

Caring For Someone With Cancer?

(NAPSA)—If you're caring for a loved one with cancer, it can often feel overwhelming, confusing and sometimes daunting. In fact, recent research has shown many people caring for someone with cancer experience depression and anxiety. One survey also found that family caregivers can spend over eight hours per day providing care and that as this time increases, caregivers are spending less time on their own health, such as by not getting enough sleep and exercise.

Caring for someone with cancer, however, can be a rewarding experience—especially if caregivers are prepared with their own support system, information and resources.

The American Society of Clinical Oncology (ASCO), an organization that represents the world's premier cancer doctors, recognizes the important role caregivers play. It is important for cancer doctors to work with patients' caregivers to ensure they feel well supported and informed, and that they remember to take care of their own health and well-being. Caregivers perform critical tasks such as giving medication, providing transportation to and from appointments, managing household duties, and supporting the patient emotionally.

Cancer.Net—ASCO's free patient information website—offers tips, downloadable materials, and other resources to help caregivers. Here are some top tips for family caregivers:

• **Remember, caregiving is a team effort.** Connect with other family members and friends, as well as the patient's health care team, to get help and divide tasks.



When someone you care for has cancer, knowing a few facts can help both of you feel better.

• **Be a problem solver.** Identify problems, find out what is needed and follow through with a solution.

• **Recognize your personal strengths and weaknesses** in deciding what to do yourself and what tasks to get help with.

• **Talk about your concerns** with your loved one and his/her doctors and other members of the cancer care team.

• **Seek out information and guidance.** There are many resources on the Internet and locally to help support family caregivers.

• **Make sure to take time for yourself.** Taking care of your own emotional and physical health will make you a more effective caregiver.

“Caregivers are valuable partners in caring for patients,” said ASCO cancer expert Andrew Epstein, M.D. “Ensuring that caregivers are well supported should be an essential component of high-quality cancer care.”

For more information and free resources on caring for a loved one with cancer, visit www.Cancer.Net/Caregiving.