

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

WELLNESS ALONG THE CANCER JOURNEY: TREATMENT

Goals: People who take part in the Circle Of Life program will understand what may happen during and after cancer treatment. They will learn some of the possible longer-term side effects after cancer treatment. They will also find out about some emotional and social issues that affect a person being treated for cancer.

Learning Objectives:

- What is cancer and how is it treated?
- How can people take care of themselves during cancer treatment?
- How can people take care of themselves after cancer treatment is complete?



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Wellness along the Cancer Journey: Treatment

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Cancer Education and Wellness for American Indian and Alaska Native Communities

Wellness Along the Cancer Journey:

Treatment

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Chapter 1: Module Overview

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Module Overview

This module includes information about cancer and its treatment. While each person's experience will be different, there are certain concerns that affect nearly every person who has cancer.

The growth in knowledge of how cancer develops has led to great progress in cancer prevention, early detection, and treatment. Scientists have learned more about cancer in the past few decades than in all the centuries before. We are grateful for all the hard work and discovery of those who've gone before us. They've made many advancements possible, but we know that there is still a lot more to learn.

More attention than ever is being paid to quality of life and long-term outcomes of cancer survivors. Some important issues include side effects of treatment and the need for long-term medical follow-up. There are social and financial challenges, like getting health insurance and problems with employers. There are also personal issues like changes in relationships and families that may result from life-threatening illness. And, there is learning to live with knowing that cancer may come back.

Cancer was once a word that people were afraid to speak in public. People rarely admitted to being a cancer survivor. Now, many well-known people and national leaders have very openly discussed their cancer journeys.

A person recently diagnosed with cancer may want to better understand what cancer is and the basics of its treatment. Once a person knows more about their cancer and their treatment options, they may want to know what to expect during treatment. They may need to know how to manage certain side effects – such as fatigue, pain, and effects on sexual function. This module talks about self-care before, during, and after cancer treatment – including ways to take care of the body, mind, and spirit.