



SPOTLIGHT ON HEALTH

Free Cancer Survival Toolboxes Now Available

(NAPSA)—Every person whose life has been affected by cancer has unique needs—and an innovative new toolbox has been designed to help them meet those needs.

It is estimated that 1.5 million people will be diagnosed with cancer this year. One in two men and one in three women will develop cancer in their lifetime.

When cancer occurs in a family, it also affects the other family members who must find ways to help and cope.

Fortunately, The Cancer Survival Toolbox exemplifies empowerment for cancer survivors and cancer caregivers.

Its goal is to teach the newly diagnosed, as well as those living with cancer for some time, important life skills that will show them they are not helpless and they can and should be their own best advocates. The Basic Toolbox teaches six fundamental skills:

- Communicating through the body as well as verbal language
- Sifting through the mounds of information available in the library, on the Internet and elsewhere and assessing what is subjective and what is relevant to the situation
- Taking the information you have gathered and using it to make appropriate decisions regarding your care
- Coping with issues that arise due to treatment or side effects
- Using the above skills and negotiating with your health care team, your insurer or your employer for what you need



A new toolbox may help empower cancer survivors and help them get the care they need.

• Becoming your own best advocate

A special Caring for the Caregiver sequel was created to recognize the legitimate needs of the caregiver, who is often overlooked. In addition, special programs for the older person and uninsured/underinsured are also available. The three modular audio programs were developed to address the specific issues these specialty groups face when dealing with cancer.

The free Cancer Survival Toolboxes are available, thanks to a grant from Genentech. To order your free Cancer Survival Toolbox in English, Spanish or Chinese, call toll-free 1-877-TOOLS4U or visit www.gene.com.