

Cancer_oNet™ Bulletin

Trusted cancer information from the American Society of Clinical Oncology

THIS MONTH ON CANCER.NET: Tips for dealing with the holidays, talking with your family and friends about cancer, coping with cancer during the winter, and lots of updated content!

December 2008

✉ FORWARD TO A FRIEND >>

Relationships and Cancer: What to Say?

Spending the holidays with family and friends often brings difficult questions about your cancer and well-being. Talking openly with those who care about you helps. However, finding the right words and approach is challenging. Find out what to consider when **talking about cancer**. For example, offering a realistic but hopeful assessment of the situation is helpful when **talking with children**. And when talking with your partner, remember to talk about all of the normal things beyond cancer, too. Just talking helps couples feel closer. Find out more on **how cancer affects family life**.

When it comes to

Must See

Holiday Help: Anxious about seeing friends and family? Get **tips on coping with cancer during the holidays** and read these **answers to your holiday questions**. Plus, hear more ideas in this **podcast**. Stressed about traveling? Find out what to know about **traveling with cancer**.



New Study on Link Between Lifestyle Factors and Deaths From Colorectal Cancer. Read more about this study in ASCO's *Journal of Clinical Oncology* reporting that the levels of two insulin-related proteins helped predict the risk of death for people with colorectal cancer.

talking about cancer in the workplace, a fear of discrimination may prevent you from sharing openly. Learn about your rights and the laws designed to protect you when **dealing with cancer and the workplace**. Plus, keep these tips in mind when **going back to work after cancer**.

Attention Patient Advocates:

Register for the upcoming **Genitourinary Cancers Symposium**, being held **February 26-28, 2009, at the Orlando World Center Marriott Resort & Convention Center in Orlando, Florida**. This Symposium will offer educational sessions on the prevention, diagnosis, and treatment of cancers of the bladder, kidney, penis, prostate, and testicles.

For more information and to register, e-mail patientadvocates@asco.org. **Registration forms must be received no later than February 17**. The discounted registration rate is available for up to two patient advocate

Cancer.Net Feature Articles

Practical, how-to information on a variety of topics for people living with cancer. The latest Features include:

ASCO Expert Corner: Cancer Rates Across the Globe

How does the progress against cancer in the United States compare with the rest of world? Cancer.Net talked with ASCO President Richard L. Schilsky, MD, to learn more.

Seven Steps for a Healthier New Year

It's not too early to start thinking about your health goals for the new year. These suggestions will help get you there.

Evidence-Based Medicine in Cancer Care

How do doctors decide which treatments may work best for you? Learn about different types of scientific evidence and how guidelines may be a part of your treatment.

Managing Stress

Dealing with cancer may be one of the most stressful events of your life. Read these tips to help make your life more manageable.

*Stay up-to-date on the latest Cancer.Net Features by subscribing to our **RSS feed!** You'll need a feed aggregator such as Google Reader or Bloglines in order to subscribe. And don't forget that you can also check out 180+ other **Cancer.Net Features**.*

Cancer.Net Podcasts

Free audio files that address a variety of topics important to Cancer.Net visitors, providing a new option on how to receive doctor-approved information.

representatives per organization. Any additional representatives are welcome to register at the regular registration rate.

A limited block of rooms at the Orlando World Center Marriott are available to patient advocates on a first-come, first-served basis. The **early housing deadline and early registration deadline is January 23.**

For more information on *News and Events*, use the blue navigation bar below to explore this and other sections of Cancer.Net.

Cancer Types ▶

Learning About Cancer ▶

Diagnosis and Treatment ▶

Coping ▶

Survivorship ▶

Advocacy and Policy ▶

Library ▶

ASCO Resources ▶

News and Events ▶

Cancer.Net En Español ▶

CT Scans and Cancer Risk

What are the benefits and risks of undergoing a computed tomography (CT) scan? Find out and ask your doctor these questions before having one.

Cancer and the Winter Months

With the temperature plunging outside, get these tips on dealing with **cancer and the winter months**, such as applying moisturizer to keep your skin healthy and hydrated.



Have you seen...

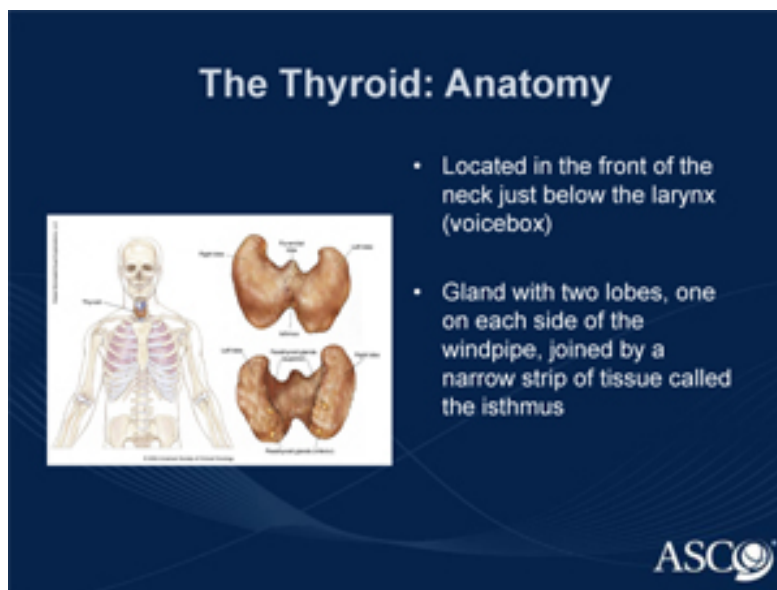
Giving a presentation on cancer?

Check out this quick and easy way to inform your group about cancer. The **ASCO Cancer Education Slides** provide reliable, oncologist-approved information in a Microsoft PowerPoint presentation. Download more than 20 free presentations about the risk factors, symptoms, and treatment for the most common types of cancer.

For more information about ASCO's patient information resources, visit www.cancer.net or call 888-651-3038.



Making a world of difference in cancer care



Latest Updates to Cancer.Net Guides to Cancer. Several of the website's sections of cancer types and cancer-related syndromes have been recently updated, including:

Amyloidosis
Inflammatory Breast Cancer
Male Breast Cancer
Metaplastic Breast Cancer
Childhood Hodgkin Lymphoma
Childhood Osteosarcoma
Childhood Rhabdomyosarcoma
Gastrointestinal Stromal Tumor (GIST)
Gestational Trophoblastic Tumor
Liver Cancer
Lung Cancer
Mastocytosis
Small Bowel Cancer
Unknown Primary

Updated *Cancer Types* that have been translated into Spanish include:

Cáncer de cuello uterino (Cervical Cancer)
Linfoma de Hodgkin (Hodgkin Lymphoma)
Linfoma no Hodgkin (Non-Hodgkin Lymphoma)

Quick Links

Direct access to key sections of Cancer.Net:

- [Newly Diagnosed? First Steps to Take](#)
- [Find an Oncologist](#)
- [Clinical Trials](#)
- [Managing Side Effects](#)
- [Survivorship: Next Steps to Take](#)

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Cancer.Net Bulletin is a monthly newsletter highlighting new content and features of the American Society of Clinical Oncology's (ASCO) patient information website, Cancer.Net (www.cancer.net). Cancer.Net brings the expertise and resources of ASCO, the voice of the world's cancer physicians, to people living with cancer and those who care for and care about them. ASCO is composed of over 25,000 oncologists globally who are the leaders in advancing cancer care. All the information and content on Cancer.Net was developed and approved by the cancer doctors who are members of ASCO, making Cancer.Net the most up-to-date and trusted resource for cancer information on the Internet. Cancer.Net is made possible by The ASCO Cancer Foundation, which provides support for cutting-edge cancer research, professional education, and patient and family support.

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