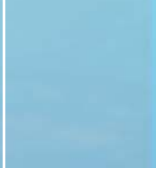
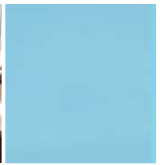


News You Can Use

A monthly newsletter from the Cancer Learning Center



February 2008 – Issue 33

Caring for Yourself While Caring for a Loved One

If you are helping a loved one through cancer treatment, then you are a caregiver. You know that being a caregiver can be an overwhelming job. As you focus on your loved one, it's natural to push aside your own feelings and needs. However, this can be unhealthy for you, and if you're not healthy, you won't be able to care for someone else. Here are some ways to care for yourself when you're caring for a loved one.

Stay physically healthy. When you're caring for someone else, it's easy to let go of your good eating and activity habits. But staying healthy is important so you can be there for your loved one. Try to get 30 minutes of exercise a day. This can be as easy as taking a walk while your loved one is resting. Pay attention to what you eat and try to keep a balanced diet. It's important to get plenty of rest, too. This will help you both physically and mentally.

Get emotional support. You may experience many emotions while caring for your loved one. You may feel sad, angry, lonely, overwhelmed, discouraged, worried, or guilty. There are no right or wrong emotions when it comes to caregiving. To help you cope, talk to a friend, counselor, or spiritual leader. It's OK to cry or to express



how you feel. When you begin to feel overwhelmed, take a break. Remember that you are doing the best you can. You may also want to join a support group just for caregivers.

Ask for help. Remember that you don't have to do everything yourself. Don't be afraid to ask friends or family members for help with daily tasks, like preparing meals, child care, or visiting the doctor. Asking for help is also a good way to make time to take care of you.

If you want to read more about how to take care of yourself when caregiving, please visit the Cancer Learning Center (on the first floor of Huntsman Cancer Institute), where you will find a collection of books about caregiving.

The Cancer Learning Center (CLC) is a free resource library on the first floor of Huntsman Cancer Institute
(801) 581-6365 • (888) 424-2100
huntsmancancer.org/clc

FROM THE CLC

Books

The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own

Caregiver's Reprieve: A Guide to Emotional Survival When You're Caring for Someone You Love

And Thou Shalt Honor: The Caregiver's Companion

May I Walk You Home? Courage and Comfort for Caregivers of the Very Ill

Making the Moments Count: Leisure Activities for Caregiving Relationships

The Ultimate Cooking Companion for At-Home Caregivers

Caregiving: The Spiritual Journey of Love, Loss, and Renewal

All about the Cancer Learning Center

Did you know the Cancer Learning Center (CLC) is Huntsman Cancer Institute's own cancer library? Designed for patients, their loved ones, and the public, the CLC has over 3,000 books, audiotapes, CDs, and videos available for you to check out. You can find information about any topic relating to cancer, including diet, fitness, treatment options, coping, caregiving, and biographies. Do you have questions about your treatment? Do you need help



coping with side effects like fatigue or neuropathy? Do you want to read an inspirational story about someone with your type of cancer? With trained cancer information specialists waiting

to assist you, the CLC is the perfect place to find information and inspiration. Come visit us on the first floor of Huntsman Cancer Institute or call 801-585-0605.

What's New in the Cancer Learning Center

Books

100 Questions & Answers about Gastric Cancer

100 Questions & Answers about Head and Neck Cancer

American Medical Association Guide to Preventing and Treating Heart Disease

My Life, My Care, My Way: My Advance Personal Care Plan

CDs

Cancer as a Turning Point

Cancer as a Turning Point, Volume II

You Can Manage Radiation Therapy Side Effects: Learn What Radiation Therapy Is and How to Cope with Its Side Effects

DVDs

Between Us: A First-Aid Kit for Your Heart & Soul

Beyond Flowers: What to Say and Do When Someone You Know Has Breast Cancer

Prostate Cancer 101: An Introduction to Prevention, Detection, & Treatment

Did you read this newsletter?

If you did, bring it to the Cancer Learning Center to claim a prize! We are located on the first floor of Huntsman Cancer Institute. Our hours are 9 a.m. to 5 p.m. Monday through Friday, with extended hours (9 a.m. to 7 p.m.) on Wednesdays.



Share Stories with Future Generations

Preserve history with YourStory at the Cancer Learning Center. Created by Meg Brady, University of Utah English and ethnic studies professor and folklorist, YourStory helps cancer patients, their families, and the public document tales of their lives. Recording sessions take place at Huntsman Cancer Institute (HCI), or trained facilitators with portable recording equipment visit homes or patients in rooms at Huntsman Cancer Hospital. The first two hours of recording are free with a nominal charge for additional sessions. To make an appointment call HCI's Linda B. and Robert B. Wiggins Wellness Center at (801) 587-4585.

