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ADJUSTING TO CANCER

Each year, more than 1.6 million people in the US will find out they have cancer². When you hear the words, "you have cancer," your life is forever changed. It is normal to have many questions and to feel anxious and stressed about your cancer diagnosis and treatment. Don't hesitate to talk to your provider about all the questions and concerns you have. You may find it useful to read [Talking with your clinician about the future, page 9](#).

It may help to know that many people with cancer:

- Survive
- Live many years of good-quality life
- Continue to (or learn to) live their lives to the fullest

PAXMAN SCALP COOLING

Coborn Cancer Center offers the Paxman Scalp Cooling System which has been proven to be effective in preventing chemotherapy-induced alopecia, or hair loss. Please speak with your cancer care team for more information. Scholarships are available from CentraCare Foundation. For more information and instructional videos, contact your cancer care team or visit paxmanscalpcooling.com.

HEALTH CARE DIRECTIVE

A health care directive is a planning tool used to identify who you want to make health care decisions for you if you aren't able to communicate. It puts your wishes regarding end-of-life care in writing. A local organization, Light the Legacy, provides information about Health Care Directives, as well as forms you can download and complete. Coborn Cancer Center has partnered with Light the Legacy to train some of our health care professionals to become advanced care planning facilitators. For more information about health care directives, please ask your cancer care team or visit lightthelegacy.org.



²American Cancer Society Cancer Statistics Center (<https://cancerstatisticscenter.cancer.org/>).