

# *Healthcare Communication Review*

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## **Surviving Cancer**

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More and more people are surviving cancer for longer periods of time. The paths people take to survive cancer (to live with or beyond it) vary widely. Some may rely solely on the ever-expanding arsenal of oncologists. Others may turn to alternative methods of healing. Still others may supplement traditional healthcare services with alternative ones. In some cases, survivorship remains unexplained. But it does happen. People with cancer can and do live.

Ellen Stoball, Executive Director of the National Coalition for Cancer Survivorship and a two-time survivor of cancer, reports that her own experiences with cancer have taught her many things. In the Coalition's *Cancer Survival Toolbox* – which is available free to people with cancer and to their families – she says "...probably the most important among them is that each of us can do something to feel in better control during a very frightening time. Even when facing a diagnosis of cancer, we *can*, with the right tools, take charge of making informed decisions about how we will live our lives."

The *Cancer Survivor's Toolbox* is one of several resources, available through the Coalition, that can help cancer survivors and their families make those decisions. This award-winning audio program covers six basic skills: communicating, finding information, making decisions, solving problems, negotiating, and standing up for your rights. Also included are three special topics: topics for older persons, finding ways to pay for care, and caring for the caregiver.

Those wishing to order the free program, may call the Coalition at 1-877-866-5748 or visit their website at: <http://www.cansearch.org/>. □

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