

*Self-Help Manual for Managing Uncertainty
After Breast Cancer*



*Managing Uncertainty
Day-to-Day*



Introduction

This manual is designed to help you, as a breast cancer survivor, manage the uncertainties and concerns you may have about six different problems that are long-term side-effects of breast cancer treatment. It also contains a section on maintaining a healthy lifestyle. It was developed with the assistance of a number of breast cancer survivors who were kind enough to participate in group discussions and to review the material. We gratefully acknowledge their help.

Each section of the manual focuses on a particular long-term side-effect of breast cancer treatment. Each one contains a description of the problem, how and why it occurs, strategies for prevention, tips for managing the problem if you have it, when to call the doctor, and a list of additional resources for information like books, tapes, pamphlets, web sites and organizations. If there is controversy about some aspect of problem management, we have also included information about some professional journal articles that we used to support our suggestions.


❧ How to Use This Manual ❧

This manual can be used in several ways. Certainly everyone can benefit from learning more about healthy lifestyles. If you have any of the long-term problems included in the manual, you will want to read the sections on those problems in some detail and use them to help manage your own long-term side-effects. You may be interested in reading every section because many of them contain important information on prevention of long-term breast cancer treatment-related

problems and because you may have heard of or discussed some of these problems with other women.

Another way to use the manual is to look at the resource lists at the end of each section and in the separate section in the manual. The resource lists contain many interesting and informative places that you can get additional information or help.

We hope this manual will be useful for you to learn and gain confidence in managing your life as a breast cancer survivor.

 *Best wishes from the Managing Uncertainty in Breast Cancer Survivors research team and the many survivors who helped develop this manual.*