

**MACMILLAN**  
CANCER SUPPORT



**Macmillan Cancer Information  
and Support Centre  
Wexham Park Hospital, Slough**

If you've been diagnosed with cancer,  
you can use this booklet to request information

In partnership with



**Frimley Health**  
NHS Foundation Trust

# How do I use this booklet?

Information leaflets are shown within each section along with a Macmillan reference number. Tick the title of the information booklet you would like. Please return your completed booklet to us by any of the following methods:

**Bring the list to the Macmillan Cancer Information and Support Centre at Wexham Park Hospital in Slough.**

**Post this completed booklet to the Macmillan Cancer Information and Support Centre, Wexham Park Hospital, Slough SL2 4HL.**

**Phone the Macmillan Cancer Information and Support Centre on 01753 634886**

Visit the Macmillan Cancer Support website where you can access all the information leaflets listed -[macmillan.org.uk](http://macmillan.org.uk)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

The information that you give us here will only be used to contact you if you apply for materials by post. The information you give here will not be stored and we will not pass the details recorded on this form on to any other organisation without your permission.

## The Macmillan Cancer Information Centre Wexham Park Hospital



01753 634886



fhft.macmillan.information@nhs.net



The Macmillan Cancer Information Centre is open 4 days a week from 10am-4pm.



For updated variations to these times and days, please check at:  
<https://www.fhft.nhs.uk/services/cancer-care/macmillan-cancer-support/>

In addition to offering expert support for people living with cancer, their families and friends, the centre is also able to signpost to other agencies who specialise in:

- support services for patients and carers
- living well with cancer and managing symptoms
- exercise classes
- nutrition advice
- complementary therapies
- counselling for individuals, families, partners.

### Did you know?

#### **You should:**

- be given the name of your key worker/specialist nurse.

#### **You can:**

- bring a friend or carer to your appointments
- ask to be referred to the dietitian
- ask for written information about your type of cancer and treatment
- ask about side effects of any treatment/procedures
- ask for information about support groups.

#### **You are:**

- entitled to free prescriptions.

# Contents

1. Reducing your risk
2. Screening
4. Treatment - managing the side/late effects
5. Finances and work
6. Care and caring for someone
7. Relationships and emotional support
8. Lifestyle and recovery
9. Palliative care, end of life and bereavement
10. General support information

This leaflet has been produced by the Macmillan Cancer Information and Support Centre, Wexham Park Hospital, Slough. England. SL2 4HL.

If you are unable to find the information you are looking for, then please visit the Information and Support Centre or call us on 01753 634886

Put a tick in the box next to the information booklet you would like to receive.

### 1. Reducing your risk

- |                          |  |          |
|--------------------------|--|----------|
| <input type="checkbox"/> | Are you worried about cancer?          | MAC12150 |
| <input type="checkbox"/> | How cancer sometimes runs in families  | MAC11673 |
| <input type="checkbox"/> | Cancer and older people                | MAC11666 |
| <input type="checkbox"/> | Giving up smoking                      | MAC12514 |
| <input type="checkbox"/> | Are you worried about bowel cancer?    | MAC12151 |
| <input type="checkbox"/> | Are you worried about prostate cancer? | MAC12154 |
| <input type="checkbox"/> | Are you worried about ovarian cancer?  | MAC12152 |
| <input type="checkbox"/> | Are you worried about breast cancer?   | MAC11674 |

### 2. Screening

- |                          |   |          |
|--------------------------|---|----------|
| <input type="checkbox"/> | Understanding breast screening            | MAC11674 |
| <input type="checkbox"/> | Understanding bowel cancer screening      | MAC11687 |
| <input type="checkbox"/> | Understanding the PSA Test (prostate)     | MAC11665 |
| <input type="checkbox"/> | Cervical cancer - understanding screening | MAC11618 |
| <input type="checkbox"/> | Signs and symptoms of cancer              | MAC12919 |

### 3. Understanding a diagnosis

|  |          |
|--|----------|
| <input type="checkbox"/> Understanding breast cancer in women            | MAC11616 |
| <input type="checkbox"/> Understanding breast cancer in men              | MAC11915 |
| <input type="checkbox"/> Understanding secondary breast cancer           | MAC11617 |
| <input type="checkbox"/> Understanding cervical cancer                   | MAC11648 |
| <input type="checkbox"/> Understanding colon cancer                      | MAC12474 |
| <input type="checkbox"/> Understanding head and neck cancers             | MAC11652 |
| <input type="checkbox"/> Understanding lung cancer                       | MAC11632 |
| <input type="checkbox"/> Understanding oesophageal cancer                | MAC11636 |
| <input type="checkbox"/> Understanding cancer of the ovary               | MAC11637 |
| <input type="checkbox"/> Understanding early (localised) prostate cancer | MAC11639 |
| <input type="checkbox"/> Understanding rectal cancer                     | MAC12475 |
| <input type="checkbox"/> Understanding stomach cancer                    | MAC11641 |
| <input type="checkbox"/> Understanding skin cancer                       | MAC11653 |
| <input type="checkbox"/> Understanding testicular cancer                 | MAC11642 |
| <input type="checkbox"/> Understanding womb cancer (endometrial)         | MAC11656 |
| <input type="checkbox"/> The cancer guide                                | MAC5765  |
| <input type="checkbox"/> Parents guide to children's cancer              | MAC11662 |

#### 4. Cancer treatment - managing the side effects

|   |          |
|---|----------|
| <input type="checkbox"/> Understanding chemotherapy           | MAC11619 |
| <input type="checkbox"/> Understanding radiotherapy           | MAC11640 |
| <input type="checkbox"/> Understanding cancer research trials | MAC11658 |
| <input type="checkbox"/> Managing breathlessness              | MAC12918 |
| <input type="checkbox"/> Cancer and complementary therapies   | MAC11645 |
| <input type="checkbox"/> Making treatment decisions           | MAC12163 |
| <input type="checkbox"/> Diabetes and cancer treatment        | MAC16127 |
| <input type="checkbox"/> Eating problems and cancer           | MAC13613 |
| <input type="checkbox"/> Coping with fatigue                  | MAC11664 |
| <input type="checkbox"/> Coping with hair loss                | MAC11627 |
| <input type="checkbox"/> Heart health and cancer treatment    | MAC14637 |
| <input type="checkbox"/> Controlling cancer pain              | MAC11670 |
| <input type="checkbox"/> Ask about you cancer treatment       | MAC12159 |
| <input type="checkbox"/> Side effects of cancer treatment     | MAC12921 |

#### Managing the side/late effects of:

|  |          |
|--|----------|
| <input type="checkbox"/> Bowel cancer treatment                | MAC12162 |
| <input type="checkbox"/> Breast cancer treatment               | MAC12161 |
| <input type="checkbox"/> Pelvic radiotherapy in men            | MAC13825 |
| <input type="checkbox"/> Pelvic radiotherapy in women          | MAC13826 |
| <input type="checkbox"/> Radiotherapy (during treatment) men   | MAC13943 |
| <input type="checkbox"/> Radiotherapy (during treatment) women | MAC13944 |

## 5. Finances and work

- Help with the cost of cancer MAC4026
- Money worries? How we can help MAC16024
- Getting travel insurance MAC4056
- Insurance MAC14285
- Questions to ask about work and cancer MAC14580
- Self-employment and cancer MAC12818
- Travel and cancer MAC11667
- The essential work and cancer toolkit MAC13294
- Work support route guide MAC13538

## 6. Care and caring for someone

- Caring for someone with advanced cancer MAC11623
- Going home from hospital MAC12908
- Be there for someone facing cancer MAC14072
- Supporting a loved one through cancer MAC15927
- Looking after someone with cancer MAC5767
- Planning your care and support MAC12957
- Work it out for carers MAC13509
- Working whilst caring for someone MAC14292
- Young people looking after someone MAC13009



## 7. Relationships and emotional support

|   |          |
|---|----------|
| <input type="checkbox"/> Cancer - you and your partner                      | MAC12157 |
| <input type="checkbox"/> Talking with someone who has cancer                | MAC11631 |
| <input type="checkbox"/> Talking about cancer                               | MAC11646 |
| <input type="checkbox"/> How are you feeling                                | MAC11593 |
| <input type="checkbox"/> Worrying about cancer coming back                  | MAC14215 |
| <input type="checkbox"/> Sexuality and cancer for women                     | MAC14768 |
| <input type="checkbox"/> Cancer and your sex life - women                   | MAC14768 |
| <input type="checkbox"/> Cancer and your sex life - men                     | MAC14767 |
| <input type="checkbox"/> Coping when someone close to you has cancer        | MAC14292 |
| <input type="checkbox"/> Talking to children/teens when an adult has cancer | MAC5766  |

## 8. Lifestyle and Recovery

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|--|----------|
| <input type="checkbox"/> What to do after cancer treatment ends      | MAC13615 |
| <input type="checkbox"/> Life after cancer treatment                 | MAC11661 |
| <input type="checkbox"/> Your feelings after cancer treatment        | MAC12517 |
| <input type="checkbox"/> Gardening as a way to keep active           | MAC14169 |
| <input type="checkbox"/> Managing weight gain after cancer treatment | MAC15371 |
| <input type="checkbox"/> Physical activity and cancer treatment      | MAC12515 |
| <input type="checkbox"/> Get active (DVD) - feel good                | MAC14016 |
| <input type="checkbox"/> Get active - feel good booklet              | MAC13314 |
| <input type="checkbox"/> Get active - feel good my activity diary    | MAC13314 |
| <input type="checkbox"/> Move more-your guide to being more active   | MAC13314 |

## 9. Palliative Care, End of Life and Bereavement.

- |   |          |
|---|----------|
| <input type="checkbox"/> End of Life: A Guide                       | MAC14313 |
| <input type="checkbox"/> Your life and your choices - plan ahead    | MAC13616 |
| <input type="checkbox"/> Coping with advanced Cancer                | MAC11626 |
| <input type="checkbox"/> Preparing a child for loss                 | MAC15372 |
| <input type="checkbox"/> After someone dies coping with bereavement | MAC15371 |

## 10.General Support Information

- |  |           |
|--|-----------|
| <input type="checkbox"/> Need information about cancer - we are here | MACWE009  |
| <input type="checkbox"/> Macmillan organiser.                        | MAC 15835 |

\*The Macmillan organiser provides a single place to store your appointment/personal timeline record, a record of your medication, key contact details and a record of discussions at appointments etc.

### Note:

In addition to the Macmillan information booklets listed, we also stock a range of leaflets covering a number of cancer topics and support services eg. community transport, finance and carers. These additional publications are available from the Macmillan Cancer Information and Support Centre upon request.

Macmillan information is also available in different languages and formats to help meet a range of needs such as: easy read, audiobooks, translations, online videos, british sign language, eBooks. To access these resources please visit [www.macmillan.org.uk](http://www.macmillan.org.uk)

**For your notes:**

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Being told ‘you have cancer’ can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you’re still you. We get that. And, after over 100 years of helping people through cancer, we get what’s most important: that you’re treated as a person, not just a patient.

It’s why we’ll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We’re here to help you find your best way through from the moment of diagnosis, so you’re able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk)

**Macmillan Cancer Information and Support Centre.  
Wexham Park Hospital, Slough, SL2 4HL.**



**Telephone 01753 634886**



**The Macmillan Cancer Information and Support Centre at Wexham Park Hospital is open 4 days a week from 10am-4pm. For updates to opening times please visit: <https://www.fhft.nhs.uk/services/cancer-care/macmillan-cancersupport/>**

For a translation of this leaflet or for accessing this information in another format please contact (PALS) the Patient Advice and Liaison Service on: Telephone: 01753 633365 or email: [fhft.palswexhampark@nhs.net](mailto:fhft.palswexhampark@nhs.net)



**Macmillan.org.uk**