

Anemia and Bleeding

Some cancer treatments as well as cancer itself can increase your risk of anemia, bleeding, and bruising. Find out what you can do to manage these symptoms.

TRY THIS

Eat iron-rich foods. Help ease your anemia with red meat, beans, or dark leafy greens.

Take supplements. Iron, Vitamin B12, and folate all help produce red blood cells.

Avoid sharp objects. Reduce your chances of bleeding by staying away from razors and other sharp things.

Stay moisturized. Use lip balm and body lotion to keep your skin from cracking.

CHECK THIS OUT

Visit the Springboard page on Anemia and Bleeding.

<https://survivorship.cancer.gov/springboard/symptoms/anemia-and-bleeding>

Read about anemia in people with cancer (<http://goo.gl/iOjVR3>), and bleeding and bruising (<http://go.usa.gov/xxAbw>).

Appetite Changes

Appetite changes and difficulty eating are common issues that result from cancer treatments. Try these tips to keep you nourished during your cancer journey.

TRY THIS

Snack often. Eat small snacks throughout the day instead of three large meals.

Eat bland foods. Avoid foods with strong smells and flavors.

Try liquid meals. Have smoothies, shakes, or other types of liquid meals.

CHECK THIS OUT

Visit the Springboard page on Appetite Changes.

<https://survivorship.cancer.gov/springboard/symptoms/appetite-changes>

Learn ways to deal with appetite loss (<http://go.usa.gov/xxAbe>) and appetite changes (<http://goo.gl/TF8nbq>).

Bladder Control Problems (Incontinence)

When you lose control of your urine or have leaking, it's called urinary incontinence. It's common after treatment for prostate cancer, and also sometimes after treatment for other cancers.

TRY THIS

Try Kegel exercises. Strengthen the muscles that control the flow of urine.

Take bathroom breaks often. Use the bathroom before bedtime or strenuous activity.

Avoid caffeine and alcohol. Stay away from drinks that make you urinate more frequently.

CHECK THIS OUT

Visit the Springboard page on Incontinence. <https://survivorship.cancer.gov/springboard/symptoms/bladder-control-problems>

Learn more about the three types of incontinence. <http://goo.gl/8JwWDU>

Find treatment options for incontinence in men with cancer. <http://goo.gl/8JwWDU>

Learn these simple precautions, which may help make incontinence less of a problem. <http://goo.gl/8JwWDU>

Chemo-Brain and Memory Problems

Many people with cancer and in cancer treatment have trouble thinking, remembering, and concentrating. Try these tips to help you manage mental cloudiness or “chemo-brain.”

TRY THIS

Follow a routine. Stay organized with a planner or calendar.

Leave notes for yourself. Post reminder notes where you'll see them, or set alerts on your phone.

CHECK THIS OUT

Visit the Springboard page on Chemo-Brain and Memory Problems.
<https://survivorship.cancer.gov/springboard/symptoms/chemo-brain>

Learn about chemo-brain (<http://goo.gl/frltU>) and memory changes (<http://go.usa.gov/xxADk>).

Get tips to manage memory or concentration problems.
<http://go.usa.gov/xxADk>

Constipation

Constipation is when you have trouble passing stool. It can be caused by cancer, cancer treatments, or changes to your lifestyle while you are undergoing treatment.

TRY THIS

Eat high-fiber foods. Try fruits, vegetables, beans, and whole grains.

Drink liquids. Try water, prune juice, or warm liquids.

Be active. Try a 10–15 minute walk or some stretching, but don't do it immediately after a big meal.

CHECK THIS OUT

Visit the Springboard page on Constipation.

<https://survivorship.cancer.gov/springboard/symptoms/constipation>

Learn more ways to prevent or treat constipation.

<http://go.usa.gov/xxAWW>

Get a list of foods and other tips that may help if you are constipated.

<http://go.usa.gov/xxAZ3>

Visit this page for tips on what caregivers can do to help.

<http://goo.gl/nnz5ql>

Diarrhea

Having three or more loose or watery stools in a day is considered diarrhea. Find out how to deal with diarrhea, which may be a side effect of cancer treatments and medicines.

TRY THIS

Stay hydrated. Drink clear, non-carbonated beverages.

Avoid alcohol and caffeine. Stay away from drinks that make you go to the bathroom more frequently.

Eat bread and pasta made with refined flour. Stay away from whole grains. Also avoid greasy, fried, and spicy foods.

CHECK THIS OUT

Visit the Springboard page on Diarrhea.

<https://survivorship.cancer.gov/springboard/symptoms/diarrhea>

Listen to this recording for tips on dealing with diarrhea caused by radiation therapy. <http://go.usa.gov/xxAZA>

Get this list of foods and drinks that may help if you have diarrhea.

<http://go.usa.gov/xxABw>

Learn more about diarrhea and nutrition during cancer treatment.

<http://goo.gl/WD6B3W>

Fatigue

Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here's what you can do to help deal with fatigue.

TRY THIS

Ask for help. Reach out to friends and family to help you with chores and errands.

Set priorities. Identify the most important tasks each day, and then focus your energy on those tasks.

Keep a schedule. Wake up, go to bed, and rest at the same times each day.

Be active. Get an energy boost with exercise, even if it's only for a few minutes.

CHECK THIS OUT

Visit the Springboard page on Fatigue.

<https://survivorship.cancer.gov/springboard/symptoms/fatigue>

Listen to this audio recording for ways to deal with fatigue caused by cancer treatment. <http://go.usa.gov/xxAeQ>

Find out what caregivers can do to help you. <http://goo.gl/27UKHH>

Hair Loss

Cancer patients tend to lose hair when they receive certain chemotherapy drugs or radiation therapy. You can prepare for and cope with hair loss by following these tips.

TRY THIS

Protect your skin. Use sunscreen or wear a head cover to avoid sun exposure.

Try gentle products. Use shampoos, hairbrushes, and pillowcases that are easy on your scalp and hair.

Keep your hair short. Have your hair cut short to make it look thicker.

CHECK THIS OUT

Visit the Springboard page on Hair Loss.

<https://survivorship.cancer.gov/springboard/symptoms/hairloss>

Learn more from the Look Good Feel Better program.

<http://goo.gl/oFzgTT>

Get additional resources about hair loss (alopecia) and hair loss from chemo. <http://go.usa.gov/xxAth>

Hot Flashes and Night Sweats

Hot flashes and night sweats may be side effects of cancer or its treatment. They are sudden, temporary onsets of body warmth, flushing, and sweating. Night sweats happen while sleeping.

TRY THIS

Talk to your health care team. Ask about both non-drug and drug treatments for hot flashes, and discuss any side effects of treatment.

CHECK THIS OUT

Visit the Springboard page on Hot Flashes and Night Sweats.
<https://survivorship.cancer.gov/springboard/symptoms/hot-flashes>

Learn more about hot flashes and night sweats.
<http://go.usa.gov/xxHgJ>

Infections

Infections begin when germs enter the body and cause harm. Cancer and certain treatments can increase your risk of getting an infection, but you can protect yourself.

TRY THIS

Wash your hands. Keep your hands clean, especially before eating.

Take care of cuts, scrapes, and surgery wounds. Clean broken skin and protect it with a bandage.

Avoid germs. Stay away from people who are sick or have a cold. Avoid crowds. Make sure your food is clean and thoroughly cooked.

CHECK THIS OUT

Visit the Springboard page on Infections.

<https://survivorship.cancer.gov/springboard/symptoms/infections>

Learn the signs of infection (<http://goo.gl/bw6E7q>) and how to prevent infections in people with cancer (<http://goo.gl/EUOoEX>).

Learn three simple steps to help avoid infection. <http://goo.gl/x0vdHZ>

Infertility for Men

Some cancer treatments can impact the ability to have children, but there may be ways to save or protect your fertility before and maybe even during treatment.

TRY THIS

Talk to your doctor. Before you start your cancer treatment, discuss any concerns you have about your fertility. Know your options for preserving fertility.

CHECK THIS OUT

Visit the Springboard page on Infertility for Men.

<https://survivorship.cancer.gov/springboard/symptoms/infertility-for-men>

Learn more about fertility and men with cancer. <http://goo.gl/VPdcHc>

Get the answers to common questions about fertility.

<http://goo.gl/Mr6BFt>

These organizations may be able to help you address fertility concerns. <http://goo.gl/lxnW8>

Infertility for Women

Some cancer treatments can impact the ability to have children, but there may be ways to save or protect your fertility before and maybe even during treatment.

TRY THIS

Talk to your doctor. Before you start your cancer treatment, discuss any concerns you have about your fertility. Know your options for preserving fertility.

CHECK THIS OUT

Visit the Springboard page on Infertility for Women.

<https://survivorship.cancer.gov/springboard/symptoms/infertility-for-women>

Visit this page on sexual and fertility problems in women with cancer.

<http://go.usa.gov/xxJAJ>

Get a list of questions about fertility you can ask your doctor.

<http://goo.gl/IQcq8K>

These organizations may be able to help you address fertility concerns.

<http://goo.gl/IRt2Jk>

Lymphedema

Lymphedema is a build-up of fluid in the fatty tissues just under the skin that causes swelling. Radiation or cancer impacting the lymph system can increase the risk of lymphedema.

TRY THIS

Wear loose clothing. Avoid pressure and squeezing of the affected area.

Avoid overuse. Repetitive movements can make your symptoms worse.

CHECK THIS OUT

Visit the Springboard page on Lymphedema.

<https://survivorship.cancer.gov/springboard/symptoms/lymphedema>

Learn more about lymphedema (<http://goo.gl/EgMIPo>) and ways to manage lymphedema (<http://go.usa.gov/xxJsY>).

Mouth, Gum, Throat Problems

During cancer treatment, some patients may get painful sores in their mouth and throat. Other problems can also affect the mouth and throat that cause unwanted symptoms.

TRY THIS

Eat soft foods. Choose foods that are soft, wet, and easy to swallow.

Try liquid meals. Have smoothies, shakes, or other types of liquid meals.

CHECK THIS OUT

Visit the Springboard page on Mouth, Gum, and Throat Problems. <https://survivorship.cancer.gov/springboard/symptoms/mouth-gum-throat-problems>

Learn the signs of mouth and throat problems. <http://goo.gl/KJHhu>

Listen to this audio recording on managing mouth and throat pain during radiation therapy. <http://go.usa.gov/xxJsB>

Nausea and Vomiting

Cancer treatment causes nausea and vomiting. Controlling these symptoms will help you to feel better and prevent more serious problems such as malnutrition and dehydration.

TRY THIS

Stay hydrated. Drink fluids and eat foods with lots of water, like fruits or soup.

Fast before and after treatment. Don't eat for one hour before and after treatment.

Avoid foods that irritate your mouth. Stay away from foods that are crunchy, salty, spicy, or sugary. Also avoid alcohol and tobacco.

CHECK THIS OUT

Visit the Springboard page on Nausea and Vomiting.

<https://survivorship.cancer.gov/springboard/symptoms/nausea>

Listen to this audio recording for tips to manage nausea and vomiting.

<http://go.usa.gov/xxJsQ>

Learn about anti-nausea/vomiting (antiemetic) medicines.

<http://goo.gl/6R08hl>

Get tips your caregivers can use to help you stay hydrated.

<http://goo.gl/vrCKbr>

Pain

Cancer and cancer treatment can sometimes cause pain, but it's not something you have to suffer through. There are various options to help relieve pain.

TRY THIS

Track your pain. Keep a diary and log the details of your pain throughout the day.

Talk to your health care team. Many different medical treatments can help relieve pain, including both pain medicines and non-drug methods.

CHECK THIS OUT

Visit the Springboard page on Pain.

<https://survivorship.cancer.gov/springboard/symptoms/pain>

Learn more about pain (<http://go.usa.gov/xxJsw>) and managing cancer pain (<http://goo.gl/azpZuf>).

Get this chart to help you keep track of your medications.

<http://goo.gl/9ONNF4>

Watch a video on cancer pain management. <http://goo.gl/QVRzBJ>

Sexual Problems for Men

Many cancer treatments and some types of cancer can cause sexual side effects. You can get help if you are having sexual problems after cancer treatment.

TRY THIS

Talk with your health care team. Ask about sexual problems you may have during and after treatment.

Talk to your partner. Communication is an important part of sexual relationships.

CHECK THIS OUT

Visit the Springboard page on Sexual Problems for Men <https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-men> and Sexual Problems for Women. <https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-women>

Get information on sexuality (<http://go.usa.gov/xxJse>) and reproductive issues for men and women with cancer (<http://go.usa.gov/xxJHx>).

Sexual Problems for Women

Many cancer treatments and some types of cancer can cause sexual side effects. You can get help if you are having sexual problems after cancer treatment.

TRY THIS

Talk with your health care team. Ask about sexual problems you may have during and after treatment.

Talk to your partner. Communication is an important part of sexual relationships.

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Get information on sexuality (<http://go.usa.gov/xxJse>) and reproductive issues for men and women with cancer (<http://go.usa.gov/xxJHx>).

Skin and Nail Changes

Cancer treatments may cause a range of skin and nail changes, including color changes, redness, itching, dryness, and rashes. You can take care of most of these yourself.

TRY THIS

Try gentle products. Use mild soaps, lotions, and creams.

Protect your skin from the sun. Wear loose-fitting clothing and a hat when outdoors. Check with your health care team if it's okay to use sunscreen.

Avoid hot water. Shower in lukewarm water and avoid baths.

Wear gloves. Cover your hands when you wash the dishes, clean the house, or work in the garden.

CHECK THIS OUT

Visit the Springboard page on Skin and Nail Changes.

<https://survivorship.cancer.gov/springboard/symptoms/skin-and-nail-changes>

Listen to what you can do about mild skin changes during radiation therapy. <http://go.usa.gov/xxJHj>

Learn what you can do to manage this and other side effects of cancer treatment. <http://goo.gl/y5jRG6>

Sleep Problems

Sleep problems include any change in your usual sleeping habits. It could mean you need to sleep more than usual or you might have trouble sleeping, such as having trouble falling or staying asleep.

TRY THIS

Keep a schedule. Wake up, go to bed, and rest at the same times each day.

Take a nap. Short naps can give you an energy boost.

CHECK THIS OUT

Visit the Springboard page on Sleep Problems.

<https://survivorship.cancer.gov/springboard/symptoms/sleep-problems>

Learn more about sleep problems. <http://goo.gl/27UKHH>

Get other tips to help you manage sleep problems.

<http://go.usa.gov/xxJH5>

Swelling (Edema)

Swelling (edema) is a condition in which fluid builds up in your body's tissues. It can be caused by either a problem getting rid of fluid, or of retaining too much fluid.

TRY THIS

Wear loose clothing. Stay away from clothing that is constricting and shoes that are too tight.

Elevate your feet. Prop your feet up when sitting in a chair or resting in bed.

Limit salt (sodium) in your diet. Avoid foods such as chips, bacon, ham, and canned soup.

CHECK THIS OUT

Visit the Springboard page on Edema.

<https://survivorship.cancer.gov/springboard/symptoms/swelling>

Learn more about edema. <http://goo.gl/hedXX8>

Read this publication on managing chemotherapy side effects — swelling (fluid retention). <http://go.usa.gov/xAKkh>

Tingling, Burning, and Numbness (Neuropathy)

Some cancer treatments and tumors can damage peripheral nerves, which are nerves that are away from the brain and spinal cord. Damage to these nerves is known as neuropathy.

TRY THIS

Protect your hands and feet. Wear gloves when you clean, work outdoors, or do repairs.

Stay warm. Keep your hands and feet warm and covered in cold weather.

Be careful at night. Avoid injuries by using a night light or flashlight.

CHECK THIS OUT

Visit the Springboard page on Neuropathy. <https://survivorship.cancer.gov/springboard/symptoms/tingling-burning-numbness>

Learn if your symptoms might be signs of neuropathy. <http://goo.gl/Gkd7vE>

Find out if the chemo drugs you're taking are linked to neuropathy. <http://goo.gl/695s8Y>

See simple everyday things you can do to manage your symptoms. <http://goo.gl/VrwR37>

Urine, Bladder, and Kidney Problems

Some cancer treatments may cause urine, bladder, and kidney problems. Talk to your cancer care team about these issues, and try these tips to manage your symptoms.

TRY THIS

Drink the right amount of fluids. Drinking too much fluid could strain your kidneys.

Avoid caffeine and alcohol. Stay away from drinks that make you urinate more frequently.

Prevent urinary tract infections. Take showers instead of baths.

CHECK THIS OUT

Visit the Springboard page on Urine, Bladder, and Kidney Problems.
<https://survivorship.cancer.gov/springboard/symptoms/urine-bladder-kidney-problems>

Read about urinary and bladder problems. <http://go.usa.gov/xaK9W>

Listen to this recording on urinary changes caused by radiation.
<http://go.usa.gov/xaKnW>

Weight Gain

Most people lose weight during cancer treatment. But some people put on weight. Either way, it is very important to maintain good nutrition during treatment.

TRY THIS

Eat well during treatment. Choose healthy foods like fruits and vegetables.

CHECK THIS OUT

Visit the Springboard page on Weight Gain.

<https://survivorship.cancer.gov/springboard/symptoms/weight-gain>

Get tips on eating well. <http://goo.gl/HBsWAU>

Learn about nutrition for people with cancer. <http://goo.gl/WSMVIn>

Get some quick-and-easy snack ideas. <http://goo.gl/HBsWAU>

Anxiety

Anxiety may affect your ability to cope with a cancer diagnosis or treatment. Find ways to manage your anxiety so you can enjoy a better quality of life.

TRY THIS

Know the signs. Ask for help if you feel uncontrolled fear or worry.

Practice mindfulness. Pay attention to what's happening right here, right now.

Relax. Set aside time each day to do relaxation exercises.

CHECK THIS OUT

Visit the Springboard page on Anxiety.

<https://survivorship.cancer.gov/springboard/stress-mood/anxiety>

Learn about anxiety, fear, and cancer (<http://goo.gl/3txdpN>) and adjustment to cancer. (<http://go.usa.gov/xaKUQ>)

Visit the Springboard page on Mindfulness and Relaxation.

<https://survivorship.cancer.gov/springboard/stress-mood/practice-mindfulness>

Learn more about what your caregivers can do. <http://goo.gl/3txdpN>

Coping with Cancer in Everyday Life

Cancer and treatment side effects may affect your daily life. Learn to cope with day-to-day issues and concerns that occur when you have cancer.

TRY THIS

Get in touch with your feelings. Recognize the range of emotions you could be feeling.

Know when to seek help. Talk to a doctor if your feelings overwhelm or concern you.

Practice mindfulness. Learn how to relax your body and mind. Slow down and breathe.

CHECK THIS OUT

Visit the Springboard page on Coping with Cancer in Everyday Life. <https://survivorship.cancer.gov/springboard/stress-mood/coping-with-cancer>

Learn new ways of talking to your loved ones (<http://goo.gl/dcl0ir>) and to your health care team (<http://goo.gl/mzbqHh>).

Get coping skills from the coping checklist. <http://goo.gl/3crB7t>

Depression

Depression may occur among people with cancer, but it should not be considered “normal.” You can get help to feel better.

TRY THIS

Know the signs. Talk to a doctor if you have negative thoughts or sadness that doesn't go away.

Be physically active. Try to at least go for a walk every day.

Practice self-compassion. Treat yourself like you would treat a good friend.

CHECK THIS OUT

Visit the Springboard page on Depression.

<https://survivorship.cancer.gov/springboard/stress-mood/depression>

Learn more about sadness and depression (<http://go.usa.gov/xaKPH>) and depression and cancer (<http://goo.gl/3txdpN>).

Take a depression quiz. <http://go.usa.gov/xaKmC>

Distress

People living with cancer feel many different emotions, including distress. Distress is emotional, mental, social, or spiritual suffering. Here's what you can do to help ease this symptom.

TRY THIS

Don't overwhelm yourself. Focus on one thing, one day at a time. Take small steps.

Be physically active. Exercising can improve how well you feel.

Practice self-reflection. When you're feeling stressed, pause to think about the situation.

CHECK THIS OUT

Visit the Springboard page on Distress.

<https://survivorship.cancer.gov/springboard/stress-mood/distress>

Learn more about distress in people with cancer (<http://goo.gl/SJuXXR>) and adjustment to cancer (<http://go.usa.gov/xaKmd>).

Fear of Recurrence

When cancer comes back after treatment and after a period when cancer was not found in your body, it's called a recurrence. Most cancer survivors experience a fear of recurrence.

TRY THIS

Adjust to a new normal. You may find yourself making changes in the ways you do things.

Be informed. Ask your doctor for a list of common signs of recurrence.

Join a peer group. Find support and useful ideas from others that might help you.

CHECK THIS OUT

Visit the Springboard page on Fear of Recurrence.

<https://survivorship.cancer.gov/springboard/stress-mood/fear-of-recurrence>

Learn more about living with the fear of cancer recurrence (<http://goo.gl/7RH62N>) and finding a new normal (<http://go.usa.gov/xaKmF>).

Get the answers to frequently asked questions about fear of recurrence. <http://goo.gl/7RH62N>

Practice Mindfulness and Relaxation

Cancer and its treatment can be stressful—for you and your caregivers. Practicing mindfulness and relaxation can help calm your mind, reduce stress, and sharpen your ability to focus.

TRY THIS

Enjoy simple pleasures. Enjoy your favorite food, or listen to your favorite song.

Take a walk outside. Walk slowly. Notice what you see, hear, and smell.

Practice deep conscious breathing. Sit in a quiet spot for a few minutes. Notice your breath.

CHECK THIS OUT

Visit the Springboard page on Mindfulness and Relaxation.
<https://survivorship.cancer.gov/springboard/stress-mood/practice-mindfulness>

Learn the health benefits of relaxation. <http://goo.gl/adsTj7>

Get a message of hope for the person who has cancer.
<http://goo.gl/kCkAsQ>

Learn helpful relaxation skills. <http://go.usa.gov/xaKy3>

Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

TRY THIS

Do physical activity. Being physically active for even just a few minutes a day is helpful.

Begin with warm-up exercises. Start slowly and warm up for at least 2 to 3 minutes.

CHECK THIS OUT

Visit the Springboard page Be Active.

<https://survivorship.cancer.gov/springboard/wellness/be-active>

Watch this video on finding time for exercise when you're busy.

<https://goo.gl/NZynYN>

Use the SuperTracker to track your food and physical activity.

<http://go.usa.gov/xaKpj>

Healthy Eating

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

TRY THIS

Work with a specialist. Ask a dietitian to help you create a nutritious, balanced eating plan.

Shop smart. Stock your kitchen with healthy foods.

Practice mindful eating. Don't get too hungry before you eat. Stop eating when you're full.

CHECK THIS OUT

Visit the Springboard page Healthy Eating.

<https://survivorship.cancer.gov/springboard/wellness/healthy-eating>

Sign up for HealthyYouTXT. <http://go.usa.gov/xaKpV>

Watch these videos on healthy eating, acting, and living.

<https://goo.gl/0ImSHq>

Learn more about nutrition after treatment ends. <http://goo.gl/LBjsmv>

Sun Safety

When skin is exposed to too much sunlight, it becomes susceptible to skin cancer, but there are many things you can do to protect your skin and help prevent skin cancer.

TRY THIS

Use sunscreen correctly. Choose sunscreen with SPF 30 or higher and put it on 30 minutes before going in the sun. Put on more sunscreen every 2 hours, especially after swimming or exercise.

Keep your skin covered. Wear a hat with a brim and clothing that keeps your skin from being overexposed to sun.

Examine your skin. Check your own skin once a month. Contact your doctor if you notice any changes.

CHECK THIS OUT

Visit the Springboard page Sun Safety.

<https://survivorship.cancer.gov/springboard/wellness/sun-safety>

Try following these step-by-step instructions to examine your own skin. <http://goo.gl/x1CkIB>

Follow these tips for sun protection to help prevent skin cancer.

<http://goo.gl/M1PsDh>

Quit Smoking

Although it may seem overwhelming to quit smoking while you're dealing with cancer treatment or recovery, it's never too late to quit.

TRY THIS

Build a quit plan. Set your quit date. Choose your reasons for quitting. Prepare to fight cravings.

Explore nicotine replacement options. These provide nicotine that can help you fight cravings.

Stay active. Find ways to fit regular exercise into your life.

CHECK THIS OUT

Visit the Springboard page Quit Smoking.

<https://survivorship.cancer.gov/springboard/wellness/quit-smoking>

Download the QuitGuide app on your mobile phone.

<http://go.usa.gov/xaKpH>

Sign up for the SmokefreeTXT text messaging program.

<http://go.usa.gov/xaKvW>

Build your Quit Plan online. <http://go.usa.gov/xaKvR>

Health Care Team

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

TRY THIS

Establish good communication. Prepare questions, state your expectations, take notes, take notes and bring someone with you to appointments.

Consider a second opinion. Ask your doctor for a referral and to share your medical records.

Prepare for follow-up care. Connect with your primary care doctor and understand what kinds of procedures and screenings you may need.

CHECK THIS OUT

Visit the Springboard page Health Care Team.

<https://survivorship.cancer.gov/springboard/get-support/health-care-team>

Get additional resources to help you. <http://goo.gl/gkj0K3>

Read this fact sheet on communication in cancer care.

<http://go.usa.gov/xaKvd>

Family & Friends

Learning that you have cancer can be just as scary for family and friends as it is for you. Loved ones might not know what to say. Follow these tips to help you talk about your cancer diagnosis.

TRY THIS

Establish good communication. Decide and set limits on how much you want to share.

Ask for help. Your loved ones want to support you. Be specific about the kinds of help you need.

CHECK THIS OUT

Visit the Springboard page Family & Friends.

<https://survivorship.cancer.gov/springboard/get-support/family-friends-caregivers>

Find a peer group. <http://goo.gl/DBJuVm>

Get tips for telling others about your cancer. <http://goo.gl/HNHEiX>

Learn more about talking to children about your cancer.
<http://go.usa.gov/xaKfY>

Peer-to-Peer Support

Most people with cancer find it helpful to connect with other people who have been affected by cancer. Peer groups can be a place to share your feelings and experiences.

TRY THIS

Join a peer group. It may be helpful to talk with others who have had the same experiences.

CHECK THIS OUT

Visit the Springboard page on Peer-to-Peer Support.

<https://survivorship.cancer.gov/springboard/get-support/peer-to-peersupport>

Find a peer group. <http://goo.gl/MXKIEP>

Learn about the Cancer Survivors Network. <http://goo.gl/3bmbWJ>

In the Workplace

Some people with cancer continue to work while they get treatment, and others do not. Learn how to communicate with your employer and co-workers, and understand your rights as an employee.

TRY THIS

Be prepared. Determine who you want to share the information with and prepare for different types of reactions.

Know your rights. Determine your capabilities during treatment, and keep records of your discussions.

Plan your return to work. Talk to your employer about your needs. This may include a flexible schedule or other workplace accommodations.

Find balance. Take your medications, take breaks from sitting, and avoid taking on too much work.

CHECK THIS OUT

Visit the Springboard page In the Workplace.

<https://survivorship.cancer.gov/springboard/get-support/in-the-workplace>

Learn more about working during cancer treatment.

<http://goo.gl/zjiAf0>

Read about going back to work. <http://go.usa.gov/xaKGj>

Look into the Patient Advocate Foundation. <http://goo.gl/vSjpPM>

Being a Caregiver

Understanding your role and its responsibilities is the first step toward being an effective caregiver. Use these tips to get started.

TRY THIS

Understand your role. Caregivers do a lot. They communicate, make decisions, and support the patient.

Communicate openly and often. Talk with your loved one about how you can help, and be honest when you need extra support.

Think about the impact on your life. Plan for these changes, like taking time off from work or being away from home a lot.

Keep records. Thorough records of appointments, treatments, and medications can help you file health insurance claims.

CHECK THIS OUT

Visit the Springboard page Being a Caregiver. <https://survivorship.cancer.gov/springboard/get-support/being-a-caregiver>

Read about what caregivers do. <https://goo.gl/2UGFct>

Read these publications for caregivers. <https://go.usa.gov/xRf3J>

Learn how to keep records. <https://goo.gl/W4eEVG>

Care for Your Body

Caring for someone else's health doesn't mean you shouldn't take time to care for yourself. Make your health a priority, too.

TRY THIS

Use a calendar or set reminders on your phone. Don't forget to take your medications, and don't miss your own check-ups or other appointments.

Prioritize healthy habits. A balanced diet, plenty of exercise, and a good night's sleep will keep you healthy and help keep your energy up.

Sign up for HealthyYouTXT. Try a text message program to help you eat better, get active, or manage your weight. <https://smokefree.gov/healthyyoutxt-programs>

CHECK THIS OUT

Visit the Springboard page Care for Your Body. <https://survivorship.cancer.gov/springboard/get-support/care-for-your-body>

Read these recommendations for physical activity (<https://goo.gl/jCAo1x>) and nutrition (<https://goo.gl/8LKGjH>).

Care for Your Mind

Caregivers need to take care of their emotional and mental health to avoid burnout and handle stress in healthy ways.

TRY THIS

Get support. Consider a support group or counseling for dealing with tough times.

Take time for yourself. Give yourself opportunities to recharge to help you avoid burnout.

Get active. Physical activity can help you stay calm and focused and manage depression, anxiety, and sleep problems.

CHECK THIS OUT

Visit the Springboard page Care for Your Mind. <https://survivorship.cancer.gov/springboard/get-support/care-for-your-mind>

Read about taking care of yourself (<https://go.usa.gov/xRfbz>) and getting help in caring (<https://goo.gl/eXpLpL>) for your loved one.

Watch Springboard's mindfulness & relaxation videos. <https://goo.gl/oSWkBE>

Finding Meaning & Purpose

Connecting with the meaning and purpose of caregiving can help you cope with distress and reframe the caregiving experience into something positive.

TRY THIS

Change the way you think about caregiving. Think about people who have taken care of you in the past and the role model you're being for others.

Focus on what you can control. Choose how you handle the caregiving role and how you face challenges.

Practice self-care. Make time to take care of your body, mind, and soul.

CHECK THIS OUT

Visit the Springboard page Finding Meaning & Purpose.

<https://survivorship.cancer.gov/springboard/get-support/finding-meaning-and-purpose>

Watch videos of guided mindfulness and relaxation exercises.

<https://goo.gl/oSWkBE>

After Treatment Ends

The end of treatment doesn't always mean the end of caregiving. Manage this transition and the emotional challenges that might come with it.

TRY THIS

Discuss follow-up care. Your loved one may or may not need you to help with follow-up care.

Think of yourself, too. Catch up on the things you might've missed out on like check-ups, exercise, and the activities you love.

Process your feelings. Some caregivers find it harder to deal with their emotions after treatment. Find ways to manage these feelings so they don't become a problem.

CHECK THIS OUT

Visit the Springboard page After Treatment Ends. <https://survivorship.cancer.gov/springboard/get-support/after-treatment-ends>

Read the *Facing Forward* (<https://go.usa.gov/xRfDq>) booklet from the National Cancer Institute and the American Cancer Society's Life After Treatment Guide (<https://goo.gl/K2PD5j>).