

# Talking to Others About Cancer Information Guide

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The purpose of this guide is to help you find information and support on cancer survivorship. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

There is another guide called *“Talking with Children about a Loved One’s Cancer”* that focuses on how to talk to children about the subject.

**Available online at:**

<https://www.rogelcancercenter.org/files/talking-with-others-about-cancer.pdf>

## Brochures and Fact Sheets

- American Cancer Society

- **How to Be a Friend to Someone with Cancer Booklet.**

Available online at:

<https://www.cancer.org/treatment/understanding-your-diagnosis/talking-about-cancer/how-to-be-a-friend-to-someone-with-cancer.html>

- **Listen With Your Heart: Talking With the Person Who Has Cancer Fact Sheet.**

Available online at:

<https://www.cancer.org/treatment/understanding-your-diagnosis/talking-about-cancer/listen-with-your-heart.html>

- **Talking With Friends and Relatives About Your Cancer**

Available online at:

<https://www.cancer.org/treatment/understanding-your-diagnosis/talking-about-cancer/telling-others-about-your-cancer.html>

- **When Someone You Know Has Cancer**

Available online at:

<https://www.cancer.org/treatment/understanding-your-diagnosis/talking-about-cancer/when-someone-you-know-has-cancer.html>

- **Cancer and Careers. When Someone You Work With Has Cancer**

Available online at:

<https://www.cancerandcareers.org/en/at-work/coworkers/what-to-do-and-not-do>

- **CancerCare. What Can I Say to a Newly Diagnosed Loved One? Fact Sheet**

Available online at:

[https://media.cancercare.org/publications/original/104-fs\\_loved\\_one.pdf](https://media.cancercare.org/publications/original/104-fs_loved_one.pdf)

- **National Cancer Institute. Taking Time - Support for People with Cancer.**

Available online at:

<https://www.cancer.gov/publications/patient-education/takingtime.pdf>

## **Articles**

- **University of Michigan Rogel Cancer Center. Learning to Talk: 8 Tips for Coping with Social Pleasantries in a Difficult Time. *Thrive Magazine*.**

Page 6. Spring 2008.

Available online at:

<https://www.rogelcancercenter.org/living-with-cancer/learning-talk>

## Books

- Draeger, Bonnie E. **When Cancer Strikes a Friend. What to Say, What to Do, and How to Help.** New York, NY: Skyhorse Publishing, 2012.
- Fullbright, Colleen. **How to Help Your Friend with Cancer.** Atlanta, GA: American Cancer Society, 2015.
- Halpern, Susan P. **The Etiquette of Illness: What to Say When You Can't Find the Words.** New York, NY: Bloomsbury, 2004.
- Kalick, Roseanne. **Cancer Etiquette: What to Say, What to Do, When Someone You Know or Love has Cancer.** Scarsdale, NY: Lion Books Publisher, 2005.
- Marshall, Catherine A. **Surviving Cancer as a Family and Helping Co-Survivors Thrive.** Santa Barbara, CA: Praeger, 2010.

## Audiovisual Resources

- Cancer.Net. **Talking With Someone Who Has Cancer, with Dr. Lidia Schapira.** 4.57 minutes long. American Society of Clinical Oncology. Available online at:  
<https://www.cancer.net/navigating-cancer-care/videos/family-friends-and-caregivers/talking-someone-who-has-cancer-dr-lidia-schapira>

## Web Resources

- American Cancer Society: Talking About Cancer  
<http://cancer.org/treatment/understandingyourdiagnosis/talkingaboutcancer/index>  
Provides tips to help make it easier to talk with others about cancer.

- **Cancer.net (American Society of Clinical Oncology): Talking with Family and Friends**

<http://cancer.net/coping-with-cancer/talking-with-family-and-friends>

This section provides information on talking about cancer with family and friends and information on supporting a friend who has cancer.

- **Help for Cancer Caregivers: Talking with Family & Friends**

<http://helpforcancercaregivers.org/content/talking-family-friends>

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