

your **health** and your **happiness**

Name: **John Smith**

Date of Birth: **04/11/1968**

Date of Assessment: **05/20/2010**

► What does this report tell me?

This report provides information about your emotions, relationships, side effects, and life choices that can help you stay healthier longer. It can help you and your medical team manage emotional or physical problems you may be having.

The way you answered the questions today suggests that you may be having some problems, such as:

- **Emotional distress** (see page X)
- **Relationships** (see page X)
- **Concerns relating to sexuality** (see page X)
- **Tobacco use** (see page X)
- **Possibly risky alcohol use** (see page X)
- **Side effects and physical symptoms** (see page X)

► Where can I get help if I want it?

You said that you were interested in speaking with a counselor. Also, you asked for a referral to be sent to a counselor. A FAX has been sent to the first counselor listed at right (see #1). IF YOU DO NOT RECEIVE A CALL IN THE NEXT WEEK, CALL THE NUMBER SHOWN. Other counselors that seem to be a good match for you are listed below.

Referred Provider:

Mary Jones, PhD
212 West 35th Street
New York, NY 10001
212-555-5555

1

2 Bob McMullen, PhD
325 Maple Street
New York, NY 10001
212-555-5555

3 James Ruppert, PhD
57 Stewart Avenue
New York, NY 10001
212-555-5555

4 Anna Dean, PhD
2 Udall Road
New York, NY 10001
212-555-5555

► What can I do to help myself?



Creating a list of goals is a positive and proactive way to meet the challenges of cancer treatment. We suggest that you pick one or two things that you would like to work on – for example, starting a fitness regimen or quitting smoking. Use the Action Plan at the end of this report to help you manage and track your progress as you work to achieve your goals.

Regardless of whether you make one or all of the changes suggested in this report, we hope you will stay in touch with your health care team, updating them of how you feel emotionally and physically, so that they can give you the best possible care.

Here are some other steps you can take now:

- Talk to your doctor about ways to manage your emotional distress
- Attend support groups
- Call a therapist and/or talk to your doctor about sex concerns
- Exercise regularly and eat a balanced diet
- Talk to your doctor and/or call a counselor about quitting smoking
- Talk to your doctor and/or call a counselor about alcohol use

If you would like to use your health insurance to pay for counseling, you may need to call your insurance company to find a provider near you.

You can also find counselors in your area by logging on to:

www.psychologytoday.com

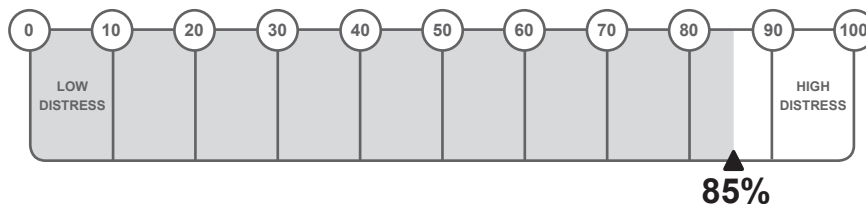
Emotional Distress

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The distress of cancer treatment may have an emotional impact on your daily life, including symptoms of depression and anxiety that may be helped by counseling and additional treatment.

► How am I doing?

You answered some questions about how you have been getting along emotionally. Your score is shown on the scale below. Please note that scores can fall between 0% and 100%, with a higher score meaning more serious problems with emotional distress. To get an idea of how well you are doing, we compared your score to the scores of other people with cancer.



This scale suggests that you are more distressed than 85% of cancer patients

► Am I going to be OK?



It is not unusual for people who have cancer to feel sad or worried at different times during treatment and recovery. **The scale above indicates that you are feeling more distressed than many other people with cancer. You have reported feelings of depression and anxiety, and these feelings may be limiting the kinds of things that you can do on a day-to-day basis.**

For some people, distress, depression, anxiety, and difficulties with day-to-day tasks can go away on their own. For others, they may continue or get worse. Around 30% of people living with cancer can become seriously depressed or anxious. If you are depressed or anxious, it can be harder to take good care of yourself. If feelings of emotional distress start to get in the way of your daily life, you may want to think about getting some help.

► Are there things I can do to make myself feel better?



The good news is that there are treatments for depression and anxiety that really help. Talking with someone can help you with your feelings. Because many patients have depression and anxiety, cancer treatment centers offer counseling to patients to help them with any problems they may have. Also, your doctor may have medications that can help.

We were glad that you asked for your information to be sent to a counselor who can help you cope with feelings of distress, sadness, or worry. You should receive a telephone call from a counselor within one week. If you do not hear from a counselor, please contact the counselor at the telephone number listed on the first page of this report. We also suggest that you talk with your doctor about what you have been feeling lately. He or she may be able to suggest other ways to help you.

Please see the first page of this report for the contact information for the counselor and for other counselors that you can contact on your own. You should receive a telephone call in one week.

The American Cancer Society offers information about managing emotional distress in persons with cancer. To find out more about how to best manage your emotional distress, please go to:

www.polarishealth.com/cancer

Relationships

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Having cancer is one of the most difficult things a person can face. It is a very scary time, and support from others is very important in helping people get through cancer, both emotionally and physically. Patients with good support from family and friends often do better than patients who face cancer alone.

► Could my relationships change because I have cancer?



People who have cancer experience many different emotions toward their friends and families. Some people feel supported by friends and family, while others feel alone, isolated, or even disappointed in their family and friends.

You reported that you have very little support from family and friends. No one should face cancer feeling alone, and we encourage you to talk to your doctor about ways to get the support you need. We also strongly encourage you to reach out to people in your life, try to make new friends who are also cancer survivors, and think about going to one of the support groups listed below. Sometimes we have to reach out to others to get the support we need.

Here is some information about support groups in your area for people who have had cancer:

1 Restorative Yoga
212 West 35th Street
Voorhees, NJ 08043
201-555-5555

2 Gentle Stretch with Joanna
212 West 35th Street
Voorhees, NJ 08043
201-555-5555

3 Qi Gong
212 West 35th Street
Voorhees, NJ 08043
201-555-5555

► What about sex?



Sexuality is a deeply personal issue. What may be “normal” for one person may be different for another person. Cancer can be tough on you in so many ways, including on your sex life. Difficulties with sex and intimacy are common among cancer patients.

Today, you reported some concerns about sex or intimacy.

The good news is that there are counselors who can help you with sex/intimacy issues and who can even treat specific sexual difficulties related to cancer. We encourage you to contact a counselor today. We also encourage you to tell your doctor about your sexual concerns, as he or she may be able to give you suggestions or medications that can help you.

The American Cancer Society offers support groups in your community. To find out more about those groups, you can go to:

www.polarishealth.com/cancer

The American Cancer Society offers online information to help you manage any sexual difficulties you may be experiencing. To find out more about sexual dysfunction for men, you can go to:

www.polarishealth.com/cancer

Health Management

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The exact causes of cancer are not known, and you should not feel responsible for getting cancer. However, improving your lifestyle can make you feel better and may prevent future cancers.

► What can I do to be healthier?

Exercise



Exercise reduces a person's risk for some types of cancers, including breast, colon, and prostate. Any amount of exercise is better than doing nothing at all!

Exercising during cancer treatment can:

- Make you less tired
- Help prevent weight gain
- Increase your chance of beating the cancer

It is recommended that adults exercise at a moderate level, such as walking at a fast pace, playing most sports, or doing housework, for at least 30 minutes, 5 to 7 days a week. This week, try to increase your exercise

Diet



Although we are still trying to figure out the link between foods we eat and cancer, there are several things you can start doing today to decrease your risk of cancer:

- Maintain a healthy weight
- Eat more fruits and vegetables
- Eat more whole grains
- Eat less red meat and processed meats (e.g., deli meats, bologna, sausages, hot dogs, etc.)

Your cancer team can give you a referral to a nutritionist if you would like one.

Please check with your doctor before beginning any new exercise programs

It is recommended that you eat 5 to 9 servings of fruits and vegetables each day and lower the amount of saturated fats you eat

The American Cancer Society offers information about diet, exercise, and cancer, including ways to help you change your behaviors today. To find out more, please go to:

www.polarishealth.com/cancer

Tobacco and Alcohol Use

There are many health risks associated with smoking and drinking, which is why quitting or moderating these habits can strengthen your chances in your fight against cancer (or cancer recurrence).

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▶ Can the consumption of tobacco or alcohol affect the potential success of my cancer treatment?

Tobacco and alcohol each carry the potential to negatively impact your resistance to cancer, your ability to heal, and the effectiveness of your cancer treatment.

Tobacco



You reported smoking X amount. Most people know that smoking greatly increases a person's risk for many types of cancer, including mouth, lung, colon, and breast cancers. However, did you also know that smoking has been shown to increase the chance that your cancer will come back? Smoking can also make your cancer treatments less effective and harder for you to heal from surgery. We encourage you to quit smoking as soon as possible.

We know that quitting is difficult. Your oncology team can offer motivation and support. We have also identified other anti-smoking experts in your area who could help you to quit.

1 Support Group
212 West 35th Street
New York, NY 10001
212-555-5555

2 Support Group
212 West 35th Street
New York, NY 10001
212-555-5555

3 Support Group
212 West 35th Street
New York, NY 10001
212-555-5555

Alcohol



You reported drinking X amount. Although there may be some heart disease prevention benefits from drinking red wine, too much alcohol can actually increase your risk for many types of cancers including colon, lung, neck, mouth, liver, and breast cancers.

You should ask your oncologist whether or not your cancer risk may be increased if you drink any alcohol. However, if your oncologist says it is okay for you to drink alcohol, it is recommended that you consider limiting your number of drinks per day. If you are a woman, you should have no more than 1 drink per day; if you are a man, you should have no more than 2 drinks per day. Drinking more than this may put you at risk for alcohol-related problems and future health problems.

Based on the information you reported, you are at moderate to high risk for developing alcohol-related problems. This does not necessarily mean you are an "alcoholic" or a "problem drinker." It does mean that you are at greater risk for developing problems than if you drank less. It is common for those people who don't quit or cut back on their drinking, to have greater health problems and assume greater risks.

Talk to your oncology team to learn more about risky drinking habits and how drinking may affect your treatment. If you feel you may need treatment for an alcohol problem, here are some people in your area who can assist you in managing your drinking:

1 Support Group
212 West 35th Street
New York, NY 10001
212-555-5555

2 Support Group
212 West 35th Street
New York, NY 10001
212-555-5555

3 Support Group
212 West 35th Street
New York, NY 10001
212-555-5555

The American Cancer Society offers information about tobacco and cancer, including ways to help you quit. To find out more, please go to:

www.polarishealth.com/cancer

If you would like some further information about the relationship between alcohol and cancer, please visit the following website:

www.polarishealth.com/cancer

The American Cancer Society offers information about alcohol and cancer, including suggestions on how to use alcohol moderately. To find out more, please go to:

www.polarishealth.com/cancer

Treatment Side Effects

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Understanding your cancer therapy side effects can help you better manage them. Often, side effects are common and treatable.

► What can I do to manage the side effects from my cancer treatment?



You reported feeling symptoms or side effects of your cancer treatment, including pain, nausea and vomiting, and fatigue or tiredness. Side

effects of cancer treatment are common and are usually treatable. Ideas on how to manage your cancer symptoms and side effects are listed below.

Managing Pain

Many cancer patients have pain from the cancer itself or as the result of cancer treatments such as radiation, chemotherapy, and surgery. The reduction or control of cancer pain should be part of your cancer treatment plan. We also encourage you to talk to your oncology team about creating or changing a pain-control plan for your current needs. Here are things you can start doing today to help with pain:

- Regular exercise
- Muscle relaxation
- Stretching exercises like yoga
- Massage
- Deep breathing exercises

Managing Nausea and Vomiting

Nausea and vomiting can be side effects of cancer itself or of cancer treatments such as radiation, chemotherapy, and surgery. Psychological therapies like relaxation and guided imagery and anti-nausea medications are common treatments for nausea and vomiting. If you have nausea and vomiting, talk to your oncology team about creating a treatment plan for these problems. Also, consider asking your oncology team for the name of a counselor who may help with side effects.

Managing Fatigue

Many cancer patients are fatigued or tired as a result of the cancer itself, distress over cancer, and/or as the result of cancer treatments such as radiation, chemotherapy, and surgery. Symptoms of fatigue may include lack of energy, daytime sleepiness, and irritability. However, there are things you can start doing today that can help. Have you ever noticed that the less you do, the more tired you can feel? Getting regular exercise and a good night's sleep may help you feel more energy during the day. Talk to your oncology team about a plan that works for you.

For more information and a booklet written to provide support for individuals suffering from cancer pain, visit

www.polarishealth.com/cancer

Please check with your doctor before beginning any new exercise programs

For more information and a patient summary on managing nausea, vomiting, and fatigue, visit

www.polarishealth.com/cancer

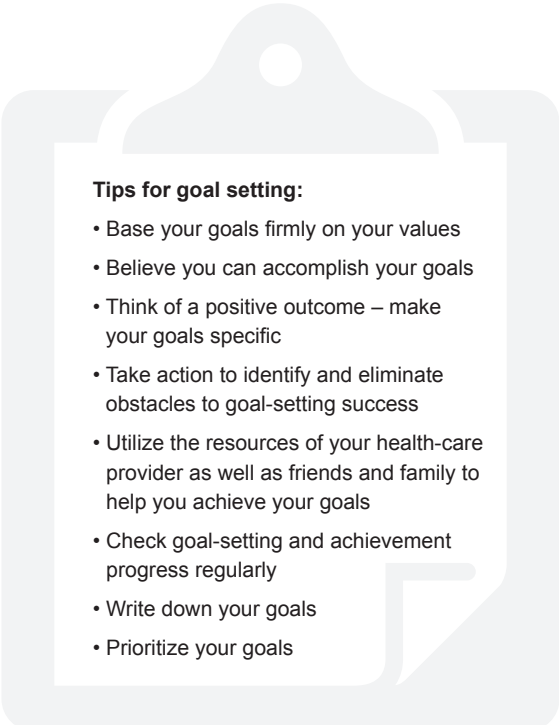
My Action Plan

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Setting a proactive and positive approach for meeting the challenges of cancer treatment can help you maintain control of a difficult situation. To get started, use the checklist of goals listed. You can also add your own in the space provided.

- I will discuss my feelings with my doctor or counselor to help manage emotional distress.
- I will reach out to a support group to help myself both emotionally and physically.
- I will schedule time with a therapist or doctor to discuss my sex concerns.
- I will exercise regularly and eat a balanced diet to improve my lifestyle.
- I will talk to my doctor about quitting smoking to improve my ability to heal.
- I will talk to my doctor or therapist about my alcohol consumption and limiting it if necessary.
- _____
- _____
- _____
- _____
- _____

Notes:



Tips for goal setting:

- Base your goals firmly on your values
- Believe you can accomplish your goals
- Think of a positive outcome – make your goals specific
- Take action to identify and eliminate obstacles to goal-setting success
- Utilize the resources of your health-care provider as well as friends and family to help you achieve your goals
- Check goal-setting and achievement progress regularly
- Write down your goals
- Prioritize your goals