


Cancer_oNet™ Bulletin

Trusted cancer information from the American Society of Clinical Oncology

THIS MONTH ON CANCER.NET: Tools to help manage the cost of cancer care, organizing your care, coping with the fear of recurrence, what to know about cancer prevention, and lots more!

February 2009

 FORWARD TO A FRIEND >>

NEW: Tools to Help Manage the Cost of Care

Need help understanding your medical costs? Want to know where to turn for help? Don't miss the new **Managing the Cost of Cancer Care** guide to help you start and facilitate talks with your health care team about this important topic.

Knowing what costs to expect helps you budget and plan your finances, but not all costs may be obvious at first. Read more about **understanding your costs** and what to know about "hidden costs," such as extra transportation to and from treatment and additional child care. Talking with your doctor about your costs as

Must See

Liver Cancer on the Rise: Why has the number of new cases of liver cancer diagnosed each year in the United States tripled over the past few decades? Read more about this new study in ASCO's *Journal of Clinical Oncology*.

Endometrial Cancer: Another study reports that younger women with early-stage endometrial cancer can safely keep their ovaries and avoid early menopause. Get the facts about this study, also in the *Journal of Clinical Oncology*.

Cancer Terms to Know in Spanish: This four-part series explains frequently used terms throughout all stages of cancer treatment: basic oncology terms (términos oncológicos básicos), newly diagnosed (nuevo diagnóstico), during treatment (durante el tratamiento), and after treatment (después del tratamiento).

early as possible helps, but bringing up financial matters is difficult - especially if you don't know what to say or ask. Get these **tips and questions to ask about costs**. For example, try starting the talk by saying: "I'm worried about costs related to my cancer treatment. Can we talk about my concerns?"

If you are struggling with costs, don't be afraid to ask for help. Get a list of **financial resources** and organizations that offer help for people with cancer facing financial challenges. Plus, throughout your treatment you may come across unfamiliar terms related to insurance and finances. Know the difference between co-insurance and a co-pay? Check out this handy **glossary of cost-related terms**.



Cancer.Net Feature Articles

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

How to Find a Counselor

Need counseling, but not sure where to start? Learn about the different types of counselors and how to find one in your local community.

ASCO Expert Corner: The Role of an Oncology Nurse

Nurses spend more time with you than any other member of the health care team. Find out what to know about working with oncology nurses.

Secondhand Smoke and Cancer

Are you exposed to secondhand smoke? You might be surprised-get these important tips on avoiding it.

*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**.*



Help With Organizing Your Care

Getting and staying organized is also a big help when it comes to managing the costs of cancer care. What tools do you use to stay organized? A simple filing cabinet or desktop divider keeps information in one place making it quick and easy to find important documents. Get more tips on **getting organized** and read more about **managing your care**.

Plus, these free **medical forms** help you gather and store details about your medical history, treatment, test results,

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.

Coping With the Fear of Cancer Recurrence

If you worry about your cancer coming back after treatment, you're not alone. Listen to these tips to help you cope.

Have you seen...

ASCO ANSWERS
BLADDER CANCER

WHAT IS BLADDER CANCER?
Bladder cancer begins when cells lining the bladder grow uncontrollably and eventually form a tumor. Bladder cancer is described as either non-muscle-invasive or muscle-invasive, depending on whether it has penetrated into or through the muscle of the bladder wall. Invasiveness of the tumor determines the most common type of bladder cancer.

WHAT IS THE FUNCTION OF THE BLADDER?
The bladder is an expandable, hollow organ in the pelvis that stores urine before it leaves the body.

WHAT DOES STAGE MEAN?
The stage is a way of describing the cancer, such as where it is located, if it has spread, and if it is affecting the function of other organs in the body. There are five stages for bladder cancer: stage 0 (carcinoma in situ) and stages I through IV (see through text). Information for these stages are available at www.cancer.net.

HOW IS BLADDER CANCER TREATED?
The treatment of bladder cancer depends on the size and location of the tumor, whether the cancer has spread, and the person's overall health. Most people diagnosed with bladder cancer have non-muscle-invasive cancer, which may be treated with a course of high-energy electricity. Treatment may be followed with chemotherapy or immunotherapy. Treatment that uses the body's own immune system to fight cancer. For people with muscle-invasive cancer, treatment options may include surgery to remove the bladder (cystectomy), radiation therapy, chemotherapy, and immunotherapy. When the bladder needs to be removed to control the cancer, the surgeon will make a hole in the wall of the body to drain urine. Another therapy may be given before or after surgery, and a urinary diversion, or bag, may also be used as an alternative to bladder removal, or to drain a tumor before surgery. Chemotherapy may also be given before or after surgery. When making treatment decisions, people may also consider to consult and talk with your doctor about all treatment options. The side effects of bladder cancer treatment can often be prevented or managed with the help of your health-care team.

HOW CAN I COPE WITH BLADDER CANCER?
Following the advice of a cancer diagnosis and communicating with your doctor are key parts of the coping process. Working against, becoming organized, and considering a second opinion are other steps. Take care of yourself during the time. Understanding your situation and those of people close to you can be helpful in managing the diagnosis, treatment, and healing process.

ASCO Answers is a series of fact sheets produced by the American Society of Clinical Oncology (ASCO) is the world's leading professional organization representing doctors of all oncology specialties who care for people with cancer.

Free Fact Sheets on 20 Types of Cancers

Reading about cancer after a new diagnosis is overwhelming. Fortunately, these fact sheets are a good place to start. Learn where some of the most common types of cancer start, how each is treated, plus get helpful terms to know and questions to ask the doctor. **Order your free copies today!**

February is National Cancer Prevention Month

What lifestyle changes can you make to help prevent cancer or live healthier during and after treatment? Although not all factors are in our control, taking some simple steps with **cancer screening, diet and nutrition,**

and more. Being prepared when seeing your doctor helps you get the most out of your medical care—get these **helpful hints for making appointments** and **hints for doctor visits**. Once you finish treatment, ask your doctor to fill out one of **ASCO's Treatment Plans and Summaries** that list important information about your treatment and a plan for follow-up care.

For more information on *Diagnosis and Treatment*, 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 ▶



physical activity, and **quitting smoking** help put us more in control of a healthy future. Find out more about the basics of **cancer prevention**.

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:

- Adrenal Gland Tumor
- Bladder Cancer
- Carney Complex
- Childhood Acute Myeloid Leukemia (AML)
- Childhood Wilms Tumor
- Eosinophilic Leukemia
- Hereditary Pancreatitis
- Muir-Torre Syndrome
- Peutz-Jeghers Syndrome
- Turcot Syndrome

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

- Cáncer de hígado (liver cancer)
- Cáncer laríngeo e hipofaríngeo (laryngeal and hypopharyngeal cancer)
- Cáncer oral y orofaríngeo (oral and oropharyngeal cancer)

Check out more updates on Cancer and Siblings

