

## Should you apply for disability after a cancer diagnosis? Also in this issue: stress reducers, exercise, and palliative care

CURExtra

To Joanna.Morales@lls.edu

12:01 PM

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**Take Our Poll** › As a patient or caregiver, did you hide your emotions about cancer from your family?

# [curextra]

SUMMER 2010

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### Navigating the Maze of Disability Benefits

BY BUNMI ISHOLA

Applying for disability benefits can be like navigating through a maze. The process is different for each person, the paperwork can be overwhelming, and even figuring out what type of disability to apply for can be daunting. [\[MORE\]](#)

#### *Managing Side Effects*



#### **Stress Reducers**

BY LAURIE M. FISHER

Ten science-based stress reducers to help manage post-treatment stress after a cancer diagnosis.

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#### *Fitness & Nutrition*



#### **Creating a Plan to Get Moving**

BY LAURA BEIL

Finding what you love about exercise can help motivate you to keep moving. [\[MORE\]](#)



### Readers Write

**[CURE asked readers: In what way was cancer a positive experience for you and your family? ]**

FROM MICHELLE L: At age 41 I was diagnosed with uterine cancer and a hysterectomy was scheduled. During surgery, they found the beginnings of cancer in both ovaries. The surgeon told me the

uterine cancer actually saved my life. Without that, they wouldn't have found the ovarian cancer.

FROM PHILIP H: When our mother died from cancer over 15 years ago, my two brothers and I had split for reasons unknown today. We refused to communicate or see each other and missed important "family" events. At 58 years old I had been diagnosed with a rare and aggressive lymphoma and was told I would need a related stem cell donor for any chance of survival. My wife did not hesitate to call both of my brothers. They agreed to be tested and one of my brothers was a perfect match! On June 11, 2009, I received two wonderful gifts. I was given a new immune system at NIH and my brothers and I are a family again.

Find more reader submissions in this issue's [Readers Write](#).

**QUESTION FOR NEXT ISSUE: Survivor guilt is a topic that is just now being explored in cancer patients and survivors. Did you experience any guilt after your diagnosis or treatment?**

Please e-mail your response in 150 words or less to

[editor@curetoday.com](mailto:editor@curetoday.com).



### Having the "talk"

KATHY LaTOUR

My daughter Kirtley was only 13 months old when I was diagnosed with breast cancer in 1986 at age 37. Then my mother was diagnosed with stage 4 breast cancer in the fall of 1991; she died six months later. It was a difficult time for me and became even more difficult as I began to worry about whether I now needed to worry about passing on more than a love of books to my daughter... [\[MORE\]](#)



### ODAC's decision on Avastin in breast cancer raises many questions

DEBU TRIPATHY, MD

The story surrounding the FDA's process for the final approval of Avastin (bevacizumab) for advanced breast cancer raises many questions about the standards on drug approval in this changing era of targeted therapy and personalized medicine... [\[MORE\]](#)



### Palliative care at diagnosis

LENA HUANG

*The New England Journal of Medicine* recently published a study endorsing early palliative care for patients with metastatic lung cancer. The study found that patients who were assigned palliative care at diagnosis had a better quality of life, had less



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## Message Board Discussions

### Living on the Edge

Posted by elizabethw

In the Summer issue, "Living on the Edge" explores how some patients with metastatic cancer are living long and well. Are you or a loved one living with metastatic cancer? Share your story.

[\[MORE\]](#)

### Spirituality & cancer

Posted by elizabethw

Was your cancer journey affected by your faith or spirituality? Did faith or spirituality impact your cancer journey or a loved one's? ...

[\[MORE\]](#)

You can view more topics and discussions on *CURE's* [Message Board](#).



## Calendar

### Stand Up to Cancer

Major networks will air the one-hour fundraising special beginning at 8 p.m. Eastern.

September 10


For more information, visit [www.standup2cancer.com](http://www.standup2cancer.com).

You can view more cancer-related events, fund raisers, teleconferences, and workshops on *CURE's* [Calendar of Events](#).

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Submit your personal experience essays to [editor@curetoday.com](mailto:editor@curetoday.com)



A program of the  
Life Beyond Cancer  
Foundation

For Female Survivors,  
Oncology Nurses &  
Social Workers.

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*Relaxing the Body  
Restoring the Soul  
Empowering the Mind*

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November 18-21, 2010  
Lakeway Resort & Spa  
Austin, Texas

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Sponsorships available &  
applications online at

[LifeBeyondCancer.org](http://LifeBeyondCancer.org)

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