



cancerFAMILYcare

provides Strength for
the Journey when
cancer strikes.

About Cancer Family Care

Since 1971, Cancer Family Care (CFC) has provided counseling, education, and emotional support to people affected by cancer.

CFC offers four programs: The Center for Individual and Family Counseling, Treehouse Children's Services, The Coping Connection – Education and Outreach, and Tresses Wig Program.

Cancer Family Care seeks to help children and adults cope with the effects of a cancer-related illness or loss. CFC is known throughout Southwestern Ohio and Northern Kentucky as a force of compassion and strength in the face of cancer and bereavement.

*I froze when the doctor said
cancer!* your guide to communicating
with health care professionals

Some Questions to Ask:

- **What test or examination will be used to indicate I have cancer?**
- **What type of cancer do I have?**
- **What are my options for treatment? What treatment would you recommend?**
- **What are the risks of the treatment?**
- **What are the side effects? Can anything be done to lessen the side effects?**
- **Will I experience pain? What can be done about pain? (Remember, you have a right to have your pain controlled at all times!)**
- **What should my family and I do if we are afraid, anxious, angry, or depressed?**
- **How can we talk about our feelings? (The social workers at Cancer Family Care are part of your health care team. They can talk with you, your family, friends, and co-workers about handling emotions and communicating feelings.)**
- **Will my cancer and/or treatment interfere with my sexual functioning or with fertility?**
- **How should my health be monitored after treatments are over?**

Going to the Doctor's Office:

- Before the visit, write down your questions as you think of them.
- Invite someone to go with you. Ask that person to help you listen, remember, and ask questions.
- Bring paper and pen to take notes.
- You may find it helpful to repeat what the doctor says.
- Ask the doctor to explain medical terms in non-medical words.

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- Request a second opinion, if desired.
- Remember, you can ask to see your medical records.

Taking Charge:

- Trust your own instincts. You know your body best; if you think something is wrong, it's time to see the doctor.
- Keep your own medical records and ask for copies of your test results.
- Preventing other illnesses is important.
- Get flu shots.
- Exercise.
- Eat a healthy diet.
- Do not smoke.

Learn about your cancer and treatments from the Internet, the library, or cancer organizations.

**Call or e-mail Cancer Family Care at
513.731.3346 or info@cancerfamilycare.org**