

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities



American Cancer Society Circle Of LifeSM
Cancer Education and Wellness for American Indian and Alaska Native Communities

Wellness along the Cancer Journey:

Treatment

Revised October 2015

Chapter 6: Knowledge Questions



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Knowledge Questions

Treatment Knowledge Questions	True	False	Not Sure
1. It is best not to bother others about fears and concerns about cancer.			
2. Once treatment is over, a person can jump right back into their normal routine.			
3. Wellness means taking care of one's physical, emotional, mental, social, and spiritual needs.			
4. Chemotherapy is always part of cancer treatment.			
5. Everyone has bothersome side effects with cancer treatment.			
6. If someone pays attention to what they eat while getting cancer treatment they may feel better.			
7. It is normal for a person to be depressed after cancer treatment. There is nothing that can be done about it.			
8. Following traditional American Indian and Alaska Native ways can support well-being after treatment.			
9. Eating well, exercising, and maintaining a healthy weight are important for cancer survivors.			
10. Celebrating one's unique gifts and setting new goals are helpful ways of coping.			
11. Talking to other survivors can be a helpful way to cope.			
12. It is no longer important to make any plans for the future.			