

HOW CANCER AFFECTS A FAMILY

As any person with cancer knows, a cancer diagnosis also affects family members and friends. Sometimes, the complex feelings and lifestyle changes caused.

Take the lead in talking. Related Resources Updated: September 26, If you would like to reproduce some or all of this content, see Reuse of NCI Information for guidance about copyright and permissions. Every couple has different levels of comfort in talking about sexual health and intimacy. Try to keep your children's daily schedule as normal as possible. It helps to reevaluate priorities and work together to establish new, short-term goals—such as finishing cancer treatment. It often prompts feelings of guilt, even though there is nothing they could have done to prevent the illness. It can be hard for some to adjust to these changes. Reassure them that you do not expect answers and that you only want them to listen and to try to understand your feelings. Ask a trusted family member to share medical information with other family and friends. For example, ask them to drive your carpool or go to the store. Talking about feelings and personal needs with honesty, sincerity, and openness lowers the stress on relationships. My son would tell me to take my hat off when I would wear my wig and my daughter would ask me to wear my wig if I went to her school so that the other kids wouldn't think I looked different. Schedules may be focused around treatment. The importance of communication As demonstrated above, good communication is important in relationships between people with cancer and those who care about them. Whether it's your parents who face losing a child, a spouse who faces losing their partner or children who face losing a parent. Some may feel guilty that they're not sick, or they may feel helpless, not knowing how to help you. Remember that children may overhear conversations between adults and worry more if they feel that important news is being kept from them. Take help from others and ask for help when you need it. Others may have lost a loved one to cancer, and your diagnosis may bring up painful memories. Show Gratitude for Your Caregivers Cancer and its treatment are hard on everyone, especially the people who take care of you. You know my wife will say, "As far as I can see there's no killing you, you know, whether you want it or not there's no killing you", and my cousin has been up and visited me and brought his son with him you know and his other son couldn't make it but said he'd get up as soon as possible and then I spoke to him and said "Look you know I know what you're saying you want to get here as soon as possible because if anything happens. Cancer often changes roles. Created with Sketch.