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PDF generated on May 30, 2016 from http://www.cancer.net/cancer-types/uterine-cancer/coping-with-treatment

Uterine Cancer - Coping with Treatment [1]

This section has been reviewed and approved by the Cancer.Net Editorial Board [2], 04/2016

ON THIS PAGE: You will learn more about coping with the physical, emotional, social, and financial effects of cancer and its treatment. This page includes several links outside of this guide to other sections of this website. To see other pages, use the menu.

Every cancer treatment can cause side effects or changes to your body and how you feel. For many reasons, people don't experience the same side effects even when given the same treatment for the same type of cancer. This can make it hard to predict how you will feel during treatment.

As you prepare to start cancer treatment, it is normal to fear treatment-related side effects [3]. It may help to know that your health care team will work to prevent and relieve side effects. Doctors call this part of cancer treatment "palliative care." It is an important part of your treatment plan, regardless of your age or the stage of disease.

Coping with physical side effects

Common physical side effects from each treatment option for uterine cancer are described within the Treatment Options [4] section. Learn more about side effects of cancer and its treatment, along with ways to prevent or control them [5]. Changes to your physical health depend on several factors, including the cancer's stage, the length and dose of treatment, and your general health.

Sometimes, physical side effects can last after treatment ends. Doctors call these long-term side effects. They call side effects that occur months or years after treatment late effects [6]. Treating long-term side effects and late effects is an important part of survivorship care. Learn more by reading the Follow-up Care [7] section of this guide or talking with your doctor.

Coping with emotional and social effects

You can have emotional and social effects as well as physical effects after a cancer diagnosis. This may include dealing with difficult emotions, such as anxiety or anger, or managing your stress level. Sometimes, patients have problems expressing how they feel to their loved ones, or people don't know what to say in return.

Patients and their families are encouraged to share their feelings with a member of their health care team. You can also find coping strategies [8] for emotional and social effects in a separate section of this website. This section includes many resources for finding support and information to meet your needs.

Coping with financial effects

Cancer treatment can be expensive. It is often a big source of stress and anxiety for people with cancer and their families. In addition to treatment costs, many people find they have extra, unplanned expenses related to their care. For some people, the high cost stops them from following or completing their cancer treatment plan. This can put their health at risk and may lead to higher costs in the future. Learn more about managing financial considerations [9], in a separate part of this website.

Caring for a loved one with cancer

Family members and friends often play an important role in taking care of a person with uterine cancer. This is called being a caregiver. Caregivers can provide physical, practical, and emotional support to the patient, even if they live far away.

Caregivers may have a range of responsibilities on a daily or as-needed basis. Below are some of the responsibilities caregivers take care of:

- Providing support and encouragement
- Giving medications
- Helping manage symptoms and side effects
- Coordinating medical appointments
- Providing a ride to appointments

- Assisting with meals
- Helping with household chores
- Handling insurance and billing issues

Learn more about caregiving [10].

Talking with your health care team about side effects

Before starting treatment, talk with your doctor about possible side effects. Ask:

- Which side effects are most likely?
- When are they are likely to happen?
- What can we do to prevent or relieve them?

Be sure to tell your health care team about any side effects that happen during treatment and afterward, too. Tell them even if you don't think the side effects are serious. This discussion should include physical, emotional, and social effects of cancer.

Also, ask how much care you may need at home and with daily tasks during and after treatment. This can help you make a caregiving plan.

The next section in this guide is Follow-up Care [7]. It explains the importance of check-ups after you finish cancer treatment. Or, use the menu to choose another section to continue reading this guide.

Links
[1] http://www.cancer.net/cancer-types/uterine-cancer/coping-with-treatment
[2] http://www.cancer.net/about-us
[3] http://www.cancer.net/node/24492
[4] http://www.cancer.net/node/19315
[5] http://www.cancer.net/node/25238
[6] http://www.cancer.net/node/25396
[7] http://www.cancer.net/node/19318
[8] http://www.cancer.net/node/21
[9] http://www.cancer.net/node/24865

[10] http://www.cancer.net/node/25009