

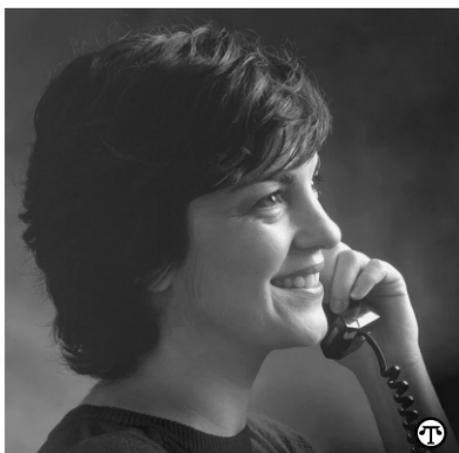
Cancer Experts Help Patients Improve Their Chemotherapy Experience With National Workshop Series

(NAPSA)—More than one million cancer patients undergo chemotherapy treatment to improve their survival rates. However, chemotherapy does not differentiate between cancer cells and healthy cells, therefore healthy cells are also killed during treatment. This can result in side effects that are debilitating, and sometimes dangerous. Chemotherapy side effects can make performing everyday activities, such as a job, errands and cleaning the house, very challenging.

Having updated information about advances in treatment and side effects is key to effectively manage one's chemotherapy experience. CancerCare has launched a free monthly national telephone education workshop series that focuses on important cancer treatment topics that can help patients learn how to continue their daily activities and ultimately improve their quality of life.

"The crisis of being diagnosed with cancer and facing chemotherapy treatment can be overwhelming for patients as well as their loved ones and caregivers," said Diane Blum, MSW, Executive Director, CancerCare. "The comprehensive workshop series will provide helpful tips to cancer patients and their loved ones, giving them the communication tools to improve the quality of their care."

People who communicate openly with their health care professional about cancer topics are more knowledgeable about those topics than patients who do not hold discussions. For example, a recent Harris Interactive® survey of more than 500 cancer patients found that 81 percent of patients who discussed cancer topics with their physician understood the effect of low white blood cell count, a serious side effect of chemotherapy that impairs the body's ability to fight off infections. Of patients who did not have a discussion with their physician, however, only 29 percent understood the impact of low



white blood cell count.

The monthly telephone workshop series, called "Improving Your Chemotherapy Experience," will help cancer patients and their caregivers understand and manage the side effects of chemotherapy treatment in order to maintain the best lifestyle possible while living with cancer. Topics include:

- Preparing for chemotherapy treatment
- Understanding your test results
- Discussing treatment options
- Communicating with medical experts
- Coping with treatment side effects

CancerCare is a national non-profit organization that provides free professional support services to anyone affected by cancer. The "Improving Your Chemotherapy Experience" Series is part of CancerCare's free Telephone Education Workshops, known as CancerCare Connect™. The workshops bring together thousands of people from across the country to listen to and ask questions of renowned cancer experts by phone. More than 70 workshops each year allow people to participate from the convenience of their home or office—a valuable service to those who may be homebound or who are balancing the added stresses of a cancer diagnosis with work, family and personal needs.

For more information and a full schedule of workshops, visit www.cancercares.org or call 1-800-813-HOPE (4673).