

# Health Bulletin



## Learning All About Cancer

(NAPSA)—Today, 2,700 people in the United States will be diagnosed with cancer. For these people, life changes forever in a single instant. Upon diagnosis, patients experience a range of new emotions—from fear and anger to disbelief and, ultimately, frustration due to unanswered questions.

In addition to the emotional and lifestyle changes cancer entails, the treatment itself can be stressful.

Cancer patients undergoing chemotherapy treatment may experience side effects that can make it difficult to follow their most basic routines. One such side effect, anemia, or a low concentration of red blood cells, affects up to two-thirds of chemotherapy patients and can leave them feeling tired, weak or dizzy.

There are several ways for cancer patients and their caregivers to get the information they need about side effects, and tips and tools to help get their lives back on track. Cancer.com, a Web site dedicated to providing information about all aspects of cancer to patients and their caregivers, offers the following tips:

- Change external surroundings.

A change in scenery, such as reading in the park or having a meal outdoors, may be rejuvenating.

- Set aside time monthly, weekly or even daily to do something enjoyable—and stick to it.

- Find or resume a hobby. Releasing expression through a hobby such as scrapbooking,



**An online resource, Cancer.com, helps newly diagnosed cancer patients find the answers they are seeking.**

painting or cooking can offer stress relief.

- Look inward. Visualization and meditation can be a source of mental relief and strength for many.

In addition, Cancer.com offers advice and background materials about therapies, side effects, coping financially and proper nutrition, as well as inspirational stories from fellow patients and caregivers. The site contains interactive tools, including event calendars and an anemia awareness center.

“For many patients, the first step in their treatment is taking charge of their health care experience,” said Dr. Christine Pellegrino of Montefiore Medical Center in the Bronx, N.Y. “Cancer.com provides a variety of information to help both cancer patients and their caregivers.”