

HOLIDAY HEALTH HINTS

Cancer And Your Holidays

(NAPSA)—If you or someone you care about is among the nearly 14 million people in the U.S. living with cancer, these tips from patients and caregivers on an online cancer network developed with the American Cancer Society may help.

1. Communicate needs, expectations and limitations ahead of time. Warn loved ones about any change in appearance. “Let them know that you are okay with it and they will be, too,” said Carol Notermann, an ovarian cancer survivor.



Cancer patients may benefit from connecting with others like them and learning from their experiences.

2. Join an online cancer community, such as WhatNext.com, where you can connect with others on a similar journey. “Connecting with someone who shares your specific diagnosis makes a huge difference,” said Carol Haines, colon cancer survivor.

3. Ask for help with real tasks. “You will feel relieved, they will feel needed and quality time will be spent together,” said Makiko Fliss, a breast cancer survivor.

4. If you cannot make it to certain festivities, go via video chat, Skype or FaceTime. “Video chat allows you to see and hear everyone from the comfort of your home,” said Greg Pierce, a three-time cancer survivor.

Learn more at www.WhatNext.com.