

## Helpful Tips for Those Living with Skin Cancer

Learning you or a loved one has skin cancer changes your life.

According to the National Cancer Institute (NCI), concerns about treatments and managing side effects, medical bills are common. You may also worry about caring for your family or continuing daily activities.

The NCI and OAOHN offer the following suggestions on focusing on your treatment and maintaining a Healthy Spirit:

- Doctors, nurses, and other members of your health care team can answer questions about treatment, working or other activities.
- Your EAP program can be helpful if you want to talk about your feelings or concerns. Your EAP is a confidential resource that provides counseling, information and referral services to help address personal, family or work-related concerns. These services are provided to you and your family members as one of your employee benefits.
- Support groups also can help. In these groups, people with skin cancer or their family members meet with other patients or their families to share what they have learned about coping with the disease and the effects of treatment. Groups may offer support in person, over the telephone or on the Internet. You may want to talk with a member of your health care team about finding a support group.

When you're being treated for a health condition, it may not always be easy to decide where to go for care when you need it. For anything that is considered a life-threatening situation (like chest pain 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 Primary Care Physician (PCP), going to an urgent care facility can save you time and money.

Even if you require emergency or urgent care for your health situation, it's always best to have a relationship with a PCP who knows your history and understands what is happening with your health over time.

If you don't have a PCP, just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.