

FOR YOUR PATIENT

Resources

These resources provide information on most cancer types. They also offer print publications, Web sites, pdfs for download, and links to a multitude of information for every aspect of cancer, diagnosis, treatment, and survivorship.



American Childhood Cancer Association

www.acco.org

American Cancer Society

www.cancer.gov

CancerCare

www.cancercares.org



Leukemia & Lymphoma Society

www.lls.org

National Cancer Institute

www.cancer.gov

National Ovarian Cancer Coalition

www.ovarian.org/

Prostate Cancer Foundation

www.pcf.org

September: A month for cancer awareness



AWARENESS MONTHS are calendar months designated to helping organizations provide information and education relevant to a particular health condition or disease. In this section, the editors of *Oncology Nurse Advisor* highlight four of the cancers that share September as an awareness month. In doing so, we offer tips for coping with various aspects of cancer and its treatments, including dealing with the emotional toll on family, questions to ask about treatments, changes in dietary needs, and tips for managing survivorship. We also provide various types of information from respected sources. Although the information provided here is from reputable sources, you should always consult the members of your oncology care team for information specific to your diagnosis and treatment.

Childhood cancer is the leading disease-related cause of death in children.¹ An estimated 11,210 new cases of cancer were diagnosed in children age birth to 14 years in 2011, but not all the statistics on childhood cancer are bad news. For example, cancer incidence has increased slightly; however, mortality rates in children have decreased by more than 50%.¹ Combined 5-year survival of all pediatric cancers was less than 50% before the 1970s; survival today is 80%.¹

Leukemia and lymphoma are diagnosed in more than 100,000 people each year, and more than 50,000 people die from their disease.² *Leukemia* is cancer of the blood. In persons with this disease, their bone marrow makes abnormal white blood cells that do not die, thereby crowding out healthy white blood cells and other types of blood cells.³ Cancers that start in the lymph nodes are called *lymphoma*.² The two main types of lymphoma are Hodgkin lymphoma, which spreads from one group of lymph nodes to another in an orderly manner, and non-Hodgkin lymphoma, which spreads through the lymph nodes in a nonorderly manner.²

Ovarian cancer forms in tissues of the ovary.⁴ Most cases of ovarian cancer are one of two types: Ovarian epithelial (begins in the cells on the surface of the ovary) and malignant germ cell tumors (begin in the egg, or *ovum*, cells).⁴ An estimated 22,280 new cases of ovarian cancer will be diagnosed in 2012, and approximately 15,500 patients will die from the disease.⁴

Prostate cancer is the second most common cancer in US men.⁵ An estimated 241,740 new cases of prostate cancer will be diagnosed in 2012, with approximately 28,170 deaths from the disease. Prostate cancer is most common in men 65 years and older, and more than half of men have some cancer in their prostate by age 80 years. The disease is most often found in its early stages when a number of treatment options are available.⁵

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Books On Childhood Cancer

The American Childhood Cancer Association (ACCO) provides resources, information, and services for families of children with cancer. The organization offers age-appropriate books, DVDs, and care kits for children from preschool age to teens that help them understand their disease and treatment. Various other materials and publications are available through their Web site (www.acco.org). The following are some of the materials ACCO offers.

Along the Way, Documenting My Child's Cancer Journey

A journal for parents to track appointments, treatments, and test results; the book also contains information on blood counts, treatments, side effects, clinical trials, and space for notes

Cozy Cares Journal

A journal that allows the child to document his or her cancer journey

Chemo, Crazyness, and Comfort, My Book About Childhood Cancer

An illustrated resource for children age 6 to 12 years with cancer that helps them understand cancer and its treatment

The Amazing Hannah, Look at Everything I Can Do!

La Fantástica Hannah: Miren todo lo que puedo hacer!

A picture book written for the preschool (1 to 5 years) child with cancer; a new edition of the English version is being written and currently is not available

Oliver's Story

La Historia de Oliver

An illustrated book for young siblings (age 3 to 8 years) of children with cancer, available in English and Spanish

Lift Me Up

An informational and inspirational coloring book for children age 3 to 10 years with cancer

September: A month for cancer awareness

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REFERENCES

1. National Cancer Institute. A snapshot of pediatric cancers. http://www.cancer.gov/PublishedContent/Files/aboutnci/servingpeople/snapshots/2011_Pediatric_snapshot.508.pdf. Last updated October 2011. Accessed July 25, 2012.
2. Centers for Disease Control and Prevention. Blood cancers: Leukemia, lymphoma, and myeloma. <http://www.cdc.gov/Features/HematologicCancers/>. Accessed July 27, 2012.
3. National Cancer Institute. What you need to know about leukemia. <http://www.cancer.gov/cancertopics/wyntk/leukemia>. Accessed July 27, 2012.
4. National Cancer Institute. Ovarian cancer. <http://www.cancer.gov/cancertopics/types/ovarian>. Accessed July 30, 2012.
5. National Cancer Institute. Prostate cancer. <http://www.cancer.gov/cancertopics/types/prostate>. Accessed July 30, 2012.



Childhood cancer

CANCER is a life-changing diagnosis. Parents of a child with cancer are likely to feel shock, disbelief, fear, guilt, sadness, anxiety, and anger. These feelings are normal, and you should seek out people who can provide comfort and support, as well as those who can answer your questions. The American Cancer Society offers these additional helpful tips for dealing with your feelings.

SHOCK

- Know that this is a normal reaction, and these feelings will pass in time
- Talk about your feelings with the social worker, nurse, and each other
- Record important meetings (with permission) or take notes, then review them with other people
- Ask oncology care team members to repeat information

DISBELIEF AND DENIAL

- Seek out information about the diagnosis and treatment from reliable sources
- Check on the reputation of the medical center and the treatment team
- Do not be afraid to get a second opinion or ask for help with getting a referral for one

FEAR AND ANXIETY

- Openly discuss your feelings with oncology care team members
- Talk to other patients and parents about how they coped
- Take as much control as possible of events and decisions
- Accept that some things cannot be controlled
- Use religious beliefs or spiritual practices to find strength

GUILT

- Ask questions about the causes of cancer
- Accept that what caused your child's cancer may never be known
- Make changes that address your concerns, such as a healthier home environment
- Talk with other parents of children with cancer

SADNESS, DEPRESSION, AND GRIEF

- Find ways to express your feelings, such as talking or crying
- Ask each other, family members, and friends for support
- Consider using supportive services from social workers, counselors, nurses, psychologists, and doctors
- Seek spiritual support and guidance from clergy, using prayer, meditation, or other spiritual practices
- Take care of yourself by eating right and getting rest, attend to your own physical and mental health needs, and take care with your appearance

ANGER

- Understand the root of the anger in each situation
- Discuss your feelings with your own health care providers
- Use exercise or sports as a physical release of tension
- Find private space to vent your feelings
- Express your feelings in a journal or letter (to keep, not to send)

Source: American Cancer Society. Children diagnosed with cancer: Dealing with diagnosis. <http://www.cancer.org/Treatment/ChildrenandCancer/WhenYourChildHasCancer/ChildrenDiagnosedwithCancerDealingwithDiagnosis/children-diagnosed-with-cancer-dealing-with-diagnosis-how-parents-react>. Last revised June 29, 2012. Accessed July 26, 2012.



Leukemia and lymphoma

SEVERAL TREATMENT options are available for persons with leukemia or lymphoma. Which therapy is right for you will depend on the type of cancer you have, the stage of your cancer, your age, and your overall health, as well as other factors. Your oncology care team can answer your questions and help you make the best decision for you. These questions from the National Cancer Institute can help you organize information and your thoughts about treatment options.

WATCHFUL WAITING

- If I choose this option, can I change my mind later on?
- Will my disease be harder to treat later?
- How often will I have checkups?
- What problems should be reported between checkups?

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Booklets For Patients

These booklets are available for free from the National Cancer Institute. They are available in booklet/pamphlet form, as a downloadable pdf, and on the Web site (www.cancer.gov).

What You Need to Know About Hodgkin Lymphoma
Lo Que Usted Necesita Saber Sobre El linfoma de Hodgkin

What You Need to Know About Leukemia
Lo Que Usted Necesita Saber Sobre La Leucemia



What You Need to Know About Multiple Myeloma

What You Need to Know About Non-Hodgkin Lymphoma
Lo Que Usted Necesita Saber Sobre El linfoma no Hodgkin

These booklets are available in pdf format from CancerCare (www.cancercare.org).

Mieloma Múltiple: Encontrando Recursos y Ayuda (Multiple Myeloma: Finding Resources and Support)

Multiple Myeloma: Coping With Side Effects of Targeted Treatments



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Dietary Resources

These links are to pdfs, online booklets, and Web sites that provide information about nutrition and dietary needs for patients with cancer.

American Cancer Society

Cooking/nutrition books

www.cancer.org/Cancer/Bookstore/acs-cooking-nutrition-books

Nutrition for people with cancer

www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/NutritionforPeoplewithCancer/index

American Institute of Cancer Research

Nutrition of the Cancer Patient

www.aicr.org/assets/docs/pdf/brochures/Nutrition-of-the-Cancer-Patient.pdf

Tools you can use

www.aicr.org/learn-more-about-cancer/learn_resource_tools_you_can_use.html

Academy of Nutrition and Dietetics

Nutrition During and After Cancer Treatment

www.eatright.org/Public/content.aspx?id=4294967443

National Cancer Institute

Eating Hints: Before, During, and After Cancer Treatment

www.cancer.gov/cancertopics/coping/eatinghints

Leukemia and lymphoma

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CHEMOTHERAPY, TARGETED THERAPY, OR BIOLOGICAL THERAPY

- Which drugs will I receive? What are the expected benefits?
- When will my treatments start? When will my treatments end?
- How often will I receive treatments?
- Will I have to stay in the hospital?
- Will I be able to drive home after an outpatient treatment?
- What side effects will I experience? How long will they last?
- How will we know the treatment is working?

RADIATION THERAPY

- Why do I need this treatment?
- When will the treatments begin? How often will they be given?
- Will I be able to continue my normal activities during treatment?
- Will there be side effects? How long will they last?
- How will we know if the radiation treatment is working?

STEM CELL TRANSPLANTATION

- What kind of stem cell transplant will I have? If I need a donor, how will we find one?
- How long will I be in the hospital? Will my visitors have to wear a mask?
- What care will I need when I leave the hospital?
- What are the risks and the side effects?
- What is my chance of a full recovery? How long will that take?
- How often will I need checkups?
- How will we know if the treatment is working?

Source: National Cancer Institute. *What You Need to Know About Leukemia*. <http://www.cancer.gov/cancertopics/wyntk/leukemia>. Accessed July 30, 2012. National Cancer Institute. *What You Need to Know About Non-Hodgkin Lymphoma*. <http://cancer.gov/cancertopics/wyntk/non-hodgkin-lymphoma>. Accessed July 30, 2012.



Ovarian cancer

NUTRITION is important when you have cancer to keep your strength up, especially while you are undergoing treatment. Cancer treatments may impact your ability to eat and to maintain sufficient nutrient levels. This list reviews some general facts about your dietary needs during treatment and afterward. Your doctor, nurse, and dietitian can help with any eating problems you may experience.

Different dietary needs You may need to eat more of some foods, such as milk, cheese, and eggs. Adding sauces and gravies to your food may help with chewing and swallowing. You may need to switch to low-fiber foods

Get ready to eat well Stock up on healthy foods, include foods you can eat even when you feel sick. Cook some foods ahead of time and freeze them in meal-sized portions so you have plenty of foods that need little or no cooking. Set up a schedule for friends and family to help you.

Get the most out of foods and drinks You should eat plenty of protein and calories when you can eat. Eat your meals when you have the biggest appetite, and eat foods you can eat. Use liquid meal replacements for extra calories and protein. Drink plenty of liquids, especially on days when you cannot eat at all.

Take special care with food to avoid infections Keep foods at proper temperatures. Do not leave foods sitting out. Thaw frozen foods in the refrigerator or the microwave. Scrub all raw fruits and vegetables before eating or preparing them and avoid foods that cannot be washed well. Wash all utensils, surfaces, and your hands before, during, and after preparing foods. Cook all meat, poultry, fish, and eggs thoroughly and do not eat raw fish or shellfish. All your juices, milk products, and honey should be pasteurized. Avoid foods that are past their freshness date, purchased from bulk bins, or show signs of mold (including cheeses such as bleu cheese and Roquefort). Do not eat at buffets, salad bars, or self-service restaurants.

Source: National Cancer Institute. Eating Hints: Before, During, and After Cancer Treatment. <http://www.cancer.gov/cancertopics/coping/eatinghints>. Accessed July 30, 2012.



Prostate cancer

AFTER COMPLETING your cancer treatments, you will need follow-up care. These checkups ensure that you receive prompt treatment if any changes in your health occur, particularly if the cancer should return. A discussion on follow-up care can begin with these three questions:

- How often will I need to get a checkup?
- Which follow-up tests do you suggest for me?
- What health problems or symptoms should I report between checkups?

You will need to keep a record of your cancer diagnosis and treatment. If you see a different doctor for your follow-up care or any other health problem, he or she may need the following information about your cancer journey:

- Diagnostic test results
- The specific type of cancer diagnosed and date(s) of the diagnosis
- Details of all cancer treatments, including places and dates where treatment was received, type and dates of surgeries, names and doses of all drugs, sites and total amounts of radiation therapy
- Contact information for your primary and follow-up oncology care teams
- Side effects and complications you experienced during and after treatment
- Any supportive care you received (for example, pain or nausea medication, emotional support, and nutritional supplements)
- If you participated in a clinical trial, the identification number and title of the clinical trial

Resources For Patients

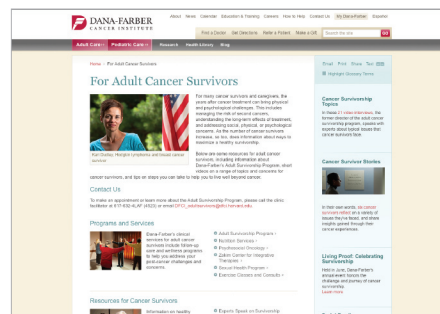
This list of additional resources is available to help you manage your health care beyond your cancer treatment. You should also ask the members of your health care team for referrals or information as often as you need them.

American Cancer Society National Cancer Survivorship Resource Center

www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/NationalCancerSurvivorshipResourceCenter/index

Centers for Disease Control and Prevention

Cancer survivorship
www.cdc.gov/cancer/survivorship/



Dana-Farber Cancer Institute

For adult cancer survivors
www.dana-farber.org/For-Adult-Cancer-Survivors.aspx

LiveStrong Care Plan

www.oncolink.org/oncolife/

National Cancer Institute Facing Forward: Life After Cancer Treatment

www.cancer.gov/cancertopics/coping/life-after-treatment

Office of Cancer Survivorship
<http://dccps.nci.nih.gov/ocs/>

National Coalition for Cancer Survivorship

www.canceradvocacy.org/