

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Deciding about treatment

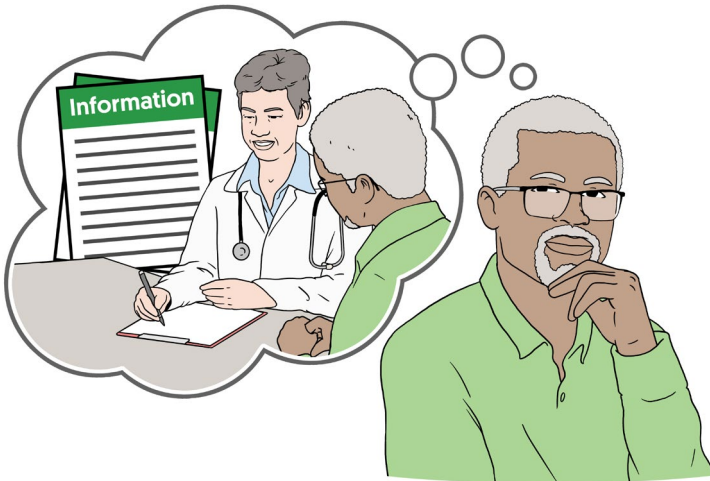




# About this easy read booklet



This booklet is about making decisions about cancer treatment.



You can learn about what can help you to make decisions, and who you can ask for help.



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



# Deciding about your treatment



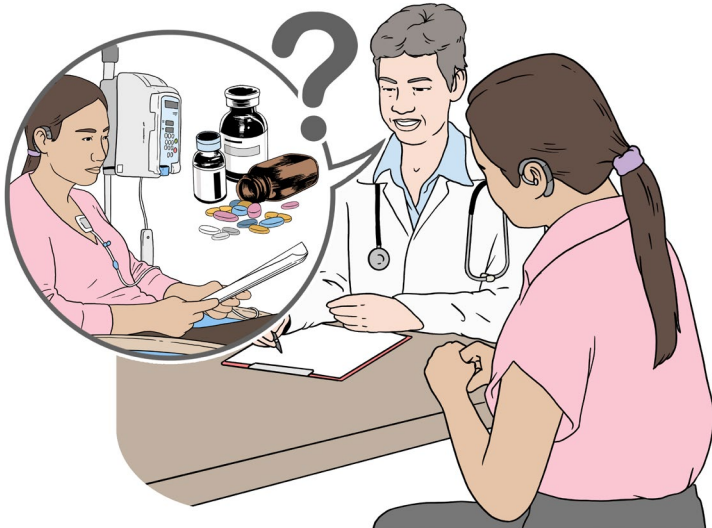
Doctors will talk to you about the treatment they think is best for you. They will explain why you need the treatment and how it might make you feel.



You need to understand this information before you agree to have a treatment. When you agree to have a treatment it is called giving your **consent**.



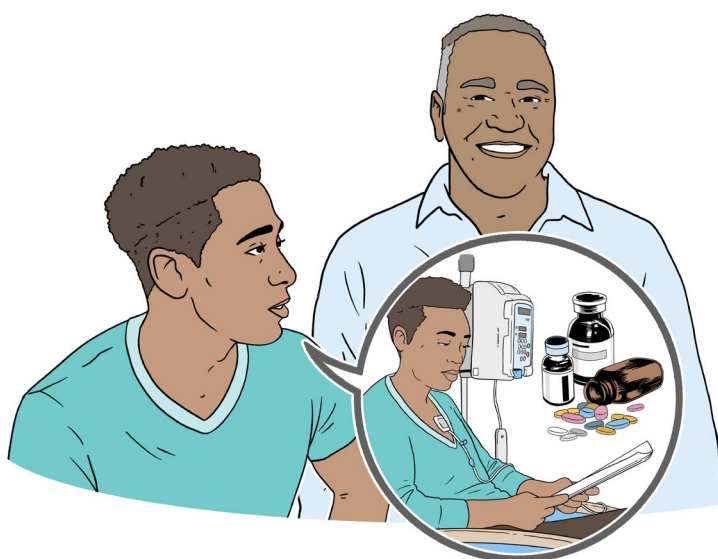
We have another booklet called **Giving your consent**. It explains what it means to give your consent.



Sometimes doctors ask you to choose between different treatments. This can happen when both treatments are helpful in treating the cancer.



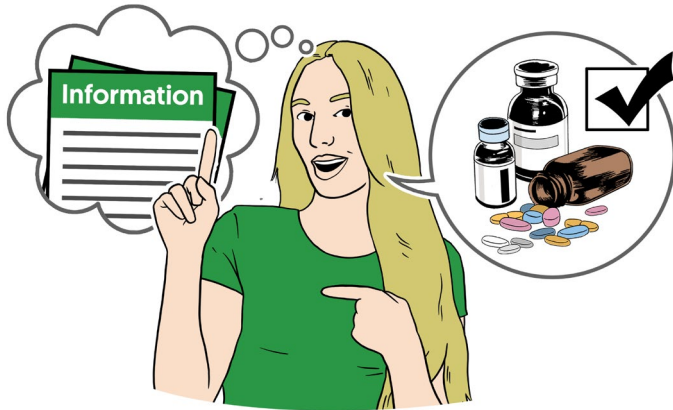
You decide which treatment is right for you but you do not have to decide alone. Your doctor and nurse can help you.



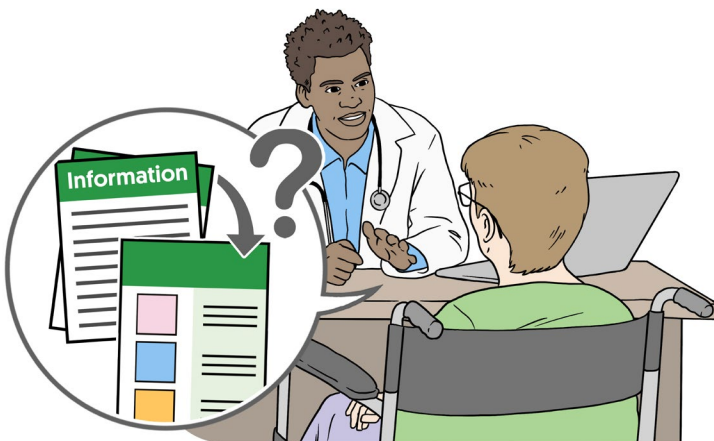
You can also talk to a family member, a friend, carer, support worker or social worker.



# Understanding treatment



Understanding more about a treatment can help you to decide if it is right for you.



Ask your doctor or nurse for information that is easy to understand.



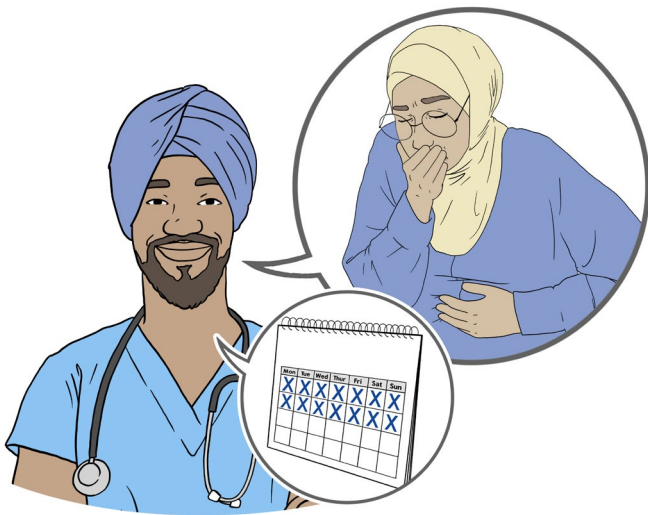
You can also ask if there are videos or pictures to help explain things.



# Side effects of treatment



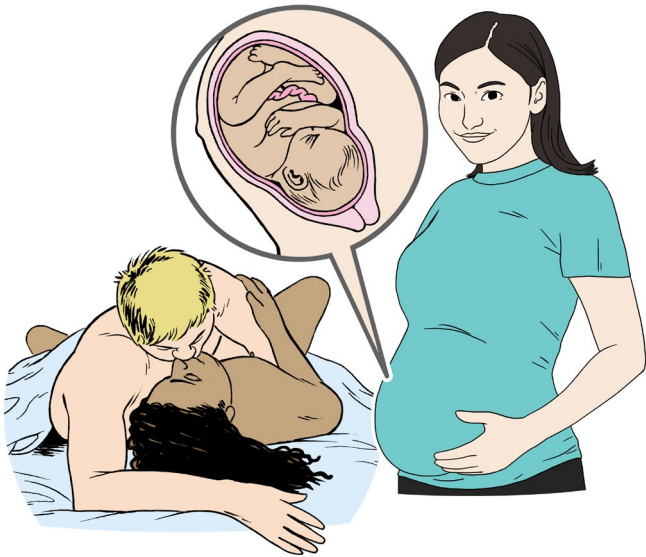
**Side effects** are changes in your body that can happen after you have a treatment.



Your doctor or nurse can explain what the side effects of your treatment might be and how long you might have them for.



Side effects can be different for each person and they can affect your life in different ways.



For example, a treatment might:

- affect your sex life or being able to have children in the future



- make you need to pee a lot



- make you feel sick.



You might choose a treatment because it has fewer side effects. Or because it has side effects that you are less worried about.



## How treatment is given



Ask your doctor or nurse where the treatment will be given and how long it may take.

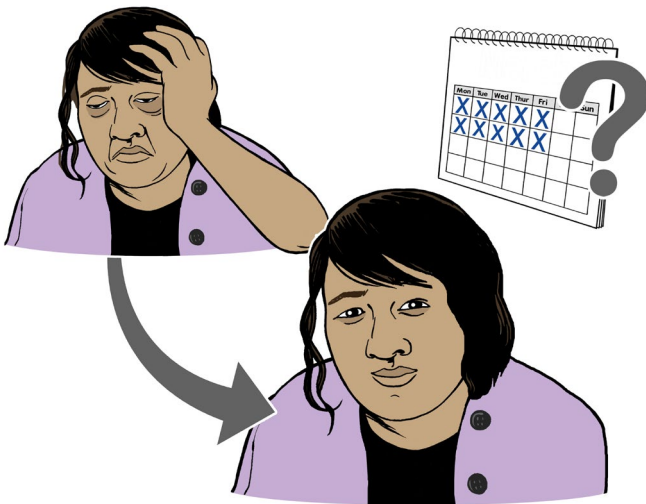
You could ask:

- Where will I have the treatment?

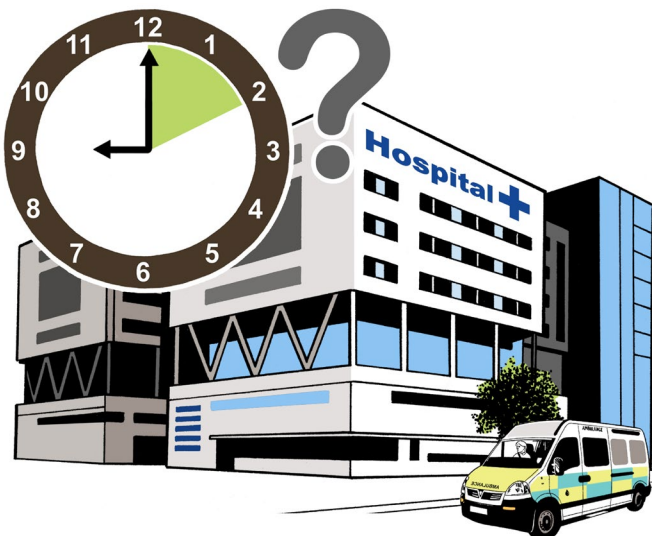




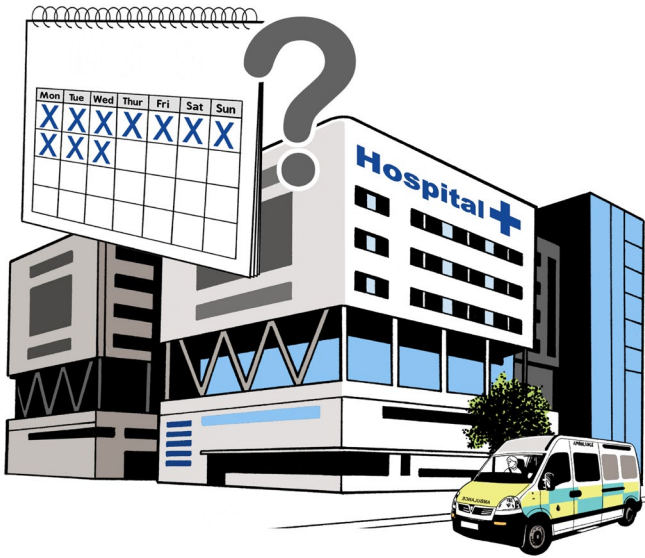
- How many times will I need the treatment?



- How long does it take to recover from this treatment?



- If I come to the hospital for treatment how many hours will the treatment take?



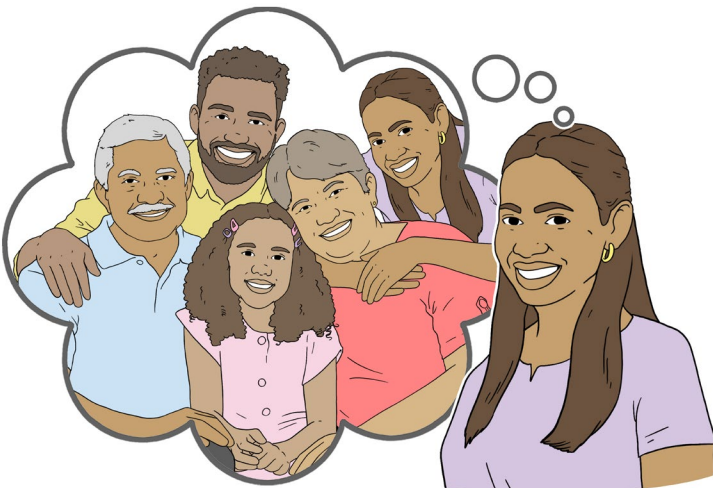
- If I have an **operation** how long will I have to stay in hospital for?



An **operation** is when a doctor removes, replaces or fixes something inside your body.



## What is important to you



Think about how a treatment could affect you and what is important to you. This is different for everyone.



You might think about:

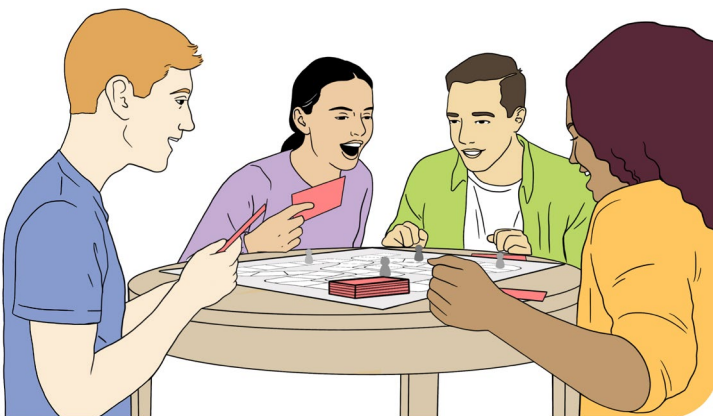
- **Your life at home**

Some people want treatment that means less time away from home.



- **Your work**

If work is important you might choose a treatment that lets you keep working.



- **Your social life**

You might choose treatment that means you can still do the things you enjoy with people close to you.



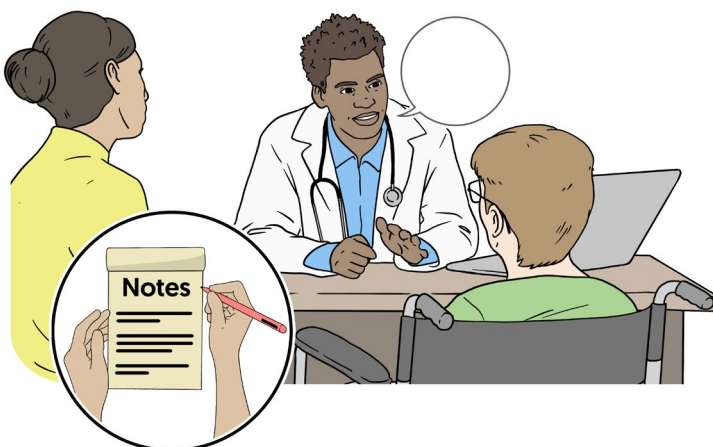
# Ask questions



Ask your doctor or nurse to explain things in a way you can understand. If you have questions it is OK to ask them.



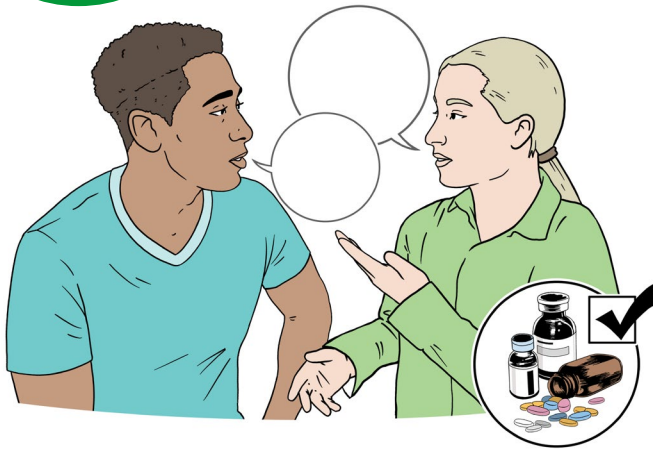
You can make a list of your questions. Family, friends or a carer can help if you want.



They can also be with you at appointments and take notes. This helps you to remember what was said.



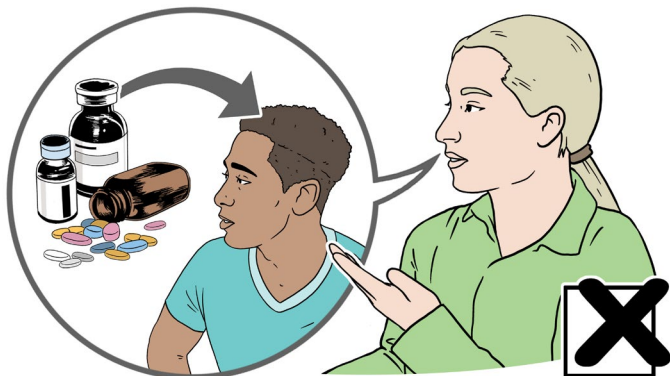
# Talk to other people



Talking to other people who have had treatment can sometimes help.



You could ask people at a cancer support group or talk with people online. They can tell you how they felt and what helped them when they had treatment.



They can not tell you which treatment to have, and they will not know what side effects you will get.



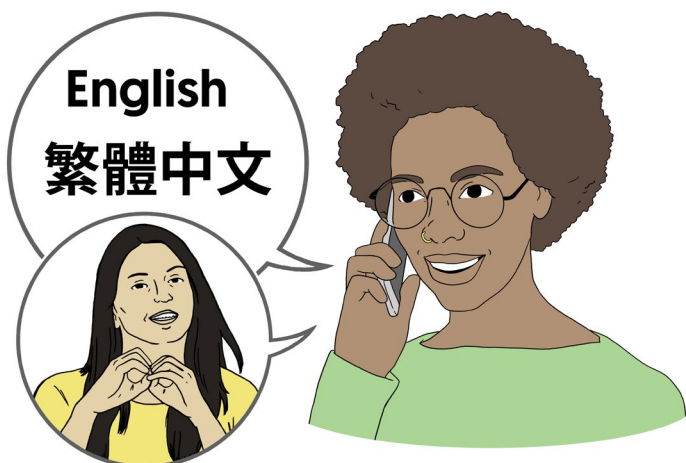
# How Macmillan can help you



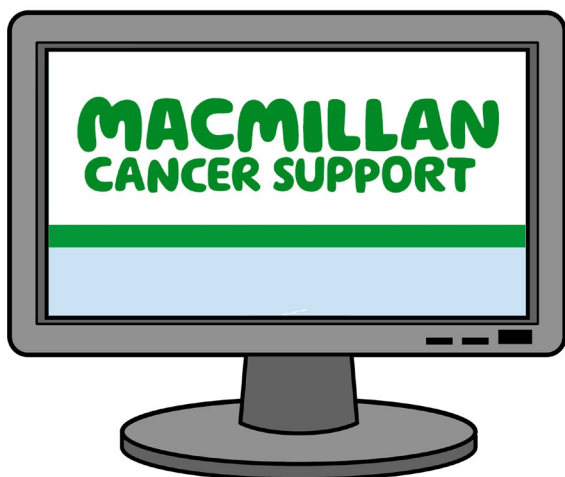
You can get support from:

## The Macmillan Support Line

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

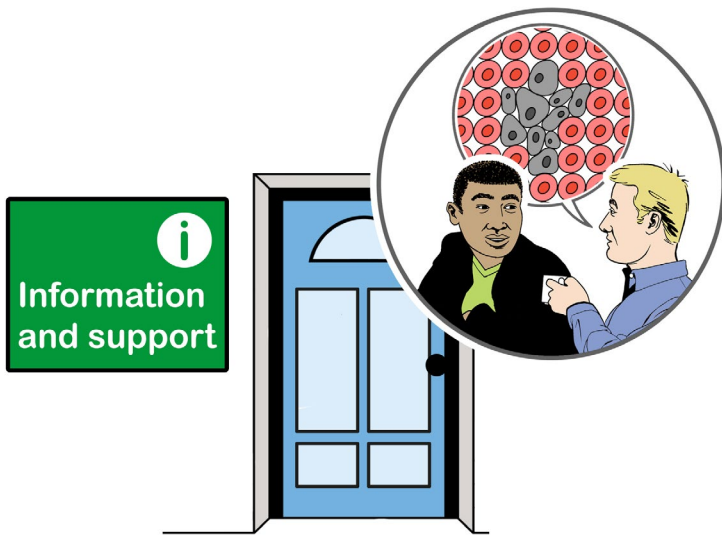


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



## 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)



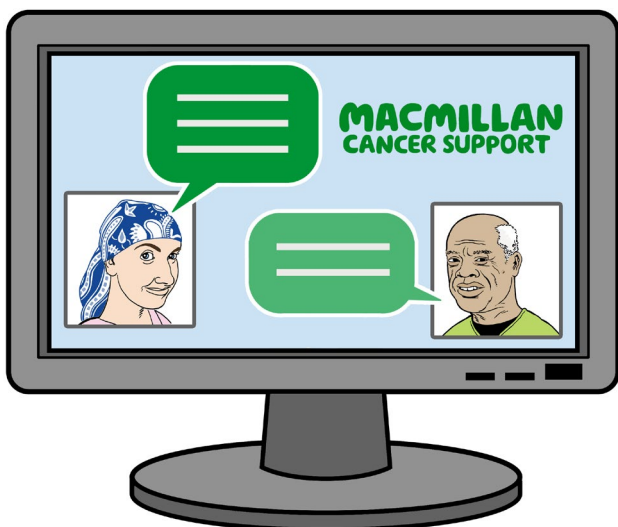
## Information centres

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.



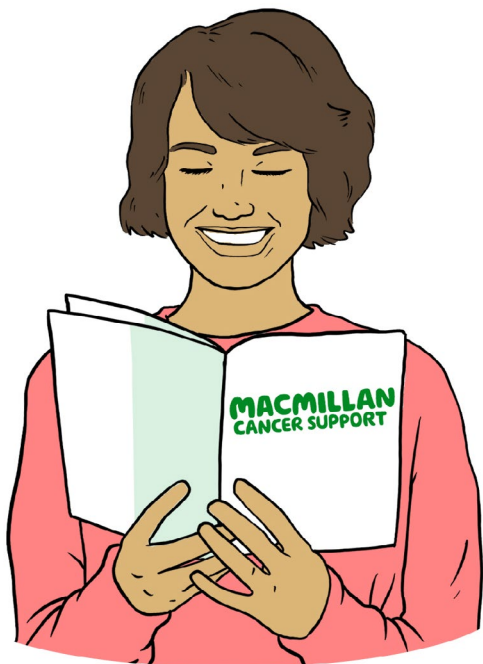
## Local support groups

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

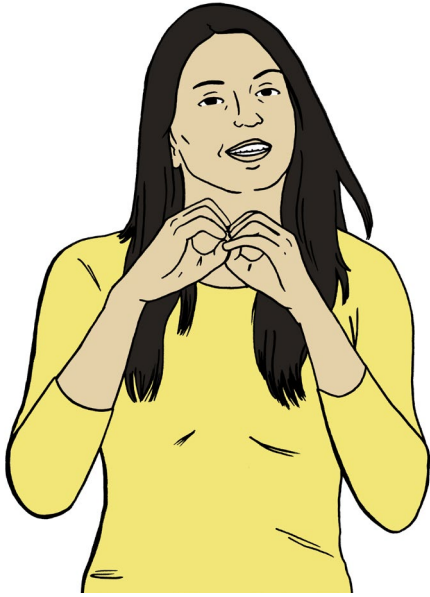
[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



### Audio

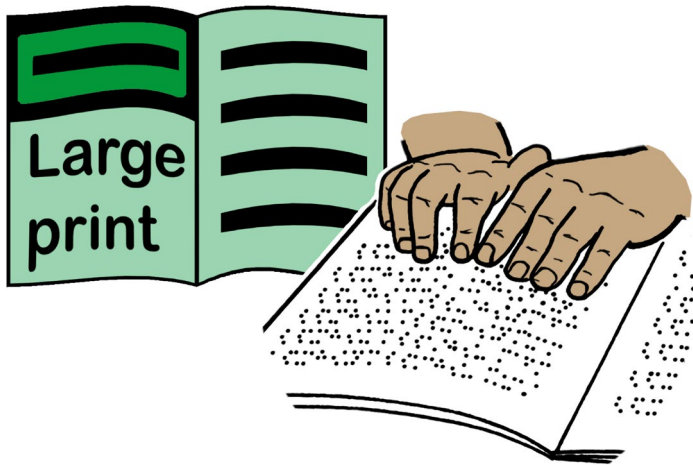
You can listen to information about cancer and order CDs from

[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



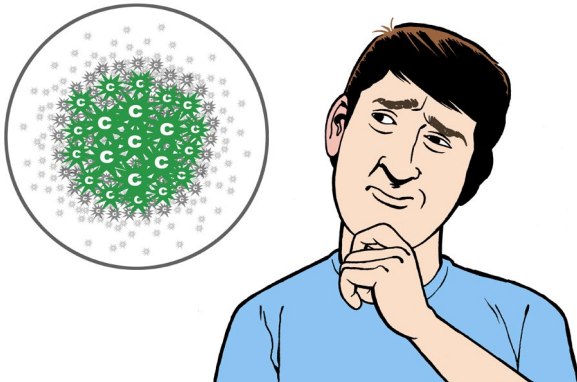
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



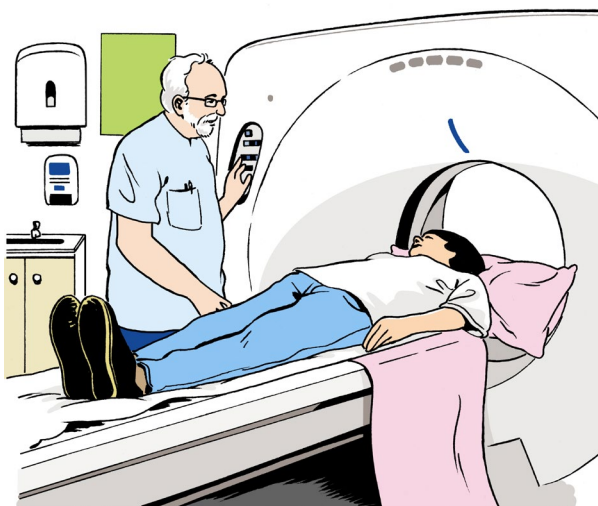
## About cancer

- Lung cancer
- What is cancer?



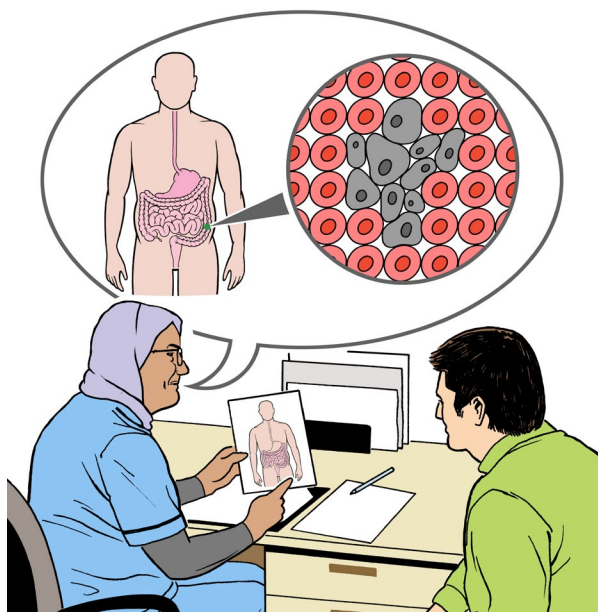
## Signs and symptoms

- 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



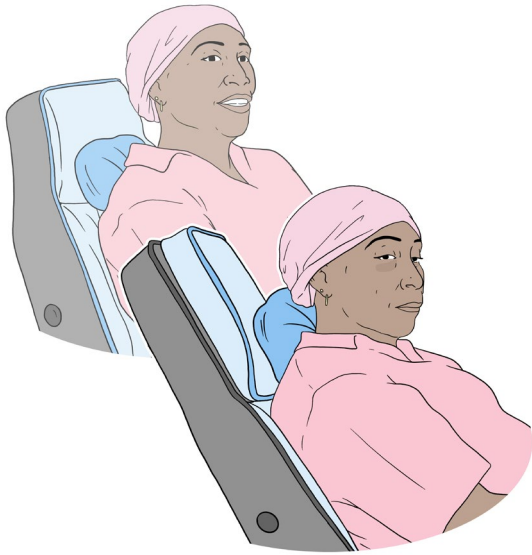
## Living a healthy life

- 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



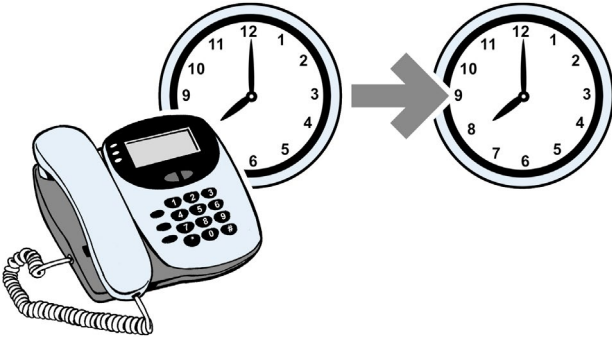
## After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

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 deciding about treatment.

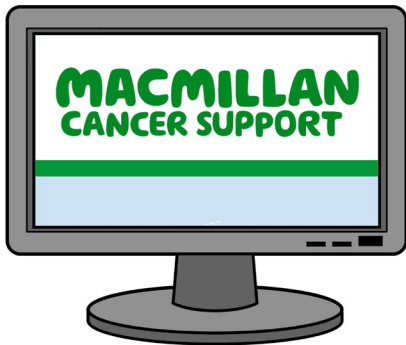
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- 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)**

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Patient Information Forum



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