

16 Things

Cancer Patients and Survivors Want Newly Diagnosed Patients to Know

- 01 Don't dwell on statistics.** This is your experience and no two are alike.
- 02 Knowledge is power.** Research your disease and treatment options. Take notes when you meet with your healthcare team.
- 03 Be your own advocate.** You know your body and your wishes for treatment better than anyone else.
- 04 Don't rush into treatment.** The decisions you make now can affect your treatment options and prognosis down the road. Take time and get a second opinion if you're not happy.
- 05 Cancer is beatable!** More cancer patients are living longer than ever before.
- 06 Take life one day at a time.** It's easier to face if you focus on one day, one appointment at a time.
- 07 Find at least one positive thing every day.** A favorite show or meal, a funny story - look for something good.
- 08 Take someone with you to appointments.** It can be hard to remember it all. Bring a loved one to ask questions and take notes.
- 09 Don't ignore your emotions.** Cry, scream, curse and laugh when you need to. It's all normal.
- 10 You don't have to face cancer alone.** Connect with your local cancer support network to connect with other cancer patients.
- 11 Maintain as much of your routine and life as possible.** Yes, some things will change, but try to retain some sense of normalcy.
- 12 Eat well and exercise when you can.** Be good to your body so it can help you get better.
- 13 Start a support site to share your journey with your friends and family.** It prevents having to say the same thing over and over.
- 14 Ask for help.** Your support circle really does want to help, but they don't always know what you need.
- 15 Be patient with yourself and your loved ones.** Cancer is hard on everyone. Adapting and healing will take time, and that's okay.
- 16 You are a survivor.** You're a survivor the moment you're diagnosed with cancer.