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Newly Diagnosed: First Steps to Take

View a video on how to use Cancer.Net, with Editor-in-Chief Diane Blum, MSW

People can be overwhelmed after hearing the doctor say cancer [1]. To help you answer common questions about cancer and feel more in control of your health, refer to this list of information and resources. It can help you learn about your diagnosis, find medical care and support, and get organized.

Learn About Your Diagnosis

Read detailed information about a specific type of cancer or cancer-related syndrome [2], including a specialized list of questions to ask your doctor.

Learn the basics about the most common cancers [3].

Find information and support for rare cancers [4].

Understand the meaning of the medical terms you may hear [5].

See drawings of the parts of the body where cancer can occur [6], including pictures of different stages of specific cancers.

Find Medical Care

Learn more about choosing an oncologist [7].

Search for an oncologist in your area [8].

Find information [9] on selecting where to receive your cancer treatment.

Learn more [10] about the importance of seeking a second opinion.

Find out more about becoming comfortable with making decisions about your cancer care and treatment [11].

Understand how research studies [12] may be an option for your treatment, what patient safety [13] measures are in place, and how to find a clinical trial [14].

Find Support and Get Organized

Learn what emotional and social effects are possible with a cancer diagnosis [15], along with coping strategies.

Find out how you can become more active in managing your cancer care [16].

Understand the costs associated with cancer care [17], including tips on managing costs and locating financial assistance [18].

Find online or telephone support programs [19].

Learn how to keep a complete record of your medical care [20] and the importance of doing so.

Download the free Cancer.Net Mobile app [21] for your smartphone to get portable cancer information, track your side effects, save information about your prescriptions, and record answers to your personalized list of questions.

Find more information and support for specific types of cancer [22].

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Links:
[1] http://www.cancer.net/node/25270
[2] http://www.cancer.net/cancer-types
[3] http://www.cancer.net/node/24928
[4] http://www.cancer.net/node/24530
[5] http://www.cancer.net/node/28241
[6] http://www.cancer.net/multimedia/medical-illustrations-gallery
[7] http://www.cancer.net/node/24949
[8] http://www.cancer.net/all-about-cancer/newly-diagnosed/find-oncologist/find-oncologist-database
[9] http://www.cancer.net/node/24527
[10] http://www.cancer.net/node/25355
[11] http://www.cancer.net/node/24582
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[18] http://www.cancer.net/node/25370
[19] http://www.cancer.net/node/24698
[20] http://www.cancer.net/node/24569
[21] http://www.cancer.net/node/25555
[22] http://www.cancer.net/node/25325