



## What will life be like after treatment?

Many people look forward to the end of their treatment as they can start to try to get life back to normal. Others find this a difficult time as it often means that you will have less contact with hospital staff and other patients.

You may be confident that your cancer has been treated and feel able to move on with life. It may be helpful to try thinking carefully about your priorities and start by setting yourself small achievable goals, working upwards. It can be helpful to begin by taking each day as it comes, then each week, month and year after that.



Many people go back to work soon after treatment ends, whilst others may feel unable to return to the work they did previously. Some people are able to arrange a more flexible working arrangement, such as fewer working hours/days or less physically/ emotionally demanding workload.

It is also normal to be concerned about your cancer returning. Many people who have been diagnosed and treated for cancer, report that this concern may become part of everyday life. Often, a new ache or pain may trigger worries that your cancer has come back. It is important to discuss any concerns with your doctor and remind yourself that many aches have nothing to do with cancer.

Our *Living with lung cancer* DVD has information on emotions, emotional support and positive actions, visit [www.roycastle.org/onlinevideos](http://www.roycastle.org/onlinevideos) or call our free helpline on **0333 323 7200 (option 2)**.

## GIVING HELP AND HOPE

The charity has two aims:

**Supporting people living with lung cancer** - Working closely with lung cancer nurses, we provide information, run lung cancer support groups and offer telephone and online support. Our patient grants offer some financial help to people affected by lung cancer.

**Saving lives** - We fund lung cancer research, campaign for better treatment and care for people who have lung cancer, and raise awareness of the importance of early diagnosis. Our lung cancer prevention work helps people to quit smoking and encourages young people not to start smoking.

**Call us on 0333 323 7200 (option 2)**

This information has been taken from the following sources:  
**Lung cancer—answering your questions: Living with lung cancer 2014**

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