

## Information for Those Living with Cervical Cancer

Hearing that you or a loved one has cancer can be devastating. It may be helpful to know that according to the American Cancer Society, the outlook for many people diagnosed with cancer is very good.

January is Cervical Health Awareness Month and OAOHN would like to take this opportunity to provide some helpful tips for those who have been diagnosed, for survivors and their friends and families.

National Cancer Institute offers the following suggestions if you or a loved one is diagnosed with cervical cancer:

- Make sure you're eating well. Although, you may not feel like eating during or soon after treatment, your doctor, a registered dietitian or another health care provider can offer suggestions.
- Stay as active as you can. Research shows that people with cancer have increased energy and reduced nausea and pain when they stay active, but talk to your doctor before you start. If your activity causes you pain or other problems, tell your doctor or nurse.
- Look to members of your health care team to answer questions about treatment, working and other activities.
- Meet with a social worker, counselor, support group or member of the clergy if you want to talk about your feelings or concerns.
- Make and keep appointments for follow-up care after treatment. Checkups help ensure that any changes in your health are noted and treated, if needed. If you have any health problems between checkups, contact your doctor.

As you know, having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health. If you don't have a PCP, finding one is easy! Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.

When you're being treated for a disease or condition, it may not always be easy to decide where to go for care. For anything that is considered a life-threatening situation (like chest pain, major injuries or sudden and severe pain) it's best to go to the emergency room.

For less severe matters that still require immediate attention, if you can't get in to see your PCP, going to an urgent care facility can save you time and money.