

Taking Control Of Cancer

(NAPSA)—If you are—or if you know—one of the 1.4 million Americans diagnosed with cancer this year, there is a free resource available to help guide you through your treatment.

To help, The Wellness Community, an international nonprofit organization dedicated to providing emotional support, education and hope to all people affected by cancer, has created the “Frankly Speaking About Cancer Treatment” booklet and journal.



A free publication helps empower cancer patients to get the help they need and can also provide resources for caregivers.

The booklet and journal coordinate several new management tools to help patients deal with the side effects from cancer treatment.

Included are tools for communicating with a patient's health care team, a calendar to schedule appointments, and information about diet and exercise that can help patients feel stronger and healthier.

Workshops held nationwide provide an excellent resource for cancer patients and support for caregivers on how best to assist loved ones. For information, visit www.thewellnesscommunity.org or call (888) 793-WELL.