

## **So you have been diagnosis with Cancer, What do you do Next?**

By Brenda A. Jenkins



Your doctor said your diagnosis is cancer.

Look at cancer as another life challenge to handle. Work on the things you have control over and involved experts on those things you do not have control over. Experts include oncologists. Having a strong faith, educating yourself on the disease, and eating nutritional meals are all things you can control.

### **Strong Faith Life**

Having a strong faith life can be instrumental when going through challenges like cancer. Your personal prayer life and having others pray for you serve as encouragement on this journey. Making sure you have peace within your soul uplifts your attitude. You may experience outer changes such as lost of my hair, change in your skin, and other changes that are minor in comparison to being at peace within. Your positive attitude is generated by your soul.

### **Educate Yourself**

You will be more able to manage the cancer if you educate yourself on your specific cancer. Knowledge help remove some of the fear you may have of the disease. Each person is different. Know yourself and educate yourself on your specific cancer. Visit the American Cancer Society web site for information. <http://www.cancer.org> You can also call 24 hours a day, seven days a week to speak with a cancer information specialist. 1-800-227-2345 Order a Personal Health Manager kit for your specific cancer.

Prepare questions for your oncologist of information that may not be clear to you. Take someone with you to your doctor's visit or take a tape recorder to record what the doctor tells you. This way when you go home you can absorb the information you received. Be an advocate for your care.

### **Eating Nutritional Meals**

Just like having knowledge of cancer is important it is also important to eat nutritional foods. Besides eating from the basic four food groups you need to eat foods that will help fight your cancer. According to the National Cancer Institute, 20% to 40% of cancer patients die from causes related to malnutrition, not from the cancer itself. Depending on what is going on in your body will determine foods needed to handle your treatment or to

get you back in condition after treatment has ended. See Nutrition for the person with cancer [http://www.cancer.org/docroot/MBC/MBC\\_6.asp?sitearea=ETO](http://www.cancer.org/docroot/MBC/MBC_6.asp?sitearea=ETO)

It is very important to drink lots of fluids. Water is the most important beverage to drink. Take your body weight and divide it by two. This is the amount of water you need to drink daily.

Life is full of challenges. With a strong faith, Cancer education and good nutrition can be the next steps for your journey with cancer.

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