館或癌症資訊中心查找，或者撥打麥克米倫支援熱線 0808 808 00 00。

在嘗試新的應對副作用的方法之前，請先與您的醫生或主要工作人員認真討論。

遵從建議

醫護團隊的不同成員會在您的治療期間給您提供建議。例如，您可能會：

- 被告知某些食物必須避免，因為這些食物會影響您的治療
- 獲得在出現副作用時如何應對的建議
- 被建議戒煙
- 在手術之後被安排進行鍛煉。

醫護團隊的成員給您提供建議時，他們會解釋特定的建議會如何為您帶來幫助。若您不確定他們為何提出某個建議，請讓他們再解釋一遍。

是否遵從醫護團隊給您提出的建議，由您本人決定。但是他們在護理癌症患者方面經驗豐富，不會提供可能沒有幫助的建議。若您出於某些原因而無法遵從建議，或者您需要幫助，請告訴給您提供建議的人。你們可以一起想想有沒有其他可行的解決方法。

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。您可能會因為治療已完成而感到高興。但您也許會對將來感到不確定，因為將來沒有那些您所習慣的醫院支援人員和連絡人。

在這個時期，參與到自我護理中有助於您感覺到對自己的健康有所掌控。自我管理可以幫助您：

- 適應治療之後的生活
- 在生活方式上做出積極的改變
- 改善身心健康
- 應對治療的長期副作用
- 瞭解治療帶來的任何遲發效應（後果）的可能症狀
- 瞭解癌症復發時的可能跡象。

適應治療之後的生活

在結束治療之後，您的護士或醫生會問您感覺如何。他們會向您說明您在未來幾個月裡可能會有何感覺，以及可能會影響您的副作用。有時候這稱為整體需求評估。這時候非常適合提出您對將來的擔憂。

您可能會獲得一份總結，內容包括您已接受的治療以及現在會出現的情況。這份總結讓您知道以後可能需要做哪些檢查。還可能列出後續複診的日期。

有些醫院設立宣傳日、支援日或者健康診所來促進癌症後的康復。為患者提供的資訊可以幫助他們在治療之後開始管理自身健康和生活得更好。若您覺得這可能對您有用，請詢問您所在的醫院有沒有設立這些活動。

您需要知道當您對自己的健康有疑慮時可以聯繫誰，這一點非常重要。您的醫護團隊應該向您提供您的主要連絡人或主要工作人員的聯繫資訊。這位連絡人通常是臨床專科護士。

您可能會發現為將來制定目標有助於您適應治療之後的生活。這方面的內容在第 3 頁介紹。請記住，您制定的目標應當切合實際且能夠實現。每個人的康復速度各不相同，所以若您的進展比自己預想的慢，請不必感到內疚。

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。詢問您的主要工作人員，有沒有人可以讓您傾訴，例如諮詢師。

長期副作用

大多數副作用會在治療結束後開始消失。有些副作用可能會持續較長時間，偶爾也可能會有永久性的副作用。可能的長期副作用會寫在您的治療總結報告裡。假如您有什麼未見改善的副作用，一定要告訴您的癌症專科醫生或主要工作人員。這些副作用可能包括疲勞、進食困難、膀胱和腸道問題以及疼痛。你們可以共同討論應對您的副作用的最佳方法。如有必要，您的醫生可以將您轉介給其他專科醫生，以獲取更多幫助。

我們有一些關於應對不同副作用的資訊，您可能會發現這些資訊對您很有幫助。

生活方式的改變

健康的生活方式有助於加快康復和改善您的健康。您可以在生活方式上做出一些改變，例如：

- 戒煙
- 積極鍛煉身體

- 均衡飲食
- 保持健康的體重
- 堅持將飲酒量控制在合理的範圍內
- 學會減輕壓力和多些放鬆。

關於戒煙、鍛煉活動與癌症治療、健康飲食，我們還提供更多的資訊。

您的家庭醫生診所、醫院醫護團隊、藥店、社區或休閒中心也可以提供相關資訊。

知道自己要注意什麼

您可能會擔心癌症復發，或者擔心出現治療的遲發效應。與您的醫護團隊討論您的這些擔憂是種不錯的做法。他們可以告訴您需要注意什麼，以及幫您找出應對擔憂的方法。

知道自己要注意什麼意味著您可以儘早徵詢醫生的建議。這也可以消除您不必要的擔憂。

復發與晚期癌症

在某些情形下，癌症可能不會對治療完全有反應。癌症有可能會在以後再次發生（稱為復發）或擴散到身體的另一個部位（稱為繼發性癌症或晚期癌症）。若發生這種情況，您需要進一步瞭解它可能會對您產生什麼影響。您還需要與您的進一步治療方案有關的信息。

獲取幫助和支援

癌症可能會影響您生活中的其他方面，例如工作、戀愛/人際關係和財務。您可能需要相關的建議和支援來幫助您應對。

根據具體問題，您可以向不同的人士尋求幫助。首先，不妨求助您的家庭醫生、醫院醫護團隊或者社工（社會工作者）。他們也許能直接幫助您，或者向您推薦其他人。您也可以向家人和朋友尋求支援。他們往往想要幫忙，但可能不知道該怎麼幫。

您可以從許多不同的人 and 機構那裡獲得保密的建議和支援。其中包括您當地的癌症支援中心、您就醫的醫院社工部門、您的工作單位，以及類似的 **Citizens Advice**（公民諮詢局）這樣的機構（見第 7 頁）。

您也可以撥打 0808 808 00 00，與麥克米倫的癌症支援專員和福利顧問交談。

學會如何支援您自己

並非每個人都有信心或意願參與管理自己的健康。但是，您可以獲得培訓和支援，以助您提高參與度。

您的醫生、護士或主要工作人員可以幫您開始進行自我管理。他們可能知道您可以參加哪些培訓課，例如 **Expert Patients Programme**「專家患者課程」（見第 7 頁）。培訓課程通常是免費的。其目的是教您更好地管理自己的健康。有些癌症機構和支援小組也可能會舉辦培訓課（見第 7-8 頁）。

麥克米倫提供各種各樣的課程和講習班來為您提供支援。HOPE 課程（幫助有效克服問題）是一個免費的短期課程，它探討如何管理癌症對癌患者和倖存者帶來的影響。您可以在此閱讀更多資訊：learnzone.macmillan.org.uk

有用組織的詳細聯繫資訊

Citizens Advice 「公民諮詢局」

針對各種事宜提供諮詢建議，包括財務、法律、住房和就業事宜。關於您當地辦事處的詳細資訊，可在電話簿或以下網站中查找：

英格蘭和威爾士

www.citizensadvice.org.uk

蘇格蘭

www.cas.org.uk

北愛爾蘭

www.citizensadvice.co.uk

您還可以在這個網站上線上查找以各種語言提供的建議：adviceguide.org.uk

Expert Patients Programme 「專家患者課程」

提供和講授免費課程，旨在幫助患有長期疾病的人士在日常生活中更好地應對自己的疾病。

Rutherford House, Warrington Road, Birchwood Park, Warrington WA3 6HZ

電話：0800 988 5550

www.expertpatients.co.uk

Health and Social Care Alliance Scotland 「蘇格蘭健康和社會護理聯盟」

幫助蘇格蘭地區患有長期疾病的人士制定自我管理策略和培養良好習慣。其中包括「我的疾病、我的期限、我的生活」（My condition, my terms, my life）活動。

Venlaw Building, 349 Bath Street, Glasgow G2 4AA

電話：0141 404 0231

www.alliance-scotland.org.uk/what-we-do/self-management/

Self-management Support Resource Centre 「自我管理支援資源中心」

90 Long Acre, London WC2E 9RA

電話：020 7257 8000

電子郵件：info@health.org.uk

<http://selfmanagementsupport.health.org.uk>

為患有各種長期疾病的人士提供關於自我管理的資訊。

Self Management UK 「英國自我管理」

為患有長期疾病的人士講授多種自我管理課程。

電話：03333 445 840

電子郵件：hello@selfmanagementuk.org

www.selfmanagementuk.org

相關的麥克米倫資訊

- 控制癌症的症狀
- 飲食問題與癌症
- 戒煙
- 健康飲食與癌症
- 癌症費用援助
- 您的感受如何？癌症對情緒的影響
- 癌症治療後的生活
- 做出治療決定
- 鍛煉活動與癌症治療
- 癌症治療結束後該做什麼：10 大提示

若需這些資料的副本，請撥打免費電話 0808 808 00 00 或造訪 **macmillan.org.uk**

本情況說明書由麥克米倫癌症援助中心的癌症資訊開發小組負責編寫、修訂和編輯。本情況說明書經麥克米倫腫瘤醫學顧問兼麥克米倫醫學總編 Tim Iveson 博士審核。

感謝癌症服務經理兼運營主管 Dany Bell、護理顧問 Natalie Doyle、專案協調員 Anna Lynall 及所有受癌症影響、閱讀本檔案的人員。

編撰本資料時使用了來自多個可靠的資訊來源，包括：

- McCorkle 等。Self-management: enabling and empowering patients living with cancer as a chronic illness 「自我管理：讓慢性癌症患者能夠並掌控生活」。CA: A Cancer Journal for Clinicians 《CA：臨床醫生癌症雜誌》。2011 年，61(1)。
- National Cancer Survivorship Initiative (NCSI) 「國家癌症存活計畫」——Self Care/Self Management Workgroup 「自我護理/自我管理工作組」。Survivorship: living with and beyond cancer 《存活：患癌後倖存於世》，2008 年。
- 蘇格蘭政府。「Gau Yersel!」(加油!) The Self Management Strategy for Long Term Conditions in Scotland 《蘇格蘭長期疾病自我管理策略》，2008 年。

我們盡最大努力確保本文所提供資訊的準確性，但是，由於醫療研究現狀不斷變化，所以請勿過度依賴此資訊。具體情況請諮詢您的醫師。麥克米倫不對由於本文資訊或網站所連結的網站上的資訊等第三方資訊的不準確性造成的任何損失或損害承擔任何責任。

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MAC14365



What you can do to help yourself

This fact sheet is about things you can do to help yourself when you have cancer. Doing things for yourself and becoming involved in your care and health is known as self-management. You may also hear it called supported self-management, as your healthcare team will be there to support you.

If you have any further questions, you can ask your GP, key worker or the doctor and nurse at the hospital where you are having your treatment.

You can also discuss this information with our cancer support specialists. Interpreters are available for non-English speakers. Call the Macmillan Support Line free on **0808 808 00 00**, Monday–Friday, 9am–8pm. If you're hard of hearing you can use textphone 0808 808 0121, or Text Relay. Alternatively, visit macmillan.org.uk

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- 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
- Contact details of useful organisations

What is self-management?

Self-management is about being involved in the day-to-day management of your health. It can help you live better and can be useful when you have an illness like cancer that can affect your life for many years. Conditions like this are sometimes called chronic or long-term conditions.

Lots of people with cancer are cured or live for many years after treatment. These people are often called cancer survivors. Some people may need further treatment for the cancer at some point. Others may be living with treatment side effects or symptoms.

Your healthcare team are your doctors, nurses and other health professionals. They have experience in supporting people with cancer and can give you advice. They don't know you well as a person. So you need to tell them about your problems, concerns and needs. This way they can give you the best advice and help. And you need to let them know if things are improving for you or not.

Self-management allows you to form a partnership with your healthcare team. You can work together to make a plan of care that meets your needs. The plan will help you manage your health.

How can self-management help me?

Being involved in your care can help improve your quality of life. It can help you:

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

Self-management can help you at all stages: at diagnosis, during and after treatment, and when you're getting on with life again.

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 will help you:

- understand what is going on
- make decisions
- plan ahead and set goals for the future.

Understanding

Your healthcare team will tell you about the cancer and what it means for you. They will explain how it affects you and the treatment options they think are best for you. Ask as many questions as you need to help you understand. You may want to write down the answers – or get someone else to write them down – so you can refer back to them later. Your healthcare team may give you some written information. If they don't, you can ask for it.

You can also get information from cancer charities like Macmillan (see pages 8–9). Many charities have helplines and websites. There is a lot of information available on the internet. Be careful to look for websites that produce reliable information. You can look for information that has the Information Standard logo on it. This means it is based on evidence and is produced according to strict guidelines.

Decision making and care planning

Being involved in decisions about your cancer, its treatment and how it affects you can give you some control. Your healthcare team will make a plan for your care and treatment. They will talk to you about your treatment options and find out how you feel about them. They can also help you with any decisions you need to make. This means that together you can make a plan that's right for you.

Having the information you need will help you make decisions. You can ask questions to help you understand what your healthcare team are offering you. You may find it helpful to read our booklet about making decisions.

Planning ahead – setting goals

Some people find it useful to think about what they want to achieve – their goals. Goals can be small and easy to achieve, or bigger and more complex. Set goals you think you can achieve and not things you'll find too difficult. As you succeed with small goals, you can set more challenging ones.

Think about something you want to change or improve as you start treatment. For example, you may want to:

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

Once you've decided on your goal, you can plan how best to achieve it. Ask yourself what you are going to do, when you are going to do it and what reward you will get once you have achieved it.

Think about how confident you are that you will achieve your goal. You might find it helpful to use a scale of 0–10, with 0 being not confident at all and 10 being very confident. Aim for a confidence level of around 7. If your confidence level is under 7, think about what will help, for example getting help and support from family and friends.

Not all our goals go to plan. It's a good idea to think about what to do and how to cope if things don't go as planned.

Check how you are doing with your plan regularly. If you've achieved your goals, think about setting some more. If you've had setbacks or trouble following your plan, you may need to think about changing the goals or replanning how you can achieve them.

You can set goals for the appointments you have with your healthcare team. Before you meet, think about what you'd like to talk about and what you want to get from the meeting. This can help you get the most from the appointment. Writing down some notes can help you remember what it is you want to know.

You can talk about your goals with your family and friends, who can give you support and encouragement. You can also talk to your doctor or specialist nurse so they can advise and support you.

Self-management during treatment

There are lots of ways to get involved during your treatment, such as:

- attending appointments and taking your medicines
- being aware of possible side effects of treatment and letting your healthcare team know how you are
- following the advice from your healthcare team.

Attending appointments and taking medicines

Your healthcare team will probably give you a plan of when you will have your treatment. For example, if you're having radiotherapy, your treatment may be booked at a certain time every day, Monday to Friday. Or if you're having chemotherapy you may be booked in once every couple of weeks. It's important to keep these appointments, as your treatment is planned to be as effective as possible.

If you have trouble getting to appointments on certain days, talk to your doctor or specialist nurse to make other arrangements. You may be able to have a phone appointment with the specialist nurse.

Always take any medicines you are given exactly as you have been told. This way you can make sure they work as well as possible for you.

Ask questions if you don't understand about your treatment or want more details.

Side effects of treatment

You may get side effects from your treatment. It is important to let your doctors and nurses know about any side effects you have. They can't help you unless you tell them what's going on.

You can write down any side effects as they occur, to help remind you at your next appointment. Try keeping a diary or making a note of how side effects interfere with your day-to-day life. You can use your diary to help you when you are talking to your doctor.

Your doctors and nurses can give you advice on the best way to manage any side effects. They can often prescribe drugs to help control them. You should take medicines exactly as they have been explained.

You may want to find things you can do yourself to help you manage side effects. You can ask other people who have been through similar treatment how they coped. They may have practical tips that could help you. You could speak to members of a support group or use an online forum. Macmillan has an online community at macmillan.org.uk/community

You may also like to look for different ways of managing side effects online, at your local library or cancer information centre, or by calling the Macmillan Support Line on **0808 808 00 00**.

Before trying new ways of managing side effects, talk it over with your doctor or key worker.

Following advice

Different members of the healthcare team will give you advice during your treatment. For example, you may be:

- told to avoid certain foods because they interact with your treatment
- advised on how to manage side effects if you get them
- advised to stop smoking
- given exercises to do following surgery.

When members of the healthcare team give you advice, they should explain how it will help you. If you're unsure why they have suggested something, ask them to explain it again.

It's up to you whether you follow the advice your healthcare team give you. But they are experienced in caring for people with cancer and won't suggest things that aren't likely to be helpful. If for some reason you can't follow the advice, or you need help, talk to the person who gave you the advice. You can work together to look at different possible solutions.

Self-management after treatment

Adjusting to life after treatment is sometimes difficult. You may feel happy that treatment has finished. But you may feel uncertain about the future when you won't have the support and contact with the hospital that you're used to.

During this time, becoming involved in your own care can help you feel more in control of your health. It can help you:

- adjust to life after treatment
- make positive lifestyle changes
- improve your health in mind and body
- manage any ongoing side effects of treatment
- know the possible symptoms of any late effects (consequences) of treatment
- know 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're feeling. They will explain how you are likely to feel over the next few months and

about any side effects that may affect you. This is sometimes called a holistic needs assessment. It's a good time to mention any worries you have for the future.

You may be offered a summary of the treatment you have had and what to expect now. This tells you about any tests you may need in the future. It may also give you the dates of follow-up appointments.

Some hospitals run education and support days or health and well-being clinics to promote recovery after cancer. People are given information to help them begin to manage their health and live better after treatment. If you think this would be useful for you, ask if your hospital runs one of these days.

It's important to know who to contact if you have any concerns about your health. Your healthcare team should give you contact details of someone who will be your main contact or key worker. This is often the clinical nurse specialist.

You may find setting goals for the future helps you adjust to life after treatment. This is discussed on pages 3–4. Remember to be realistic about what you can achieve.

People recover from treatment at different speeds, so don't feel guilty if you're taking a bit longer than you thought.

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

Ongoing side effects

Most side effects begin to go away after treatment ends. Some side effects can last longer and can occasionally be permanent. Potential long-term effects will be included in your treatment summary. Always let your cancer specialist or key worker know if you have side effects that are not getting better. These can include tiredness, eating difficulties, bladder and bowel problems, or pain. Together you can talk about the best way of managing your side effects. Your doctor can refer you to other specialists for further help, if needed.

We have information about managing different side effects that you may find helpful.

Lifestyle changes

A healthy lifestyle can help speed up recovery and improve your well-being. You could make changes to your lifestyle such as:

- giving up smoking
- being physically active
- eating a well-balanced diet
- keeping to a healthy weight
- sticking to sensible drinking limits
- learning how to reduce stress and relax more.

We have more information about stopping smoking, physical activity and cancer treatment, and healthy eating.

Your GP practice, hospital team, pharmacy and community or leisure centre can also provide information.

Knowing what to look out for

You may worry about the cancer coming back or about getting late effects of treatment. It's a good idea to talk about these concerns with your healthcare team. They can tell you what to look out for and help you find ways of coping with your worries.

Knowing what to look out for means you can ask your doctor for advice early. It can also stop you from unnecessary worry.

Recurrence and advanced cancer

In some situations, cancer may not completely respond to treatment. It may come back again later on (called a recurrence) or spread to a different part of the body (called secondary or advanced cancer). If this happens, you will need more information about how it may affect you. You will also need information about your options for further treatment.

Getting help and support

Cancer can affect other parts of your life, such as work, relationships and finances. You may need advice and support to help you cope.

There are different people you can ask for help, depending on the problem. A good place to start is your GP, hospital healthcare team or a social worker. They may be able to help you directly, or refer you to someone else. You can also ask your family and friends for support. They often want to help but might not know how.

You can get confidential advice and support from a range of people and organisations. These include your local cancer support centre, your hospital social work department, your workplace and organisations like Citizens Advice (see page 8).

You can also speak to Macmillan's cancer support specialists and benefits advisers on **0808 808 00 00**.

Learning how to support yourself

Not everyone has the confidence or wants to be involved in managing their own health. But you can get training and support to help you get more involved.

Your doctor, nurse or key worker may be able to help you start self-managing. They may know of training courses you could do, such as the Expert Patients Programme (see below). Training courses are often free. They aim to show you ways to manage your health better. Some cancer organisations and support groups may also run training courses (see below).

Macmillan offers a range of courses and workshops that can support you. The HOPE course (Helping to Overcome Problems Effectively) is a free short course that looks at ways to manage the impact of living with and beyond cancer. You can read more at learnzone.macmillan.org.uk

Contact details of useful organisations

Citizens Advice

Provides advice on a variety of issues including 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

Scotland
www.cas.org.uk

Northern Ireland
www.citizensadvice.co.uk

You can also find advice online in a range of languages at adviceguide.org.uk

Expert Patients Programme

Rutherford House, Warrington Road, Birchwood Park, Warrington WA3 6HZ
Tel 0800 988 5550

www.expertpatients.co.uk

Provides and delivers free courses aimed at helping people who are living with a long-term health condition to manage their condition better on a daily basis.

Health and Social Care Alliance Scotland

Venlaw Building, 349 Bath Street, Glasgow G2 4AA
Tel 0141 404 0231

www.alliance-scotland.org.uk/what-we-do/self-management

Helps develop self-management policies and good practice for people living with long-term conditions in Scotland. This includes the campaign *My condition, my terms, my life*.

Self-management Support Resource Centre

90 Long Acre, London WC2E 9RA

Tel 020 7257 8000

Email info@health.org.uk

<http://selfmanagementsupport.health.org.uk>

Offers information on self-management for people living with a variety of long-term conditions.

Self Management UK

Tel 03333 445 840

Email hello@selfmanagementuk.org

www.selfmanagementuk.org

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

Related Macmillan information

- Controlling the symptoms of cancer
- Eating problems and cancer
- Giving up smoking
- Healthy eating and cancer
- Help with the cost of cancer
- How are you feeling? The emotional effects of cancer
- Life after cancer treatment
- Making treatment decisions
- Physical activity and cancer treatment
- What to do after cancer treatment ends: 10 top tips

For copies of this information call free on **0808 808 00 00** or visit **macmillan.org.uk**

This fact sheet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by our Chief Medical Editor Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to Dany Bell, Cancer Manager and Head of Operations; Natalie Doyle, Nurse Consultant; Anna Lynall, Project Co-ordinator; and the people affected by cancer who reviewed this edition.

This fact sheet has been compiled using information from a number of reliable sources, including:

- McCorkle et al. Self-management: enabling and empowering patients living with cancer as a chronic illness. *CA: A Cancer Journal for Clinicians*. 2011. 61(1).
- National Cancer Survivorship Initiative (NCSI) - Self Care/Self Management Workgroup. *Survivorship: living with and beyond cancer*. 2008.
- Scottish Government. "*Gaun Yersel!*" *The Self Management Strategy for Long Term Conditions in Scotland*. 2008.

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