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Cancer information and support center

When you first arrive at the CTCA, you may be assigned a nurse to assist you throughout the evaluation process. The care manager is available to answer your questions or to be with you if you just want to talk. Your assessment at ctca may take several days. In the meantime, you will meet with your oncologist doctor and other doctors and clinicians who will review your medical history, perform medical assessments and recommend diagnostic tests to determine the location, stage and extent of cancer. You may also meet a nurse, or, depending on your needs and wishes, you can choose a registered dietitian, naturopathic oncology provider and/or other support care provider. Knowing as much as you can about the type of cancer, stage and treatment options, and the side effects they can cause, can help you make more informed decisions about your care. Once you and your medical oncologist decide which cancer treatment you will receive, you will have the opportunity to meet with a dietitian, naturopathic oncology provider and other clinical patients who are experienced and trained in the therapy recommendations to support you during treatment and help you manage side effects. For example, our mind-body medicine, pain management and nutrition teams can work with you to provide relaxation techniques, medications and dietary supplements that help alleviate anxiety, discomfort or other symptoms that you may experience. If you are looking for a second opinion, ctca experts will perform a full assessment, confirm your diagnosis and help you understand the treatment options available to you. Reduced meeting waiting times and results We understand that waiting for test results can create a lot of stress. For light anxiety and help start cancer treatment earlier, the onsite laboratory in each hospital allows us to provide reduced waiting times for appointments and test results. In some cases, patients who choose to receive treatment with CTCA after evaluation may start treatment immediately. antonio arcos a.p. fotonstudio photography/Getty Images For someone living with cancer, the support of family and friends is critical in their journey. However, cancer diagnosis often surprises everyone and re-cuts the roles we are accustomed to playing. Those who have not personally battled cancer, albeit well-wishers, cannot fully understand what their loved one permeates both emotionally and physically. When you are facing this new territory, what are some tips that can guide you in how to support your beloved client through their often lonely journey? Below we will share 14 tips on what you can do and what you can say to convey your love and care to your loved one with cancer. These are just a few ideas to contemp about, and as you read through them you can think of others that would be even better for your family member or friend. These are also just suggestions. If you find that you have not worked such as visiting meetings, do not worry. This list is not meant to make you feel guilty! Speaking of guilt, remember that you go through emotional water slides, too. You also deserve and need support. None of us are perfect, even if we are not faced with the anguish and powerlessness of having a loved one with cancer. Don't forget to get out of it and be good to yourself. Simply listening to someone with cancer may sound easy, but it is often surprisingly difficult. We want everything to get better. We want to make things right. But listening to your ears is often what helps most. Let your loved one express your feelings, even if you feel uncomfortable with these feelings. You can be fairly sure that if your loved one points to a difficult topic, such as dying, he's been thinking about it for some time. Let him have solace in the division. Don't judge, don't disturb and listen with your eyes and body, not just your ears. As an added note, note that contrary to rumours, maintaining a positive attitude towards cancer has not been shown to affect survival. It is important for your loved one to express negative feelings with a trusted friend or family member and let them go. As caregies, we face our own set of difficult emotions and fears. What will happen to my loved one? Is he going to have pain? Is he going to make it? What's going to happen to me? How will my life change? First, try to face your fears so that you are truly able to listen well. Maybe you're also fighting with sadness. If you feel lonely in this difficult city while trying to keep hope and grieve for the future, be sure to learn about the expected grief. No matter how much your actions express your love, they are not a substitute for what you say. I'm not going to be a Praise his efforts. Even if after a round of chemotherapy all he can do is wash his teeth, tell him it's something special and appreciated. As you continue to read these tips, it can help you to try to imagine yourself in your loved one's shoes. How does it feel to have cancer? Of course, you can't fully understand the pain and fears and emotional slide of cancer, so just imagine it, but imagine that you are facing cancer, it can give you some insight into concepts that you may not otherwise understand. For those with cancer, life continues despite the ongoing treatment and confrontation with annoying side effects such as cancer-related fatigue. The bills are piling up. Dust is gathering. Something as simple as offering to help clean the house for an hour is often deeply appreciated. Don't wait for your loved one to ask for help. Can I come in wednesday at 2:00 and wash some windows? The important point here is to offer help and make it specific. Attending meetings with your loved one can express your care in several ways. Hospitals and clinics can be daunting places, but waiting can be ai billion. Get the notebook. Ask questions. Recorded. However, make sure that Your loved one to make her own decisions. Humor can be the best medicine. Be sensitive to times your loved one must express sadness, but be prepared to laugh and smile as well. Sometimes our loved ones with cancer say they want to be alone, that they don't bother us, but other times they really want to be alone. Follow other visitors, too. Does your loved one feel she has to entertain them, but refuses to throw them out and ask them to go? If so, gently tell these other visitors when your loved one appears tired and thank them for visiting. The information seems to ease some of the anxiety people face with cancer, and sometimes they can even change the results. Learn how to explore your loved ones' illnesses online, ask the Cancer Center for information, ask yourself notes and ask questions at doctor's appointments. Keep in mind that some people do not want their loved ones to share the latest information on clinical trials or suggest another treatment. Listen to your beloved. Our cancer beloved need a fair assessment of their condition to make the decisions that best suit their needs – even if that sincerity is painful. Be honest with other family members, but especially with the children. We want to protect our children from the reality of what their parent or grandmother can face, but children often imagine the worst. Even if the prognosis is poor, sharing with children sincerely gives them the opportunity to grieve and express their love. No matter how much someone without cancer can sympathize, talking to someone facing the same challenges can be invaluable for someone who is facing cancer. Ask your Cancer Center for information about the support group Many online support groups are also available, and bear the advantage of being able to connect with others with cancer and cancer care giver 24 hours a day. If your loved one is not interested in a support group, check out the matching services provided by organizations such as LUNGeivity, in which people with cancer match up with others who are facing the same cancer. Family members often have many different opinions when a loved one has cancer based on their own life experience. Friction often develops, and can be followed by pain and pursuit. Your loved one doesn't want to be a source of family conflict. Try to hear each other's views, no matter how they might seem to each other. Keep in mind that you all have a common goal; We all want to support our loved one. Eating healthily, trying to sleep enough, and keeping a balance in your life will help you provide the support your loved one needs. See further advice for cancer family caregivers to nurture yourself as you look after others. A great resource for learning how to support a loved one living with cancer is: Let me live: 20 Things People with Cancer want you to know. No matter how hard we try to walk in someone's shoes cancer, helps hear thoughts, thoughts, and desires shared by people who actually walked down this difficult road. And finally, your loved one probably doesn't realize it yet, but being her beloved in her care is absolutely priceless. Check out tips on how to defend yourself or a loved one with cancer to get the best possible care. Possible.

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