

# Life after lymphoma treatment

You have come to the end of your treatment. You are free from the routines of chemotherapy or radiotherapy and your doctor doesn't need to see you for a month or two. So where do you go from here?

This is usually a time of mixed emotions. For some people the last treatment is a goal that they long to achieve and they reach it with relief, even a feeling of celebration. For others this can be a time when they feel surprisingly low and anxious, more alone and unsupported than they have felt for months.

This is also a time when you could still be experiencing side effects of the treatments. Your appearance, lifestyle and relationships will probably all have changed to some degree over the past few months.

Everyone adjusts to life after treatment for lymphoma in a different way but there are many experiences that people have in common. It can be helpful to know what to expect at this stage and in this information we will discuss:

- your physical recovery from the lymphoma and from the side effects of treatments
- taking care of yourself physically
- your feelings and how to cope with them
- your relationships
- where to go for further advice and support.

We have separate information on follow-up appointments, on going back to work and financial issues after treatment for lymphoma and on preparing to go on holiday. If you would like any of this information or if you would like to talk to someone about any aspect of your recovery from lymphoma, please call our helpline on 0808 808 5555.

## Your physical recovery

### When will I start to feel better?

Don't expect to feel better straightaway. It can take some time before you start to feel better so don't feel disappointed or worried if you don't feel more 'normal' as quickly as you would like. How quickly you feel physically stronger will depend on:

- what treatment you had – the more intense treatments such as stem cell transplants usually take longer to get over for example
- your age, general fitness and whether or not you have other health problems
- how you feel in yourself – being able to acknowledge and talk about your feelings about the lymphoma will help you to feel better physically as well as emotionally.

## Recovering from treatment side effects

Ask your team for information about your side effects and what to expect over the coming months. Side effects can last for some time after the treatment has finished. This is something to keep in mind if you are planning a return to work or study or if you are taking up caring responsibilities again.

- **Eating problems** – your appetite and changes in taste should begin to improve soon after treatment finishes. If you had mucositis (inflammation of the mouth) or mouth ulceration this can take a little longer.
- **Hair loss** – your hair should begin to grow back after about 6 weeks. It might be different to begin with – you might find that your hair is fine and soft, or curly, and some people find that it grows back a slightly different colour.
- **Peripheral neuropathy** – some lymphoma treatments affect the nerves and this can lead to pain, loss of sensation and tingling, typically in the hands and feet. This should begin to improve within a few weeks, though for some people it will last for longer than this. In a small number of people it will not go away completely.
- **Bone marrow function** usually recovers within about 6 weeks, though it can sometimes take a bit longer than this to get back to normal with some chemotherapy regimens. Talk to your team about what this will mean for you – you might be advised to avoid some activities such as contact sports and foreign travel until your blood count recovers for example.
- **Fatigue** – this extreme tiredness can last for months and many people say that this is one of the most debilitating and long-lasting side effects of treatment. Fatigue is not only caused by the treatment – it can also be made worse by low mood, poor appetite and abnormal hormone levels. People sometimes overdo things when their treatment finishes – perhaps going back to work too soon or for too many hours – and find they have to scale back again for a while.
- **'Chemo brain'** (also known as 'cancer-related cognitive disorder') – some people will have problems with their memory and attention span following chemotherapy. This can also take a few months to improve.
- **Early menopause** – if your treatment has caused an early menopause you might be experiencing low hormone levels and menopausal symptoms, including hot flushes, fatigue, weight gain, vaginal dryness, sleep problems and irritability. These can take a couple of years to go away. Seek help from your GP if you are struggling with these symptoms.
- **Weight loss** – if you have lost weight because of the illness or the treatments you should gradually gain weight again over the next few months as you become more active and your appetite improves. If this doesn't happen or your appetite remains poor, talk to your consultant or nurse about how to regain weight. You could also ask to see a dietitian.
- **Weight gain** – if you put on weight as a result of your treatment this can take some time to lose afterwards (see page 4).

We have separate information on all these side effects, what to expect and how to cope with them. We also have information about returning to work after treatment. If you would like any of this information or if you would like to talk to someone about your side effects or any other aspect of your recovery, please phone our helpline (0808 808 5555).

### **Are there any symptoms I need to look out for?**

Even though many people with lymphoma will be cured by their first course of treatment it is only natural to worry about the lymphoma relapsing (coming back). People often get anxious about going for their follow-up appointments in case the doctors discover that the lymphoma has relapsed, but it is unlikely that the lymphoma has relapsed if you haven't had new symptoms. Your medical team will advise you what to look out for and when and how to contact them if you are concerned.

Symptoms of a relapse might not be the same as when you were first diagnosed. Lymphoma can happen in other places that were not involved before. You should seek advice from your hospital team about any of the following symptoms, particularly if you have more than one of them:

- enlarged lymph nodes (appearing as lumps in your armpit, neck or groin for example)
- drenching night sweats or recurrent fevers
- unexplained weight loss
- worsening fatigue
- itching and skin rashes
- diarrhoea
- persistent or unexplained pain.

Symptoms of relapse will also depend on what kind of lymphoma you had before. T-cell lymphomas, for example, are more likely to involve the skin. Mantle cell lymphoma has a tendency to involve the gut, causing diarrhoea. You should ask your specialist team about what you should look out for.

You should seek advice about anything that is worrying you between appointments. You can always call your team and organise an earlier appointment if you feel you need it.

### **What happens if my lymphoma comes back?**

If the lymphoma comes back it will usually be possible for you to have another course of treatment and lots of people with relapsed lymphoma will be successfully treated and even cured. What treatment you would have will depend on:

- what kind of lymphoma you had
- what kind of treatment you had before
- how well you responded to your previous treatment
- your general health and fitness.

With high-grade non-Hodgkin lymphoma or Hodgkin lymphoma, relapse is most likely to happen in the first 2 years after treatment finishes. The risk of the disease coming back decreases after 2 years and continues to decrease the longer you are in remission.

If you have advanced low-grade non-Hodgkin lymphoma, then relapse is more usual – this kind of lymphoma tends to flare up from time to time, on average every 2–3 years.

If you would like to talk about what happens if lymphoma relapses or for more information on how relapsed lymphoma is treated, please telephone our helpline (0808 888 5555).

## Looking after yourself after your treatment has finished

One of the first questions many people ask at this stage is ‘What can I do to stay in remission?’ Unfortunately, there is no set of instructions for staying in remission, but if you are as fit and healthy as possible this will mean that you will be better able to tolerate any further treatment you might need in the future. You will also cut down your risk of getting any late complications of the treatments you had and of developing other serious illnesses in the future.

Taking care of yourself will not only aid your physical recovery, it will help with your emotions too. Many people look at making changes to their diet, start to take more exercise and try to reduce the amount of stress in their life after their treatment for lymphoma.

### Maintaining a healthy weight

Your weight may have changed during your treatment for lymphoma. You might have gained weight as a result of having steroids with the chemotherapy. You might have lost weight because of the combined effects of the lymphoma and of not being able to eat properly during your treatment. You should aim to return to a healthy weight gradually, over a few months. If you are concerned about your weight, talk to your GP. Discuss what a healthy weight for you should be and ways of achieving it.

### Eating a healthy diet

Good nutrition is important to your recovery from treatment and its side effects. If you feel that there is room for improvement in your diet, you can always make gradual changes to the way you eat. Set yourself healthy eating targets to work towards.

A healthy diet is high in fibre, fruit and vegetables and low in saturated fat, sugar and salt. Fish and white meats are better for you than red and processed meats. There is a lot of information available on healthy eating from organisations such as NHS Direct and the Food Standards Agency. Macmillan Cancer Support also produce a healthy eating guide, *Eating well after cancer*.

It is also important to be careful about the amount of alcohol you drink. Heavy drinking increases your risk of developing serious health problems and can lead to further weight gain. There is a lot of information and guidance available on the effects of alcohol and about safe alcohol consumption (see the ‘Useful organisations’ section at the end of this article).

## Keeping active

Side effects of treatment, problems with eating and fatigue all have an impact on your fitness and physical strength. There is a lot of evidence now that keeping active during and after treatment helps with fatigue and generally improves your overall wellbeing. Taking some exercise will also help you to sleep better and to maintain a healthy weight.

The amount of exercise you do should be built up gradually and should be both enjoyable and safe. Talk to your medical team or your GP about what form of activity would be best for you – if you still have a low blood count, for example, you might be advised to avoid exercise that increases the risk of bleeding or infection, such as contact sports.

Exercise doesn't need to involve going to a gym or great expense – walking is one of the best forms of aerobic exercise and other day-to-day activities such as gardening or even climbing the stairs are good forms of exercise.

Macmillan Cancer Support produces a helpful 'Move more' pack that includes useful information and advice on keeping active for anyone who has cancer (contact details on page 12). It includes an exercise diary that can help you plan an exercise regime.

## Stopping smoking

Smoking (or inhaling other people's second-hand smoke) will slow down your recovery and will also significantly increase your risk of getting another cancer in the future, particularly if you have had treatment with radiotherapy. There are many sources of support and advice to help you give up smoking. Talk to your GP or pharmacist about how to do it.

## Protecting yourself from the sun

Some chemotherapy drugs can make your skin more sensitive to sun damage – dacarbazine, vinblastine and methotrexate, for example. How sensitive your skin will be will depend on your skin type, which drugs you had and how much of the drugs you had altogether. Ask your medical team if your treatment is likely to have affected you in this way. Radiotherapy can also make the skin on the irradiated area more sensitive to the sun.

These effects can last for months or even years. It is important to take precautions such as staying in the shade, covering up and using sunblocks. We have information on sun safety (ring the helpline on 0808 808 555 if you would like this).

## Complementary therapies

Many people use complementary therapies alongside their lymphoma treatment. There is sometimes little or no evidence to prove that a therapy can help with a particular problem but many people who use complementary therapies report that they make them feel better. There is evidence to suggest that complementary therapies can help with difficult feelings and anxiety and as an aid to relaxation.

As far as we are aware, there is no one therapy that is particularly effective for people who have had lymphoma. It will be a matter of finding out what appeals to you and

what you feel comfortable with. There are many complementary therapies available. When choosing a therapy it is important to:

- discuss your wish to try a therapy with your medical team or your GP
- find someone suitably qualified or registered with a professional organisation
- tell the practitioner that you have had treatment for lymphoma and ask about their experience of treating people who have had cancer
- consider the cost, as most therapies have to be arranged privately.

## **Common feelings after lymphoma treatment**

It is common to experience a whole range of emotions after your treatment finishes, sometimes straight afterwards, sometimes weeks, months or even years later. This is not surprising after the upheaval in your life that the diagnosis and treatment has brought about. The after-effects of treatment, the disruption to your daily life and the feeling that life will never be the same again can all lead to feelings that are hard to deal with. Some common feelings are described below – you will probably not have all of them but they are all things that other people with lymphoma have experienced.

### **Loss of confidence**

You might not feel confident about getting ‘back to normal’, taking on the roles you once had, being the person you once were. Your treatment might have resulted in changes in your appearance, such as hair loss or a change in weight, and these things might also make you feel self-conscious.

### **Shock and anger**

When your treatment ends, the reality of what has happened might hit you afresh or even for the first time, and some people say they experience feelings of shock at this stage. You might feel angry about what you have been through, about how the illness has disrupted your life. You might find it hard to relate to people who haven’t had cancer. Some people look for someone to blame – perhaps yourself, perhaps someone else – for what has happened to you. You can feel irritable and get upset about little things that wouldn’t normally bother you.

### **Anxiety and uncertainty**

You are likely to feel anxious and fearful from time to time. You might feel frightened about your lymphoma coming back. Many people find follow-up appointments and the time leading up to them a time when they are particularly anxious. It is important to remember, though, that if you have no new symptoms it is unlikely that your lymphoma has come back.

Feelings of insecurity, of being out of control, can make it difficult to plan ahead and get on with your life. You might feel generally anxious, perhaps without knowing exactly why, and about things that wouldn’t have worried you before. Anxiety can make it hard to sleep, relax or concentrate. Sometimes anxiety will cause physical symptoms, such as perspiration, increased heart rate, feeling sick or chest pains.

People have described having these symptoms or even full-blown panic attacks many years after the end of their treatment. You should ask your GP or your hospital team for help if you are experiencing anxiety.

## **Isolation**

After your last treatment you may feel suddenly isolated from the support network that you have developed while you were attending the hospital on a regular basis. You might be spending more time on your own or with people who you feel don't really understand what you have been through. Feelings of isolation can be made worse when other people expect you to feel relieved and happy that your treatment has finished.

## **Sadness and depression**

It is normal to feel low from time to time and to feel sad about what has happened to you and those close to you. If you feel very low or sad for long periods of time, however, this could mean you are depressed. Depression is a common experience for people who have survived any kind of cancer.

Depression does not mean that you can't cope. It is not a matter of 'pulling yourself together'. It is an illness and you need help to get over it. Depression can affect people in different ways. The following are common symptoms of depression:

- persistent sad, anxious or 'empty' feelings
- feelings of hopelessness or pessimism
- feelings of guilt or worthlessness
- loss of interest or pleasure in hobbies and activities that you once enjoyed
- difficulty sleeping, early-morning awakening or oversleeping
- restlessness, irritability
- difficulty concentrating, remembering or making decisions
- persistent thoughts of death or suicide or suicide attempts.

Depression can make you less aware of your own behaviour and less inclined to help yourself. Listen to those close to you. If you feel you may be depressed – or if those close to you think you are depressed – talk to your hospital specialist or GP.

Depression can be treated in a number of ways, including the 'talking therapies' discussed on page 9. Sometimes doctors suggest a course of antidepressant tablets. Regular exercise can also help if you are feeling depressed.

## **Coping with your feelings**

There are many different ways of coping with difficult feelings. They mainly consist of taking control of the things that you can control and finding support that suits your needs and the way you like to do things. Over the next two pages there are some examples of coping strategies that other people have found helpful.

## Accepting your feelings

Be honest with yourself and with the people around you about how you are feeling. It is not a sign of weakness to show your emotions, though many people find this hard. Trying to suppress your feelings now might make them more damaging or harder to cope with in the long run. If this is difficult for you, there are people to talk to (see below).

## Talking through your feelings and fears

Talking to other people can help you to cope with your feelings. This might mean talking to someone close to you, talking to someone else who has lymphoma or seeking professional help.

It can be helpful to share your feelings with your partner or family but sometimes it is too difficult to talk to the people who are closest to you. It is often easier to talk to someone outside the family, so perhaps approach a supportive friend or ask your GP if there is someone you could see. If you prefer the phone, we have a free **helpline** (0808 808 5555) if you would like to talk to someone about any aspect of your lymphoma.

Many people find it helps to speak to other people who have been affected by lymphoma. It can be very encouraging to speak to someone who has been through something similar, even if their experience is not identical to yours. The Lymphoma Association may be able to put you in touch by telephone or email with someone in a similar situation. This is known as our **buddy scheme**. You and your buddy will agree times and days to talk on the phone. Sometimes one phone call will be all that you need but this support can continue for as long as you like.

Other people share their experiences or anxieties in **online support forums**. Many cancer charities will have chatrooms or messageboards, as we do, that allow you to talk online to other users. Though social media sites and the internet in general should be approached with caution, this can be a great place to offload thoughts and feelings without feeling that you are burdening people close to you.

Other people prefer to meet other people affected by lymphoma in the setting of **support groups**. We have several support groups for people with lymphoma around the UK. If there isn't a Lymphoma Association group near you we might know of other support groups in your area that you could go along to. Telephone us on 0808 808 5555 for information on support groups.

## Writing things down

You can also write down your feelings in a diary or journal. Even if no one else will see what you write, the process of putting your feelings onto a page can be very therapeutic. It can make you feel more calm, and can help you make sense of your thoughts and emotions. Some people find writing an online blog to share with others also helps.

## **Finding out about lymphoma**

Some people don't want to know much about lymphoma early on, and this is quite understandable. You might find that you feel a need to find out more about what has happened to you once the treatment is finished, however. Some of your feelings – in particular fear and anxiety – can be made worse if you don't understand what has happened to your body. You may be uncertain about what to look out for in the future or frightened of what will happen if your lymphoma comes back.

You might find it helps to write down some of the questions you would like answers to. You can talk to your GP or to your hospital specialist about these questions at your follow-up appointments. You can telephone the Lymphoma Association helpline (0808 808 5555) to ask for our information on lymphoma or to share your fears about your illness.

## **Getting professional help**

You may find it helpful to seek professional help for dealing with your feelings. Talking therapies can help you to understand your feelings and plan what to do about them. Talking therapies can also relieve difficult feelings and help you feel more relaxed.

Counselling is the most common talking therapy. People use counselling to help with lots of different life problems. Counsellors are trained to listen in a way that helps you clarify your feelings and find ways of dealing with them.

Counselling does not always have to be face to face. Some professionals will offer counselling over the phone, online or via email. Counselling typically involves several sessions lasting about an hour. Other kinds of talking therapy include cognitive behavioural therapy (CBT) and psychotherapy.

If you would like to seek professional help you can try one of the following:

- Talk to your hospital team. Some hospitals will have counsellors and psychologists to help people cope with the experience of cancer. Some nurse specialists will also have counselling qualifications.
- Talk to your GP. Some GP practices will provide talking therapies, or will be able to recommend someone local.
- You can contact a counsellor or therapist yourself. The British Association for Counselling and Psychotherapy can provide details of registered counsellors in your area (see page 14 for contact details).

## **Looking after your physical health and wellbeing**

A healthy diet, daily exercise and finding time each day to relax can help you feel more in control and less anxious. There is evidence to suggest that relaxation techniques help people cope with fatigue, low mood, anxiety and depression. Relaxation is often not something that comes naturally – you might need to be shown exercises that will help you to relax. Many complementary therapies will include relaxation techniques – yoga, Pilates, reflexology, meditation, aromatherapy and massage, for example. There are also commercially available CDs and DVDs that you can use at home.

## Your relationships

Your experience of lymphoma will have affected those close to you. They will have been through a difficult time themselves, will have experienced many strong emotions and may also find it difficult to adjust to 'normal' life after the treatment is finished. Sometimes this brings people together; but sometimes their reactions can be an added strain.

### Your partner

If you have a partner, they might experience similar feelings to you at the end of treatment – shock, fear of the future, sadness or anger at what has happened. They might have been strong during your treatment, but experience sadness and grief once it is all over. They might want to protect you from their fears or they might find it difficult to be honest about their feelings about your lymphoma. These things can make you feel more distant or short-tempered with one another.

Certainly the strains of the illness, the side effects of the treatment, possible fertility problems and financial issues associated with having a serious illness like lymphoma can make any problems you might have already had in your relationship worse. Some relationships do flounder at this stage if they were fragile before.

You both need time to recover. You need to readjust to normal life, and to regain confidence in your future together. Try to be honest about your feelings and talk about them with each other. If you feel that you and your partner need professional help, you may wish to consider couples therapy (see the 'Useful organisations' section on page 14).

If couples can navigate this difficult time, they can find new strength in their relationship. You might both feel you need to change your priorities in life, focus more on enjoying the important things like family and friends. Relationships can become closer and more loving.

### Your sex life

It is very common to feel less interested in sex during and for a while after having treatment for lymphoma. This happens for lots of reasons. It can happen if you are feeling low or anxious, if you have fatigue or if you are having problems with a premature menopause. You might feel less desirable if you have lost weight or put weight on. Your partner might feel that you have changed in some way or that you are too fragile for sex.

Loss of interest in sex can lead to misunderstandings. Your partner might feel that you don't love them anymore. Try and talk to your partner about what is happening and how you feel at the moment. You can still show affection for one another even if you are not having sex. Try and explore physical intimacy and demonstrations of affection that do not involve having sex.

Couples can experience sexual difficulties during and after treatment for lymphoma. Sometimes there are physical reasons for this, such as vaginal dryness or erectile dysfunction. Talk to your GP, nurse or pharmacist if you experience these problems – there is help available.

Changes to your sex life are not usually permanent, but you may wish to seek the help of a professional relationship counsellor. You will find contact details for organisations that can provide further information at the end of this article. We also have more detailed information available on sex and fertility and how these are affected by lymphoma and lymphoma treatments. Please call our helpline if you would like to talk to someone about any sexual problems you are experiencing during your recovery.

## **Your children**

Your children have been through a traumatic experience too. Children can experience all of the feelings that adults have but might be less able to express how they are feeling. Younger children may think that they were to blame for what happened to you. They may find it hard to understand what has been happening. They might be frightened that you will die. Older children might resent what has happened, and feel angry about the impact your illness has had on their lives. Fear, sadness and anger might mean children and young people will exhibit more challenging behaviour, both at home and at school.

Your children will need lots of reassurance, and may need to have things explained to them over and over again. Encourage them to ask questions if they wish, and try to be patient with their curiosity. Younger children will often use play and drawing to express how they feel or what they are afraid of, so try and encourage them to explore their feelings in this way. It can help to enlist the help and support of other adults with your children – perhaps other family members, close friends or teachers – to take some of the pressure off you and your partner.

Macmillan and CLIC Sargent have helpful information about children and how they respond to cancer. The staff at Maggie's Centres can offer advice on how to talk to your children and sometimes can help by meeting with the children. They also run information and activity days for children who have family members with cancer. You will find the contact details for these organisations in the 'Useful organisations' section on pages 12 and 13.

## **Family and friends**

Family and friends might feel relieved, happy and optimistic now that your treatment is finished, and expect you to feel the same. They might find it hard to understand if you don't bounce back straightaway. They might not realise how long it takes to feel better, to have more energy. This can sometimes make it hard to feel comfortable and relaxed with family and friends. Explain how you feel if you can, and explain that it is normal for recovery to take some time.

You might find that some relationships change following your experience of having lymphoma. It can be hard to relate to other people sometimes, now that you have been through such a life-changing experience. It might feel hard to be close to people who have no idea what it's like to have cancer. On the other hand, you might have forged new friendships with people who do seem to understand, who perhaps have been through the same experience.

The people who are closest to you will have had difficult feelings of their own and they may feel unable to talk about these with you, perhaps to protect you. You all need time to adapt. There are often positives too – many people find that some of their family relationships and friendships have become much stronger and more meaningful because they have shared their experience of lymphoma.

## Conclusion

- The time after finishing treatment for lymphoma is a time of relief and celebration for many people. Many others feel anxious and a bit isolated as their contact with the hospital team becomes less frequent. You might not expect to feel like this but it is very common. You can get in touch with your hospital team at any time between your follow-up appointments if you have worries – you don't have to wait for your check-up to speak to someone.
- Side effects can last for a few weeks or months after the treatment is finished. It can take a few months to get to regain your energy and begin to feel 'back to normal' but looking after your physical and emotional wellbeing during this time will help you to feel better.
- It can be difficult not to be anxious about your lymphoma relapsing but if you don't have new symptoms it is unlikely that this has happened. It is also helpful to find out more about lymphoma and to ask about what to look out for and how best to look after yourself, both physically and emotionally.
- It is normal to experience all sorts of feelings after treatment has finished and to find you need to adapt your relationships with other people. Many people find new strengths, new friends and new depth in their relationships after going through an illness like lymphoma.

## Acknowledgements

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## Useful organisations

### CancerHelp UK

☎ 0808 800 4040

✉ via website

[www.cancerhelp.cancerresearchuk.org](http://www.cancerhelp.cancerresearchuk.org)

### Macmillan Cancer Support

89 Albert Embankment, London SE1 7UQ

☎ 0808 808 0000

✉ via website

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Maggie's Centres**

1st Floor, One Waterloo Street

Glasgow G2 6AY

☎ 0300 123 1801

✉ [enquiries@maggiescentres.org](mailto:enquiries@maggiescentres.org)

[www.maggiescentres.org](http://www.maggiescentres.org)

### **Information for children, young people and parents**

#### **Children's Cancer and Leukaemia Group (CCLG)**

University of Leicester, 3rd Floor, Hearts of Oak House

9 Princess Road West, Leicester LE1 6TH

☎ 0116 249 4460

✉ [info@cclg.org.uk](mailto:info@cclg.org.uk)

[www.cclg.org.uk](http://www.cclg.org.uk)

#### **CLIC Sargent (Cancer and Leukaemia in Childhood)**

Horatio House

77–85 Fulham Palace Road

London W6 8JA

☎ 0300 330 0803

✉ via website

[www.clicsargent.org.uk](http://www.clicsargent.org.uk)

#### **Teenage Cancer Trust**

3rd Floor, 93 Newman Street

London W1T 3EZ

☎ 020 7612 0370

✉ via website

[www.teenagecancertrust.org](http://www.teenagecancertrust.org)

### **Healthy lifestyle**

#### **British Heart Foundation**

Provides information about looking after your heart and reducing your risks of heart disease. Includes information about diet, exercise, smoking and alcohol consumption.

Greater London House, 180 Hampstead Road

London NW1 7AW

☎ 0300 330 3311

✉ via website

[www.bhf.org.uk](http://www.bhf.org.uk)

## **Drinkaware**

Provides information about recommended alcohol intake and the risks of consuming too much alcohol.

Samuel House, 6 St Albans St

London SW1Y 4SQ

☎ 020 7766 9900

✉ [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

## **NHS resources:**

[www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)

[www.nhs.uk/LiveWell](http://www.nhs.uk/LiveWell)

## **Mental health and relationships**

### **British Association for Counselling and Psychotherapy (BACP)**

BACP House, 15 St John's Business Park

Lutterworth, Leicestershire LE17 4HB

☎ 01455 883300

✉ [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

[www.bacp.co.uk](http://www.bacp.co.uk)

### **College of Sexual and Relationship Therapists (COSRT)**

Provides information about finding a sex or relationship therapists and information about common sexual difficulties, although this is not specific to people who have experienced cancer.

COSRT, PO Box 13686, London SW20 9ZH

☎ 020 8543 2707

✉ [info@corst.org.uk](mailto:info@corst.org.uk)

[www.cosrt.org.uk](http://www.cosrt.org.uk)

### **Depression Alliance**

20 Great Dover Street, London SE1 4LX

☎ 0845 123 23 20

✉ [information@depressionalliance.org](mailto:information@depressionalliance.org)

[www.depressionalliance.org](http://www.depressionalliance.org)

### **Relate**

Offers advice, relationship counselling, workshops, sex therapy and other support for couples and families.

Branches nationwide.

☎ 0300 100 1234

✉ via website

[www.relate.org.uk](http://www.relate.org.uk)

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## How we can help you

We provide:

- a free helpline providing information and emotional support ☎ **0808 808 5555** (9am–6pm Mondays–Thursdays; 9am–5pm Fridays) or ✉ **information@lymphomas.org.uk**
- free information sheets and booklets about lymphoma
- a website with forums and a chatroom – **www.lymphomas.org.uk**
- the opportunity to be put in touch with others affected by lymphoma through our buddy scheme
- a nationwide network of lymphoma support groups.

## How you can help us

We continually strive to improve our information resources for people affected by lymphoma and we would be interested in any feedback you might have on this article. Please visit **www.lymphomas.org.uk/feedback** or email **publications@lymphomas.org.uk** if you have any comments. Alternatively please phone our helpline on **0808 808 5555**.

We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor.

The Lymphoma Association cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third party information such as information on websites which we link to. Please see our website ([www.lymphomas.org.uk](http://www.lymphomas.org.uk)) for more information about how we produce our information.

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