

TO THE CANCER PATIENT

1. BE KIND TO YOURSELF
2. ASK FOR HELP. PEOPLE WANT TO HELP MORE THAN YOU KNOW.
3. FIND WAYS TO NOURISH YOURSELF: LAUGHTER, MUSIC, MEDITATION, ACUPUNCTURE, TAKING WALKS, JOURNALING, CRAFTS, LONG BATHS, SCENTED CANDLES
4. NOT ALL DOCTORS ARE EQUAL. NOT ALL TREATMENTS ARE EQUAL. DO RESEARCH. GET SECOND OPINIONS.
5. KEEP THE BEST RECORDS YOU CAN. THERE WILL BE MUCH TO REMEMBER.