7 TIPS TO SUPPORT SOMEONE WITH CANCER

When a friend or loved one is diagnosed with cancer, we want to help, but often don't know how. Sometimes, we don't even know what to say. Support and prayers are great, but practical and personal help can be even better.

- ✓ BE SPECIFIC! Just saying "What can I do?" can be overwhelming.
- ✓ Be present and available. Let your friend know that you're there for them, both emotionally and physically. Offer your time and support whenever they need it.
- ✓ Offer practical assistance. Provide concrete help with everyday tasks such as meal preparation, running errands, or transportation to medical appointments. Small gestures can make a big difference.
- ✓ Respect their boundaries. Understand that your friend may have different needs and preferences during their cancer journey. Respect their privacy, personal space, and decisions regarding their treatment.
- ✓ Stay connected. Maintain regular contact with your friend, even if it's just a phone call or a text message to check in. Let them know that you're thinking of them and available for support. Their cancer journey can be a very lonely process.
- ✓ Go for a walk! Even a short one helps. Fresh air and sunshine are very healing.
- ✓ Build a Tribe! Organize friends and family to provide additional support.

MORE INFO & RESOURCES

www.tryingnottodie.LIVE

Terms to Know

Benign: A tumor, growth, or image finding that is not cancerous or suspicious.

Biopsy: Removal of a small sample of tissue to be analyzed in the lab. Often done with a needle or small incision.

BRCA1 & BRACA2: The names of two genes that when mutated, increase the risk of cancer, including breast or ovarian cancers. Can be passed down through families.

Cancer: Abnormal cell growth that can spread to other areas of the body. There are more than 100 types of cancer.

Chemotherapy: Anti-cancer drugs that treat cancer. Can be given in a variety of ways.

Ductal Carcinoma in Sutu (DCIS): Cancer that has not spread past the ducts and is not invasive.

HER2: A protein that helps cancer calls grow more quickly. Cancer cells with higher than normal levels are caller HER2-Positive and tend to grow and spread more quickly. However, they are more likely to respond to specific treatment.

Hormone Therapy: Treatment that is used to treat cancers that rely on hormones to grow. Also known as endocrine therapy.

Lymph Node: Small organs located throughout the body that filter harmful substances from the lymphatic system. When located in the primary area of cancer, they are the first place cancer goes to when the cancer has spread.

Malignant: A cancerous growth or mass.

Mastectomy: Surgical removal of the entire breast. The extent of the surgery performed is based on how much tissue and lymph nodes need to be removed.

Metastasis: Cancer that has spread to other parts of the body.

Oncologist: A physician who specializes in treating cancer.

Port: A device that is surgically implanted into the body and used to deliver fluids, medicines, and take blood samples. A port can be in place for an extended length of time.

Radiation Therapy: Treatment that uses beams of high-energy x-rays to destroy cancer cells. It targets a specific area and is often used in conjunction with chemotherapy and/or surgery.

Stage: A number (1-4) that indicates how advanced the cancer is. The lower the number, the more easily it is to cure.

Survivor: Someone who has finished treatment.

Thriver: A person who is living with Stage 4 cancer.

Tumor: Abnormal or excessive growth of body tissue. Can be benign, precancer, or cancer.

Warrior: Someone who is currently being treated for cancer.

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This information is provided as a resource and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.