

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.  
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

**Suggestion: Create a separate folder of this information for ease of future reference.**

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

**Our parish spirit is rising, is rising.**

[http://www.legacygifts.org/savvy\\_senior.jsp?WebID=GL2004-0129&D=200919](http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200919)

## Cancer Care: Resources that Can Help Seniors After a Diagnosis

Dear Savvy Senior,

My 62-year-old mother was just diagnosed with cancer and is feeling depressed, confused and doesn't know where to turn. What resources can you recommend that can help me help her?

Overwhelmed Daughter

Dear Overwhelmed,

Being diagnosed with cancer has to be one of the most difficult and shocking experiences a person can go through, yet 1.4 million Americans will experience it this year alone. Here are some tips and tools that can help you and your mom get more informed about her condition, and organize a plan for her treatment.

Get Informed

If you're like most people you're clueless about cancer. So your first step is to learn about your mom's specific type of cancer along with the treatment options, and thanks to the Internet it's easy to do. To get started go the National Cancer Institute (NCI) at [www.cancer.gov](http://www.cancer.gov) and click on your cancer type in the A to Z list of cancers. There are many other good and reliable web sites to visit and become informed of cancer treatments.

Choose a Doctor

After you know a bit about your illness, you'll need to choose a good doctor. The American Society of Clinical Oncology ([www.cancer.net](http://www.cancer.net)) provides tips on how to choose a cancer doctor (known as an oncologist), along with a searchable database to help you locate one. Also see [www.vitals.com](http://www.vitals.com), a Web resource that will help you locate, evaluate and choose a doctor based on their training, expertise, consumer ratings and recommendations from other doctors. (Be sure the doctor you choose accepts your mom's health plan.)

Research Alternative Medicine

If your mother is interested in learning more about herbs, supplements and other alternative approaches to fighting cancer, go to the National Center for Alternative and Complementary Medicine ([www.nccam.nih.gov](http://www.nccam.nih.gov)). Also, check-out the complementary and alternative medicine guides from M.D. Anderson Cancer Center at [www.mdanderson.org/departments/cimer](http://www.mdanderson.org/departments/cimer).

Find Support Services

There are lots of programs and services available today that can help your mom with a wide variety of cancer-related issues. For example, there are counselors, social workers and cancer support groups that can help with depression, anxiety and other psychological issues; nutritionists and dietitians to help deal with nausea, loss of appetite, fatigue or mouth sores; and physical therapists, and pain specialists that can assist with pain and discomfort.

To find what's available near your mother, start by asking the doctor, clinic, medical center or hospital that will be treating her. Larger health care or cancer treatment centers usually offer a wide variety of on-staff support services. However, if your mom is being treated in a small clinic or she lives in a rural area, finding help may be more difficult.

Get Financial Help

If your mom's insurance is limited or if she doesn't have insurance at all, there are financial assistance programs that may be able to help her. See

[www.cancercare.org](http://www.cancercare.org) and click on "Get Help" then on "Assistance," or call 800-813-4673 to learn more. The NCI also offers financial assistance information on their Web site at [www.cancer.gov/cancertopics/support](http://www.cancer.gov/cancertopics/support) - click on "Financial Assistance and Other Resources for People With Cancer."