



HEALTH AWARENESS

Life After Cancer: What Every Cancer Patient Needs To Know About Better Bone Health

(NAPSA)—As successful treatments for cancer are improving survival rates, patients need to be proactive and involved in their overall wellness. A healthy lifestyle is crucial for all cancer patients, which includes the health of their bones. Dr. Linda Vahdat of Weill Cornell Medical Center answers questions about cancer's impact on bone health.

What impact does cancer have on a patient's bones?

Most cancer patients don't think about how cancer can affect the health of their bones. However, cancer and its treatments can affect bones in two ways. Firstly, hormone therapies, which are commonly used to treat breast and prostate cancers, may increase the risk of osteoporosis, even in men. Secondly, sometimes cancer can spread or metastasize from its original site to the bone, resulting in weak and unstable bones.

How do patients know that they have bone complications caused by cancer?

Like osteoporosis, complications like bone metastases can occur without symptoms. When symptoms do occur, pain is usually one of the earliest.



Of what should cancer patients be aware?

The bottom line for cancer patients is body awareness. Cancer patients must alert their physicians to any pain they may feel as soon as possible. You are the expert on you. If you feel pain in your bones that doesn't go away, don't ignore it—let your healthcare provider know. Early detection can help decrease the chances of later complications.

Where can patients find more information on caring for bones during cancer?

Cancer Care has developed an incredibly informative program about Caring for Bones During Cancer to provide cancer patients and their families with accurate information. *For more information, you can visit CancerCare.org or call 1-800-813-HOPE.*