



**Cancer. Awareness. Resources.
Education. Support.**

April, 2011

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ACCEPTING HELP FROM OTHERS

For many people who are used to taking care of themselves, a diagnosis of cancer presents a challenge. The real dilemma involves accepting help from others. For some, allowing family or friends to take care of them is sign of weakness or dependence. That is not the case with cancer which presents many difficult challenges. Getting support from others is a necessary step to effective coping.

Some of the common ways cancer affects an individual which necessitates accepting help from family, friends, and healthcare professionals:

- Physically—getting assistance from family members with daily duties as a result of treatment side effects
- Emotionally—accepting support from friends when feeling overwhelmed
- Psychologically—seeking out professional help to better cope with significant mental health issues



SUPPORTIVE CANCER CARE CENTER PROGRAM

A diagnosis of cancer can lead a person to seeking out help from others. One of the ways people find support is through group interaction. Connecting with others in a support group setting can lead to a person learning how to cope with the emotional and practical challenges of cancer. While participating in a support group is not for everyone; it is worth trying to find out if it is right for you.

Call the Supportive Cancer Care Center today at (504) 897-8678 to learn more about the cancer support group meetings being held at Touro Infirmary.

[> Click here for information on our Support Groups.](#)

COPING WITH CANCER

Learning to cope with cancer often means asking for and being willing to accept help from others. There are a wide variety of resources available for someone seeking information, support and encouragement. Some of the ways to get help include:

- Talking with your doctors to get questions answered
- Meeting with a patient navigator to overcome obstacles
- Addressing psychological/emotional issues through talk therapy
- Discussing faith-based questions with your spiritual leader
- Consulting with a dietitian for nutritional guidance
- Attending a support group to learn from others with cancer



Cancer care navigator Lori Dean, RN, helps patients through diagnosis, treatment and recovery.

Contact Lori Dean, RN, Touro's Cancer Care Navigator, at (504) 897-7014 to get assistance with information and resources to help you better cope with cancer.

LIFE AFTER CANCER TREATMENT

Many people who complete cancer treatment report how much the help and support of others meant to them. If you have been helped by another person during your cancer journey, you might want to “give back” by providing support to others as they undergo treatment. Volunteering to help another person can be a wonderful way to give purpose to your own cancer experience. Additionally, supporting men and women who are facing cancer adds value to your life and to the lives of others.



If you are interested in volunteering to help another person with cancer, please contact one of the following organizations:

Touro Infirmary—call (504) 897-8107 or visit the Touro Foundation volunteer program at <http://www.touro.com/volunteer.htm>

American Cancer Society—call 1-800-237-2345 or submit a volunteer application online at

http://www.cancer.org/docroot/EMP/content/EMP_2_Volunteer_Intake_Form.asp

>> NEWS AND UPDATES <<

I Can Quit: Smoking Cessation Program

If you are a smoker, you know that quitting is easier than staying smoke free, but there is help available to quit for good. Touro offers a free smoking cessation program to anyone who wants to quit smoking. The *I Can Quit* program consists of 4 weekly group meetings that are held at Touro Infirmary. Space is limited and participants must commit to attending all sessions.



Registration for the *I Can Quit* smoking cessation program is required and can be made by contacting Robert Gardner, Ph.D. at (504) 897-8209.

[> Click here for more information on *I Can Quit*.](#)

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Touro Supportive Cancer Care Center: 504-897-8678