



**raise Is The Cure<sup>®</sup>**  
*Giving Hope. Providing Help.*  
**A Breast Health Initiative**

# Breast Cancer

## EDUCATION

## Helpful Hints for Caregivers

Praise Is The Cure®, a 501(c)(3) nonprofit affiliate of Anita T. Conner & Associates, P.C., is committed to eliminating Breast Cancer disparities among black women in Philadelphia and surrounding counties by providing breast health education, access to early detection and other support services to Breast Cancer patients, survivors, and their families.

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

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# Helpful Hints for Caregivers

- 1. Talk about the future**  
Hope is VERY important for health and healing.
- 2. Be patient**  
There will be emotional ups and downs for the both of you.
- 3. Communicate with loved ones**  
Share your feelings, listen, and lend a caring ear.
- 4. Smile**  
A good sense of humor is healthy for your mind, body, and soul.
- 5. Don't forget to care for you**  
To prevent burnout adequate rest and nutrition is necessary.
- 6. Remain flexible**  
Encourage engagement in normal daily activities, but recognize that you may need to alter your routine.
- 7. Know your rights**  
Under the Family and Medical Leave Act you may be entitled to unpaid leave from your job to care for a loved one.
- 8. Look good, feel good**  
Find makeover solutions to help your loved one cope with changes to their appearance that is caused by treatment.
- 9. Join a support group**  
Support groups lets you connect with others that are going through a similar situation. You can share challenges, tips, and resources with the group members.
- 10. Pray**  
Spiritual support through prayer can be good medicine.
- 11. Celebrate Together**  
After treatments, recovery, and healing, celebrate how far you both have come during the journey.

**Sources:** [HokinsMedicine.org](http://HokinsMedicine.org), [CancerCare.org](http://CancerCare.org), and [Cancer.ucsd.edu](http://Cancer.ucsd.edu)