



## Take Care of Yourself

Cancer can happen anywhere in your body. When cells in your body grow out of control, it is called cancer. These cancer cells take over and the good cells can't do their job. Sometimes a bunch of cancer cells grow all together and this is called a tumor.

Sometimes cancer cells travel from one part of your body to another. This is how cancer spreads. Your doctor will help you decide what treatments are best to stop your cancer.

### Get Help

- Ask your doctor about taking pain medicine. Your cancer or the treatment might be painful. Taking medicine before the pain is bad can help.
- Let family members and friends help you. Tell them what you want them to do.
- Tell your doctor if your treatment is bothering you.

### Take Care of Your Mind

Do things to take your mind off your cancer:

- Read, write, draw or listen to music.
- Talk to your family, friends, or a counselor.
- Join a group where you can talk to others who also have cancer.
- Learn to relax. Sit in a quiet place and think about the good things in your life. Breathe deeply.
- Start a new project or hobby.
- Laugh a lot. Read funny books or watch funny movies.

### Take Care of Your Body

- Eat good foods, like fruits and vegetables.
- Don't skip meals. Eat healthy foods and eat as often as your doctor tells you to.
- Drink less coffee, soda, and alcohol.
- Be active every day that you can. You could walk, go out with friends, or do yoga.
- Rest when you are tired. Save your energy for important things and things you like to do.

