

Health Awareness



Living With Cancer

(NAPSA)—Learning to manage the side effects of cancer treatments could make the disease easier to live with. Try these tips:

- **Exercise**—Exercise, like walking, yoga or swimming, can decrease fatigue.

- **Hair Loss**—Hair loss from chemotherapy is usually not permanent; hair will grow back three or four months after treatment is complete.

Frankly Speaking About Cancer Treatment



Take Control of Side Effects with
MEDICINE, MIND AND BODY

Practical Information for People Affected by Cancer

4th Edition



the
wellness
community

There are ways to handle the side effects of some cancer treatments.

- **Risk Of Infection**—Wash your hands frequently and thoroughly.

- **Nausea**—Not all chemotherapy causes nausea and vomiting. Talk to your doctor before chemotherapy begins about medications to prevent or control nausea.

- **Emotional Distress**—Talk to doctors, along with family, friends and clergy, about your emotions.

You can learn more by accessing The Wellness Community's "Frankly Speaking About Cancer Treatment" booklet and journal at www.thewellnesscommunity.org. It's designed to empower people to become active and informed partners in their side-effect management.