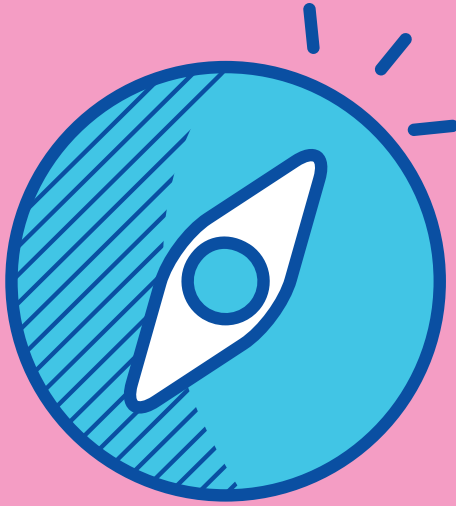


**WORLD
CANCER
DAY4FEB**

I CAN



**TAKE CONTROL OF
MY CANCER JOURNEY**

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I CAN TAKE CONTROL OF MY CANCER JOURNEY



Many cancer patients and their families describe feeling a loss of control of their lives after a cancer diagnosis. Empowering patients to do whatever they need to regain a sense of control and preserve their dignity throughout their cancer journey can help them manage the changes cancer brings to their lives.

People-centred care requires that all patients have the education and support they need to make decisions and participate in their own care across the entire cancer journey.¹ Health professionals can support this approach by providing clear explanations of the available treatment options, including the risks, benefits, and uncertainty associated with the options to ensure patients and their families are active participants in decisions about their care, and their treatment plan respects their individual needs and preferences.¹⁻⁴

Cancer patients receiving palliative or supportive care may have particular needs in finding relief from symptoms, pain, and distress.⁵ Having access to people-centred, dignity-conserving care where patients take part in decisions, and all their care needs are addressed - physical, emotional, spiritual, and social - is essential to delivering effective palliative or supportive care.^{6,7}

Addressing issues of body image can also be an important way of regaining control and preserving a degree of normality. Accessing dedicated support services to help manage the physical changes that can occur during and after cancer treatment, such as hair loss or speech impairment, can improve confidence and the way patients look and feel about themselves.^{7,8} Even if others can't see these changes, for example urinary incontinence, seeking professional help can rebuild self-esteem.

People living with cancer can take control of their cancer journey by being empowered to be active participants in decisions about their care, having their choices respected and their needs met.

This factsheet is aimed at



Patients
& Carers



Healthcare
professionals

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