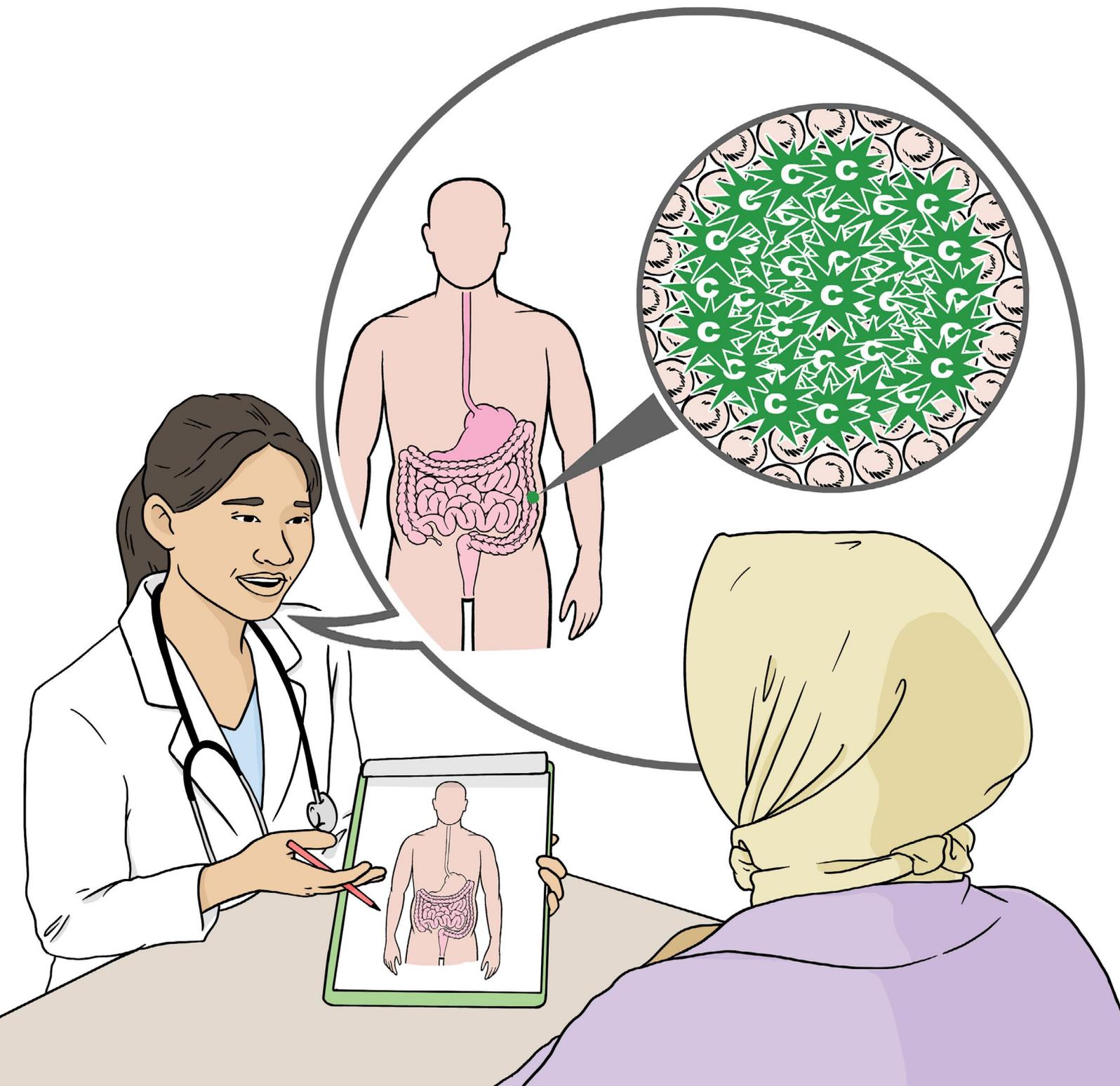


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**MACMILLAN**  
CANCER SUPPORT

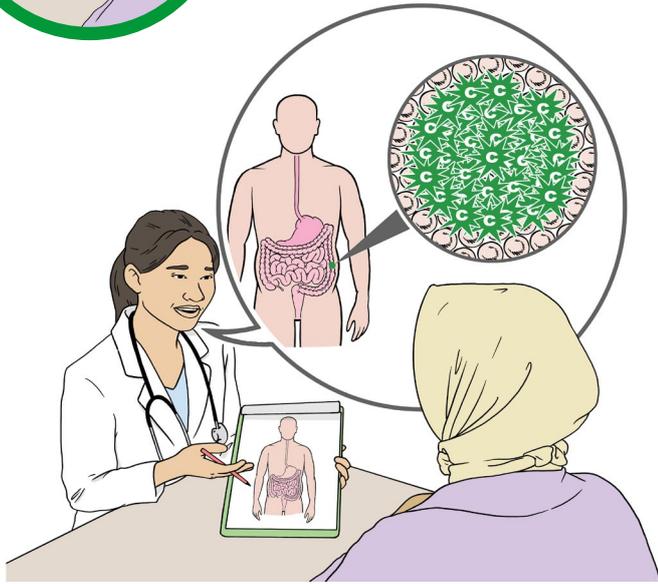
easy  
read

# Finding out you have cancer

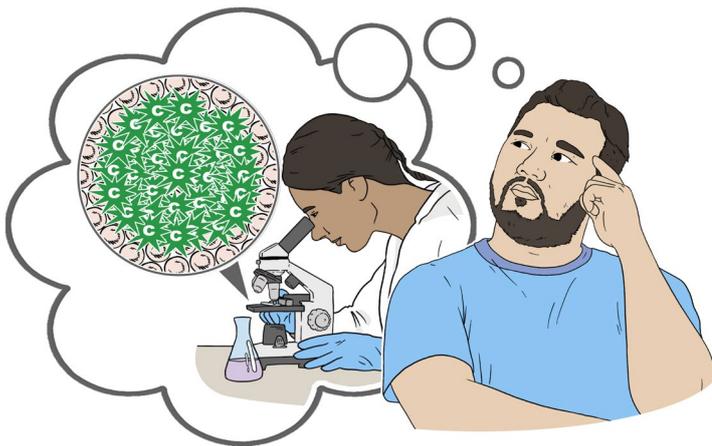




# About this easy read booklet



This booklet is about finding out you have cancer.



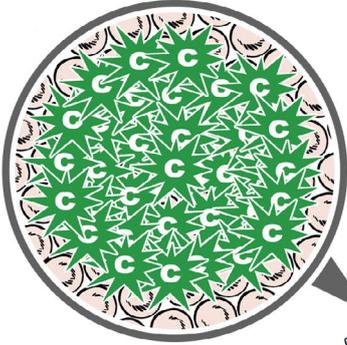
You can learn about what will happen when you find out you have cancer.



If you are worried about your health, you should talk to a doctor or nurse.



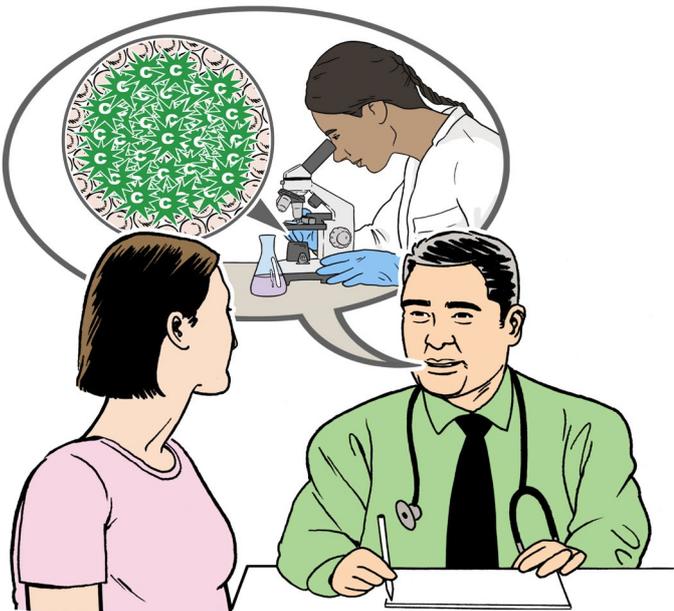
# Finding out you have cancer



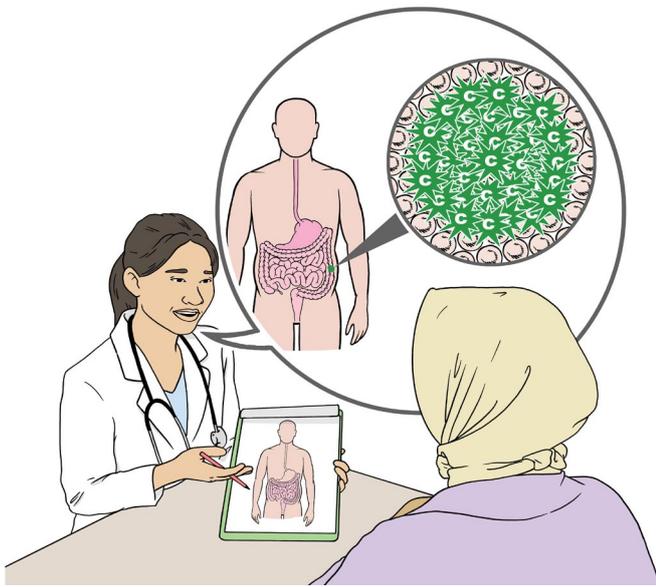
You usually have tests to help **diagnose** cancer.



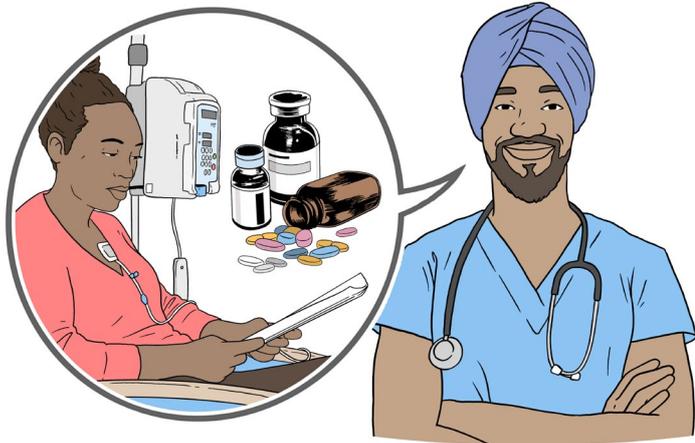
**Diagnosis** means finding out if you have an illness or not.



Your doctor will explain what the tests show. They will tell you the type of cancer you have.



Your doctor will tell you about the stage of the cancer. This usually means how big the cancer is and whether it has spread from where it started.



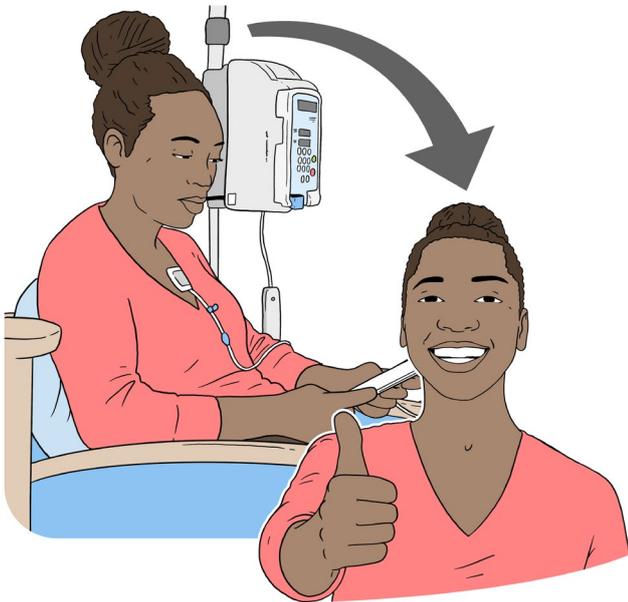
The doctor will explain about the different ways to treat cancer. It can be hard to understand all the things the doctor will tell you.



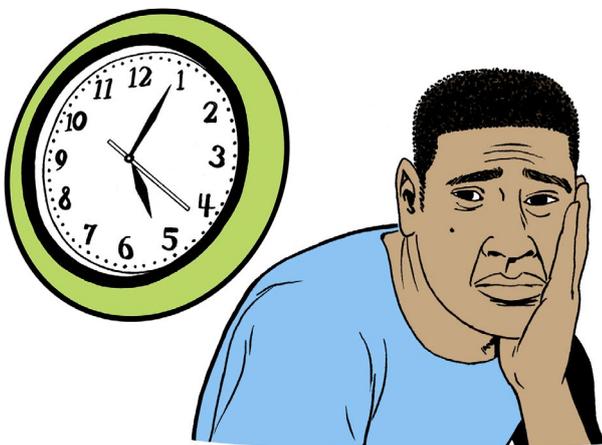
The doctor, nurses and the people who support you can help you to understand what your diagnosis means and what will happen next.



It can be scary to find out you have cancer. You may be worried about what will happen to you.



Even though cancer is a serious illness, there are lots of people and treatments that can help.



You might need some time to think about it all.



Talking to someone may also help. This could be someone who supports you, like a family member, a friend or your carer.



Sometimes it can be hard to talk to people you know about cancer



If you want to talk about cancer, your doctor or nurse can help. They can answer your questions and help with any worries you have.



You can also talk to Macmillan about cancer. You can call us free on **0808 808 00 00** 7 days a week from 8am to 8pm.



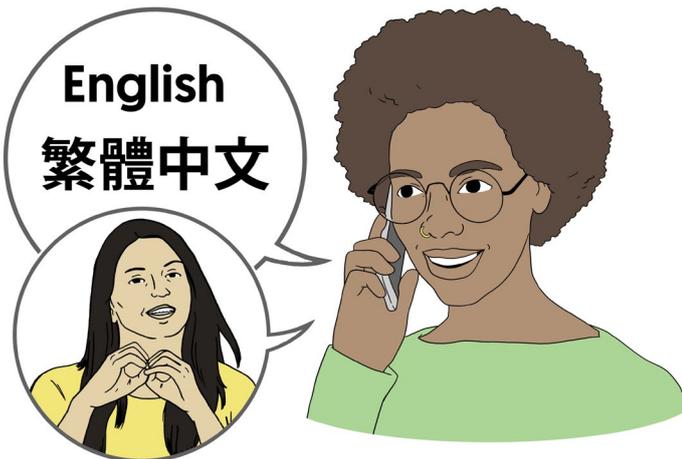
# How Macmillan can help you



You can get support from:

## The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

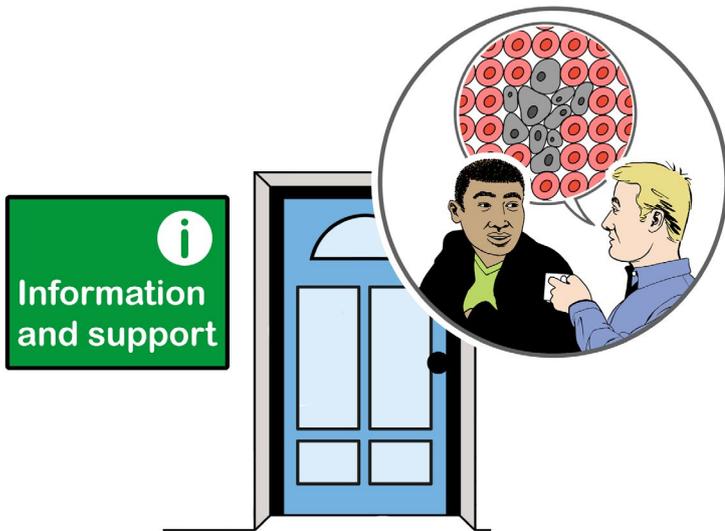


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



## The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



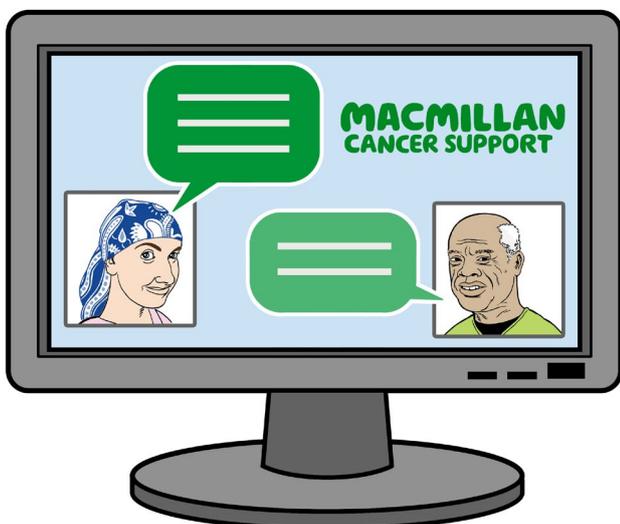
## Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



## Local support groups

Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



## Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

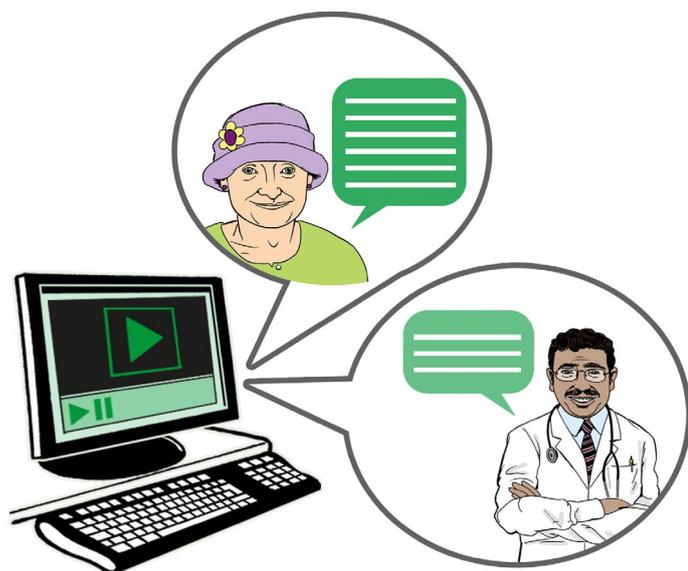


Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://www.be.macmillan.org.uk)



### Videos

You can watch videos about cancer at

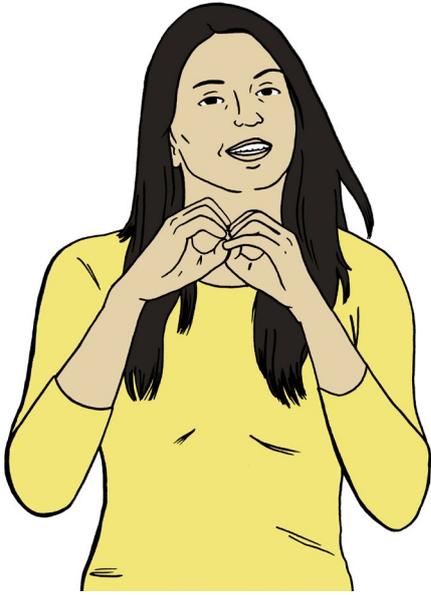
[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



### Audio

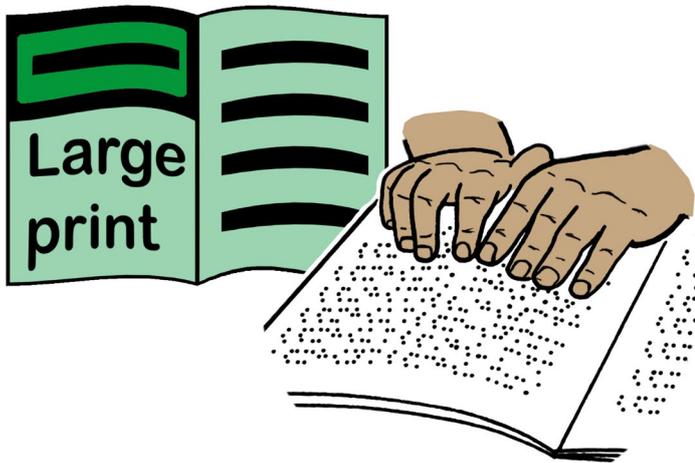
You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



### Large print or Braille

Tell us if you need information in large print or Braille.  
Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

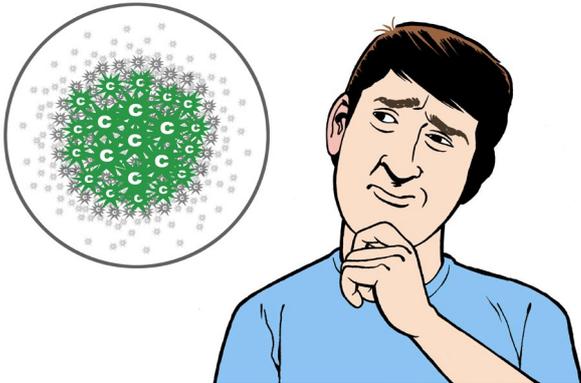


### Translations

Tell us if you need information in another language.  
Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



# More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:

## About Macmillan

- How Macmillan Cancer Support can help you

## About cancer

- Lung cancer
- What is cancer?

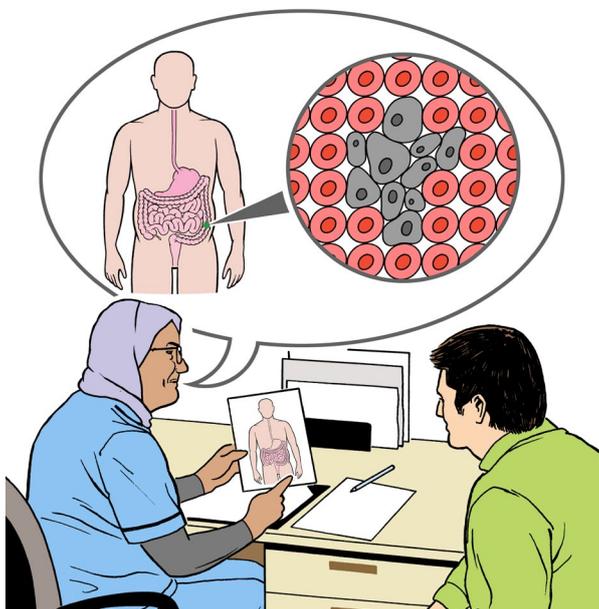
## Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor

## Treatment for cancer

- Chemotherapy
- Deciding about your treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer





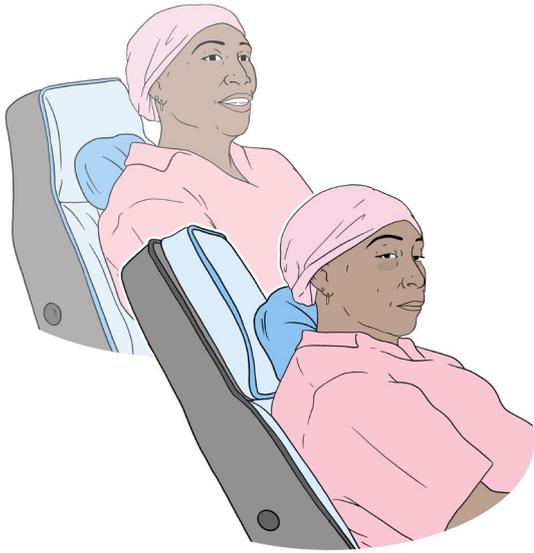
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex

## Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



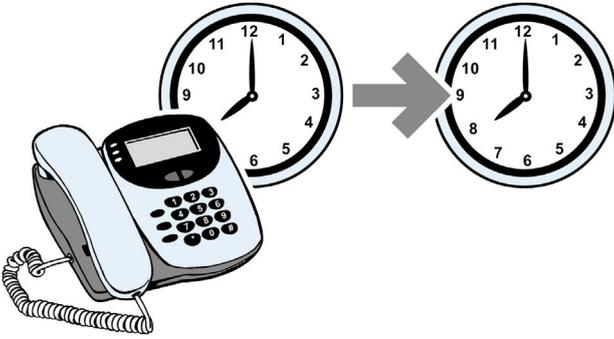
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about finding out you have cancer.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call: **18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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