

Coping with Fatigue

Caring for people with cancer

Coping with fatigue

This booklet has been written to help you cope with fatigue.

It has been prepared and checked by cancer doctors, other relevant specialists, nurses and patients. The information in this booklet is an agreed view on managing fatigue and the key aspects of living with it.

If you are a patient, your doctor or nurse may wish to go through the booklet with you and mark sections that are important for you. You can make a note below of the contact names and information that you may need quickly.

Specialist nurse Tel: _____

Family doctor (GP) Tel: _____

Medical oncologist Tel: _____

Radiation oncologist Tel: _____

Surgeon Tel: _____

Emergency Tel: _____

Treatments Review dates

If you like, you can also add:

Your name _____

Address _____

informing
understanding
supporting



The Irish Cancer Society thanks
CancerBACKUP for permission to adapt the text of their booklet
Coping with Fatigue and acknowledges the contribution of
the original authors of the booklet.

The Irish Cancer Society is the national charity for cancer care, dedicated to eliminating cancer as a major health problem and to improving the lives of those living with cancer. This booklet has been produced by Nursing Services in the Irish Cancer Society to meet the need for improved communication, information and support for cancer patients and their families throughout diagnosis and treatment. We would like to thank all those patients, families and professionals whose support and advice made this publication possible.

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Introduction

This booklet has been written to help you find ways to cope with fatigue, which is sometimes caused by cancer and its treatment. It can affect children as well as teenagers and adults. The word fatigue is used to describe feelings of tiredness that may be present all or most of the time. The tiredness is not relieved by rest and may stop you from doing the things you normally do. It may also affect how you cope with your illness and make you feel sad and upset. People who have fatigue usually have no energy. You may find it hard to do simple, everyday things that people usually take for granted.

At the end of this booklet you will find a list of books you might find useful to read. There is also a list of websites and special groups to help and support you at this time.



Reading this booklet

Read the sections of this booklet that are of interest to you only. You may find that there is a lot of information to take in and that it can be hard to concentrate, especially if you are feeling anxious or worried. Remember that you do not need to know everything about fatigue straight away. Read a section and when you feel relaxed and want to know more, read another section. If you do not understand something that has been written, discuss it with your doctor or nurse. You can also call the National Cancer Helpline **1800 200 700**, Action Breast Cancer **1800 30 40 90** or the Prostate Cancer Information Service **1800 380 380**.

If you found the booklet helpful, you could pass it on to your family and friends too. The more they know about your illness, the more they can help.

Causes and effects of fatigue

Fatigue

Fatigue is very common during cancer and its treatment. You may feel overwhelmed by the effect fatigue has on you. It can reduce your enjoyment of life. Feeling tired all the time is especially difficult when you are already coping with cancer. Fatigue may be due to the cancer itself or as a result of symptoms caused by the cancer. It can also be a side-effect of treatment. Health professionals caring for people with cancer now consider fatigue to be at least as distressing and disabling as other side-effects of cancer treatment. Fatigue is recognised as a major problem for many people with cancer.



Treating the causes of fatigue can help to reduce it.

There are ways in which your doctor can treat your fatigue. Treating the causes of fatigue can help to reduce it. Research has shown that people with cancer find that it is the symptom, or side-effect, which is most disruptive to their daily life. Do let your doctor or nurse know how you are feeling so that they can help you. There are also things that you can do for yourself which may help you cope with the problem of fatigue.

What causes fatigue?

There are many causes of fatigue and knowing about them may help you to cope with your fatigue. The possible causes of fatigue include:

Treatment

- **Surgery:** It can take quite a while to recover from surgery. You may feel tired and need to take things easy for a while. This effect is usually temporary. However, some types of surgery may cause ongoing problems with fatigue, for example, if surgery to the stomach leads to problems with absorbing food.
- **Chemotherapy and radiotherapy:** You may feel very tired during and after chemotherapy and radiotherapy. It may be due to the treatment itself or travelling to and from the hospital. Your energy levels should start to improve 6 months to a year after the treatment. However, some people still feel tired 2 years after their cancer treatment has ended.
- **Hormone therapy:** Hormonal therapies are treatments that can stop or slow the growth of cancer cells. These are often given for several years and can cause fatigue.
- **Immunotherapy:** Immunotherapy is a form of treatment that stimulates the body's immune system to attack cancer cells. One drug is called Interferon. This drug is used to treat a number of different cancers. Some people complain of a flu-like reaction and feeling very tired following treatment. These side-effects usually go away when treatment stops or soon afterwards. Talk to your doctor or nurse. He or she will explain your treatment to you and show you how to reduce the side-effects.

Anaemia

Anaemia is a common cause of fatigue in people with cancer. It is caused by a shortage of haemoglobin and oxygen in the bloodstream. The red blood cells, which contain haemoglobin, carry oxygen to all the cells of the body to provide energy. If the number of red blood cells is low, the amount of oxygen reaching the cells is reduced.

If you have anaemia you may:

- Feel breathless some or all of the time. You may also feel dizzy and light-headed.
- Lose interest in sex (men and women).
- Find that you cannot get or maintain an erection (men).
- Have trouble getting to sleep.
- Have aching muscle and joints.
- Have more chest pain due to heart problems (angina).

Causes of anaemia

Anaemia can occur if cancer has caused an ulcer somewhere in the body (for example in the stomach or bowel lining). A small amount of blood may be continuously lost through the ulcer.

Radiotherapy for cancer can temporarily reduce the number of red blood cells made by the bone marrow. This only occurs if the treatment is being given to an area of the body which includes the bone marrow. Such areas would include the breast bone (sternum), the hip bones, or the long bones of the arms and legs.

Chemotherapy can also reduce the number of red blood cells made, which may lead to anaemia. Your doctor will keep a check on your haemoglobin if you have cancer or are having cancer treatment.

You can use the fatigue diary in the centre of this booklet to record your haemoglobin levels. Over time you will see how this affects your everyday life and level of fatigue. You may find that you feel much more tired when your haemoglobin is low. If you feel very tired tell your doctor or nurse. He or she may be able to give treatment for the anaemia. This can reduce the fatigue and help you to feel better.

>>> If you feel very tired tell your doctor or nurse.

The treatment for anaemia will depend on the cause. Your doctor may recommend that you have a blood transfusion or erythropoietin therapy. A blood transfusion gives red blood cells directly into the bloodstream (through a drip). This will quickly increase the number of red blood cells travelling around the body.

Erythropoietin is a natural hormone which helps make red blood cells. Man-made versions of erythropoietin are available. They can be given to people having chemotherapy to raise their level of red blood cells and reduce feelings of fatigue.

Eating problems

If you are feeling sick (nausea), you are likely to be eating less. This means you will not be getting enough energy from food. If you are actually being sick (vomiting), you are not absorbing the food. You may feel weak and tired. If you have nausea or vomiting, your doctor can prescribe anti-sickness drugs (anti-emetics) that can help. These should be taken regularly. Poor appetite due to treatment can mean that you have less energy. Chemotherapy can cause changes in appetite and taste. If you find that some foods no longer appeal to you, try new and different ones. Talk to the hospital dietician. He or she will advise you on the best foods to eat.

>>> You may find it helpful to get someone else to prepare food for you.

Eat small meals more often. You may find it helpful to get someone else to prepare food for you. If you do not feel like eating, try using ready-made, high calorie drinks. You could try unflavoured high-energy powders that add calories to food without adding bulk. Most of these drinks and powders can be bought in any chemist. Some are available on prescription, and your doctor can arrange for you to get them.

The Irish Cancer Society has a booklet, *Diet and the Cancer Patient*, that might help you. The booklet has helpful tips on coping with eating problems caused by cancer or its treatment. Call the National Cancer Helpline 1800 200 700 if you would like a copy.

Pain

Many people with cancer do not have any pain. However, for people who do get pain it can be a common cause of fatigue. If you are in pain, tell your doctor or nurse about it straight away. Be honest about the level of pain you are in. There is no need to suffer in silence or play down the amount of pain that you have. Surgery, radiotherapy and chemotherapy can all help to ease pain. There is also a lot of good painkilling (analgesic) medication available today. If the medication does not kill the pain, tell your doctor or nurse. You may need to try out different painkillers before you find one that suits you best.

There are other ways to treat pain such as nerve blocks and epidural injections. If you need more information ask your doctor or nurse. Call the National Cancer Helpline 1800 200 700 for a free copy of the booklet, *Feeling Better: Controlling Pain and Other Symptoms of Cancer*.

Medication

Your doctor may prescribe medication to control pain or reduce the side-effects of treatment. Some of the drugs used may cause fatigue. You may also feel drowsy. Ask your doctor before you start any new medication what side-effects you can expect. The fatigue and drowsiness usually wear off after a few days. However, if the fatigue persists tell your doctor or nurse, as your medication can be changed.

Other symptoms

Cancer may cause other symptoms such as breathlessness or fluid retention. These symptoms are common causes of fatigue. If you have an infection or fever, your body needs more energy and this may lead to fatigue. Treating the different symptoms that are causing or contributing to fatigue can often help to relieve it. It is important to let your doctor or nurse know about any symptoms that you have.

>>> If you are in pain tell your doctor or nurse about it straight away.

Psychological effects of cancer

Anxiety, depression, stress and tension can all contribute to fatigue. You may have trouble getting to sleep. You may feel anxious or depressed when you are first diagnosed with cancer. These feelings generally become easier to manage as you come to terms with what has happened. If your mood continues to be low most of the time, you may need help to overcome depression. You can discuss this with your doctor. He or she can refer you to a counsellor or prescribe medication if you think that would be helpful.

The Irish Cancer Society has a booklet, *Understanding the Emotional Effects of Cancer*, which can help you recognise if you are depressed. It also suggests ways of overcoming and dealing with depression. Call the National Cancer Helpline 800 200 700 if you would like a copy.

Effects of fatigue

Fatigue can affect you in different ways. Some people find that their fatigue is very mild and does not interfere much with their daily life. However, for some people it is very disruptive. Fatigue can affect the way you think and feel. You may find it impossible to concentrate on anything. This may affect your work but it can also occur with things that you usually enjoy doing. Even reading or watching TV can be difficult.

Fatigue can affect your relationships with family and friends. It can make you impatient with people around you. You may avoid socialising because it is too much effort. The different levels of fatigue are described in the fatigue diary at the centre of this booklet.

Common effects of fatigue

Some of the more common effects are described below:

- You cannot complete the smallest chore. Brushing your hair, showering or cooking can seem impossible.

- A feeling of having no energy. You feel as if you could spend whole days in bed.
- You have trouble thinking, speaking or making decisions. You may find it difficult to remember things.
- You might feel breathless after only light activity. You may feel dizzy or light-headed.
- You have trouble getting to sleep (insomnia).
- Loss of sex drive.
- You may feel sad and upset.

How to talk about fatigue

You might find it helpful to write down the questions you want to ask your doctor or nurse. Ask them to repeat and explain anything that you don't understand. Write down the answers if you want. Your doctor or nurse can only help if you tell them about your symptoms. It can be hard for anyone to understand how much fatigue can affect your life unless they have experienced it themselves. You may need to emphasise to your doctors and nurses the difficulties that it is causing you.

>>> It is most important that you tell your doctor or nurse how you are feeling.

Discuss everyday actions that you find difficult, such as climbing stairs, cooking, bathing. If you have kept a fatigue diary you can bring it in to share with the medical team looking after you.

At times you may find it hard to discuss your emotions, especially when you are ill. You might worry that you will upset yourself and others. It is most important that you tell your doctor or nurse how you are feeling. It might help if you take someone to the appointment with you. You may find it is not easy to remember what the doctor or nurse has said and your relative or friend can help to fill in the gaps. There is also a list of the most commonly asked questions at the back of this booklet.



Ways of treating fatigue

Coping with fatigue

Planning

Planning ahead is important. Ask your doctor before you start treatment what side-effects you can expect. Do the things that are most important to you when you feel least tired. Use the fatigue diary to write down the times when you feel at your best and when you feel most tired. This will help you to plan your activities depending on your energy levels.

»»» Try to find time each day to do something you enjoy.

Keep a note of your energy levels. This will help you to identify the days on which you are best able to work. You may have to accept the fact that you won't be able to do everything you used to do. It may be helpful early on to decide which activities you are prepared to give up. It is important that you do not use all of your energy to do tasks. Try to find time each day to do something you enjoy.

Pace yourself and plan enough rest and sleep periods. It makes sense to plan a period of rest after a period of activity. You may find that you need to rest after meals. Short naps and rest periods are useful as long as they don't stop you from sleeping at night.

It is also important to plan your days around your treatment. Try to avoid anything energetic or stressful for 24 hours before and after your treatments, or if you have a fever (high temperature) or low blood counts.

In the home

Plan your day so that you have time to rest and do the things you want to do most. The fatigue diary at the centre of this booklet will help you to see how treatment affects your energy levels. It will allow you to plan activities for times when you have more energy. Doing things for yourself is very important but try not to feel guilty if you have to ask for help from other people. Think about some of the following suggestions.

Managing day-to-day

Ask your family, friends and neighbours to help you around the house, with travelling to hospital, with the children or with the shopping. Talk to your social worker and find out what support services are available. Use the extra free time to rest or do something you especially enjoy.



Hints & Tips – everyday tasks

- Spread tasks out over the week.
- Do a little bit each day rather than a lot in one go.
- Ask others to do heavy work where possible.
- Employ a cleaner. If you cannot afford one, talk to your social worker. You may be entitled to a home help.
- Use a wheeled shopping bag to carry supplies and shopping.
- Sit down to do whatever chores you can.
- Use long-handled dusters/mops/dustpans where possible.

Shopping

Ask others to do the shopping for you. Do your shopping on the internet and have it delivered. If you cannot, or would rather do the shopping yourself, these suggestions may help:



Hints & Tips – shopping

- Make a list before you start.
- Write the shopping list following the layout of the store.
- Ask someone to go shopping with you. Get a lift to and from the shops.
- Use the shopping trolley for support. Avoid lifting heavy weights.
- Stock up on household items you use regularly. Do this when you feel less tired or have someone to help you with the extra shopping.
- Ask for help in the supermarket with packing your bags and carrying groceries to the car.
- Shop at less busy times.

Laundry

If you live with other people ask them to do their own washing and ironing. If this is not possible, do a small amount of washing and ironing every day.



Hints & Tips – laundry

- Use a trolley where possible to transport your washing to and from the washing machine.
- Get help to hang out the washing.
- Use a lightweight iron.
- Iron essential items only.
- Sit down to iron.
- Slide the iron onto a heatproof pad to avoid lifting.

Meal preparation

Try cooking simpler meals. There is a large range of ready-made meals available in most supermarkets. Stock up on these and use them when you are especially tired. Ask members of your family to have their main meal during the day when they are at work or at school.



Hints & Tips – cooking & food preparation

- Prepare meals when you are feeling less tired.
- Make up double portions so that you can freeze half for later.
- Sit down while preparing meals. Avoid bending and stretching when preparing meals.
- Don't lift heavy pans or dishes out of the stove or oven. Ask others to move heavy items to the table.
- Line grill pans with foil to cut down on cleaning. Use oven dishes you can serve from, to save washing up. Let dishes soak rather than scrubbing them and leave dishes to dry.
- Use placemats instead of tablecloths. They are easier to place on the table, and to clean.
- Ask someone to take out your rubbish bags.

Childcare

One of the worst aspects of fatigue is feeling that you are letting your family down. This can be even more upsetting when you have children. There are things that you can do that may help.

- First of all, explain to your children that you are feeling tired and will not be able to do as much with them as before. You may be surprised at how well they respond.
- Plan activities with your children that can be done sitting down. Reading a book, doing a puzzle, or simply watching a favourite television programme together is an ideal way to spend time with your child.

- Go to places where you can sit down while the children enjoy themselves.
- Do not lift smaller children. Use a pram or pushchair if you have to transport them.
- Ask your children to help you with light chores around the house.
- Accept offers from others to take your children to and from school or childcare. Get babysitters in from time to time so you can do some of the things you enjoy doing.

In the workplace

You may find that you need to cut down your hours or stop working altogether. It can help to talk to your employer, human resource manager or occupational health department. Let them know that you may need some time off due to the cancer or its treatment. Don't feel that you have to work if you are too tired. However, if you do want to carry on working you may be able to find ways of making your work less tiring.



Hints & Tips – employers can help by

- Changing your hours so that you can travel to and from work at less busy times.
- Asking colleagues to be supportive and to help with some of your work.
- Finding you a parking place near your place of work.
- Allowing you to take a short break every now and again to lie down and rest.
- Allowing you to work from home.
- Finding you lighter work if your job involves physical exertion or heavy lifting.

If you are not able to continue working or are self-employed it can be useful to talk to the Dept of Social, Community and Family Affairs. You may be entitled to claim certain benefits. See page 26 for more information.

Diet, exercise and sleep

Diet

If you have problems eating you may begin to lose weight. This may be due to the cancer or your treatment. Sometimes when you are weak or tired you can lose interest in your food. It is best to try and eat as well as you can. Here are some suggestions that might help.

>>> Hints & Tips – eating and drinking

- Keep a diary of what and when you eat every day. If your taste changes, try new foods, or eat the foods that taste best.
- Ask for help in preparing your meals.
- Try eating little and often. Eat small meals and snacks throughout the day.
- Eat when you feel hungry.
- Drink lots of clear fluids such as water and fruit juice.
- If you do not feel like eating, try replacing some meals with high-calorie drinks.
- Ask to see a dietician if you are losing weight. He or she will keep an eye on your weight and give you advice on the best foods to eat.

There is a booklet, *Diet and the Cancer Patient*, available from the Irish Cancer Society. Call the National Cancer Helpline 1800 200 700 if you would like a free copy.

Exercise

It is important to try to exercise a little even when you are unwell. Exercise may help the symptoms of fatigue. It is better not to overdo exercise. Just do what is comfortable for you. A good balance between being active and having plenty of rest is best. This allows your muscles time to recover after activity. The physiotherapist at the hospital may be able to advise you about what would suit you.

>>> Hints & Tips – exercise

- Regular, light exercise such as walking has been shown to decrease fatigue, nausea and vomiting. It may also improve sleep in some people.
- Plan some activity or light exercise into your day.
- If exercise is impossible, try to remain active in your daily routine.
- Listen to how your body reacts to exercise: How did you sleep? How did you feel the next day?
- Drink plenty of fluids before, during and after exercise.
- Keep a record of your activities to share with your doctor or nurse, so they can help follow your progress.

Sleep

It's very important to try to keep a normal sleeping routine when you are ill. Sometimes your fatigue may make you feel like sleeping all the time. Sleeping well is very important and may help to reduce fatigue. It may also reduce your need to sleep during the day. There are many ways to overcome fatigue. Your nurse or doctor will be happy to discuss these with you. In the meantime it may help if you:

>>> **Sleeping well is very important and may help to reduce fatigue.**

Sleep just long enough. Limiting time in bed seems to produce better quality sleep. Sleep as long as you need to feel refreshed and healthy during the following day.

Wake up at the same time every day. A regular wake-up time in the morning may strengthen your sleep routine. It may eventually lead to a regular time of getting to sleep.

Exercise regularly if you can. A steady daily amount of exercise may help to deepen sleep over the long term.

Cancer Helpline 1800 200 700

Eliminate noise. Occasional loud noises, such as aircraft flying overhead, disturb sleep. If your bedroom is noisy, you could mask some of the noise using a small electric fan, or you could use earplugs.

Keep a steady temperature in your bedroom. Temperature extremes can disturb sleep. Room temperature should be comfortably warm.

Have a bedtime snack. Hunger may disturb sleep. A light bedtime snack, warm milk, or a hot drink might help you to sleep better.

Avoid stimulants. Many poor sleepers are very sensitive to stimulants. It is best to avoid cola drinks, coffee, strong tea and chocolate during the evening.

Know how naps affect you. Some people find that daytime naps help them sleep better at night, while others sleep less well after them. Find out what suits you best.

Limit your intake of alcohol. If you are feeling tense, alcohol can help you to fall asleep more quickly, but the sleep tends to be broken. So avoid large amounts of alcohol near bedtime.

Know when to say enough. Rather than lying in bed tossing and turning you could get up and watch television or read a book. Wait until you feel tired again and then go back to bed. Audiotapes with stories may help you to sleep. These are available in most public libraries or bookshops. Mental exercises can also help you to sleep. These usually take about 10 minutes and include:

- Trying to remember the lines of a poem or Christmas carol.
- Making alphabetical lists of girls' or boys' names, countries, trees or flowers.
- Reliving a favourite experience in every detail.
- Writing mental letters.
- Relaxation exercises.

Your body will still benefit from lying quietly in bed, resting, even if you are not actually asleep. Although you might feel as if you have been awake all night, you may well have managed to have several hours of good-quality sleep.

TIPS ON USING THIS DIARY

You may notice that you feel more fatigued on certain days of your treatment cycle than others. Plan your activities for the days of your cycle that you feel best.

DESCRIBE YOUR FATIGUE THIS WAY

- | | | |
|----------|---|---|
| 1 |  | = Can do most normal activities |
| 2 |  | = Can do less than normal activities |
| 3 |  | = Can do some normal activities |
| 4 |  | = Can hardly do any activities |
| 5 |  | = Can not do any activities |




































On the diary pages, fill in the dates for each week of treatment. Circle how fatigued you feel every day to enable you to describe how you felt to your doctor.

There is also space each week for you and your doctor to record the treatment you have received and your blood counts.

WEEKLY DIARY

WEEK COMMENCING

CIRCLE HOW YOU ARE FEELING EACH DAY

MONDAY	1 	2 	3 	4 	5 
TUESDAY	1 	2 	3 	4 	5 
WEDNESDAY	1 	2 	3 	4 	5 
THURSDAY	1 	2 	3 	4 	5 
FRIDAY	1 	2 	3 	4 	5 
SATURDAY	1 	2 	3 	4 	5 
SUNDAY	1 	2 	3 	4 	5 

MAKE A NOTE OF HOW YOUR FATIGUE AFFECTS YOUR ABILITY TO DO DAILY ACTIVITIES

TREATMENT RECEIVED




































BLOOD COUNTS

HAEMOGLOBIN g/dl	WHITE BLOOD CELLS	PLATELETS	BLOOD TRANSFUSION

WEEKLY DIARY

WEEK COMMENCING

CIRCLE HOW YOU ARE FEELING EACH DAY

MONDAY	1 	2 	3 	4 	5 
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MAKE A NOTE OF HOW YOUR FATIGUE AFFECTS YOUR ABILITY TO DO DAILY ACTIVITIES

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TREATMENT RECEIVED




































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WEEKLY DIARY

WEEK COMMENCING

CIRCLE HOW YOU ARE FEELING EACH DAY

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MAKE A NOTE OF HOW YOUR FATIGUE AFFECTS YOUR ABILITY TO DO DAILY ACTIVITIES

TREATMENT RECEIVED

BLOOD COUNTS

HAEMOGLOBIN g/dl	WHITE BLOOD CELLS	PLATELETS	BLOOD TRANSFUSION

WEEKLY DIARY

To get more fatigue diary pages
call the National Cancer Helpline
1800 200 700

WEEKLY DIARY

WEEK COMMENCING

CIRCLE HOW YOU ARE FEELING EACH DAY

MONDAY	1	2	3	4	5
TUESDAY	1	2	3	4	5
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HAEMOGLOBIN g/dl	WHITE BLOOD CELLS	PLATELETS	BLOOD TRANSFUSION

Relaxation

It is very important that you make time for activities that relax you. Stress uses up energy and may make you tired. You may feel more stressed than usual when you start your cancer treatment. The following suggestions may help you to relax:

- Talk to others about anything that is worrying you. You may find it difficult to talk to your family and friends. Ask your doctor to refer you to a counsellor if you think it would be helpful.
- Try to take your mind off your worries by reading, seeing friends and listening to music.
- Take light exercise such as walking.
- If you can, try to avoid situations that make you anxious.

➤➤➤ It is very important that you make time for activities that relax you.

Many people find it difficult to unwind, especially if the stresses and strains of the day are difficult to forget. However, specific relaxation techniques can help to relieve tension.

Types of relaxation exercises

There are two types of relaxation exercise:

- Physical exercises that help to relieve tension in your body.
- Mental exercises that help to relax your mind.

Find a quiet, warm, dimly lit, relaxing place where you will not be disturbed. Then lie or sit in a well-supported position. You will get the maximum benefit from these techniques if you practise them for 5 to 15 minutes each day. Just experiment until you find the best one for you.

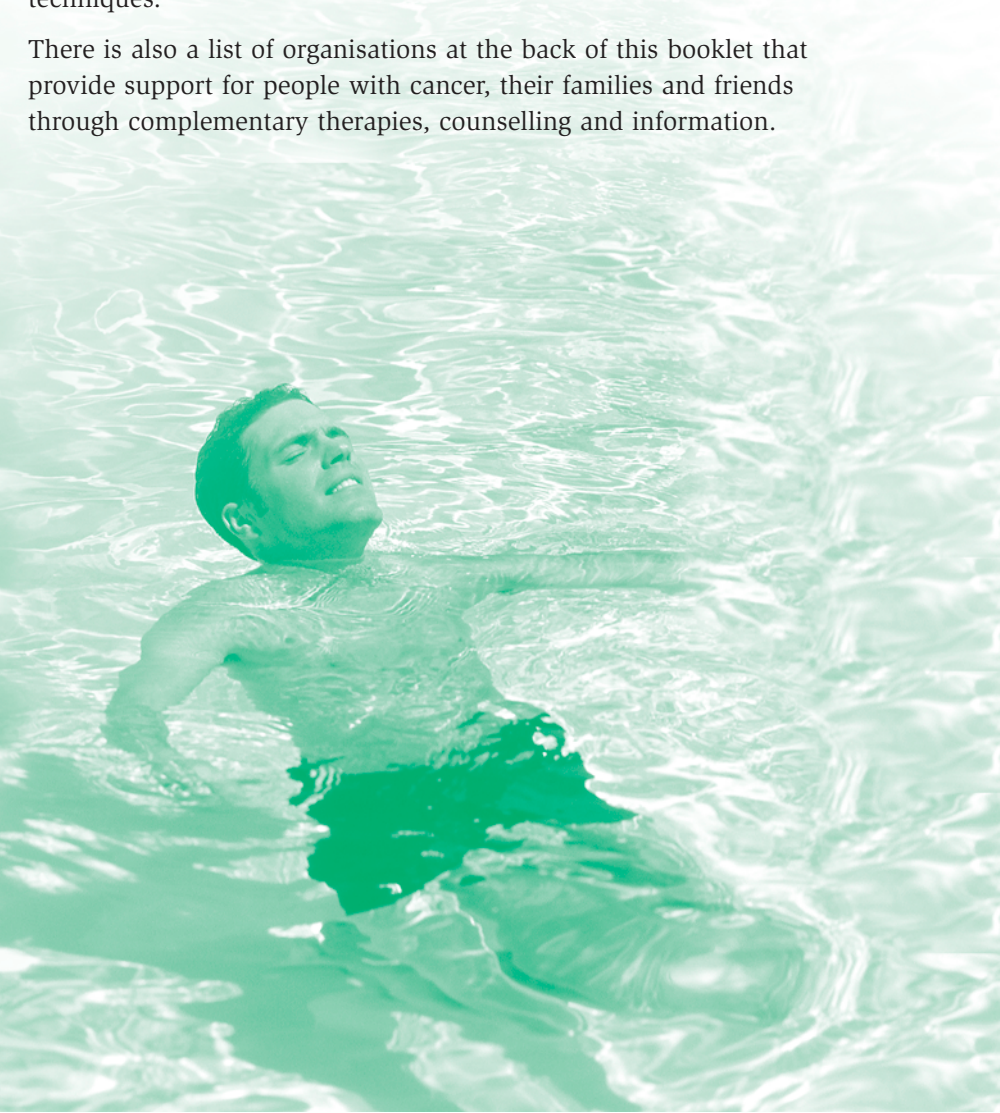
It is not possible to describe each technique in detail in this booklet, however, the following list will give you an idea of what is involved.

- Body awareness – concentrating on different parts of your body.
- Tensing and relaxing each part of your body in turn.

- Breathing exercises.
- Imagery exercises.
- Relaxation tapes: music or natural sounds such as birdsong and rippling streams.

You may need help in finding a relaxation method that suits you. Ask if there is a nurse or other health therapist available to help you. They may also be able to put you in touch with people or organisations that are specially trained in teaching relaxation techniques.

There is also a list of organisations at the back of this booklet that provide support for people with cancer, their families and friends through complementary therapies, counselling and information.



Cancer and complementary therapies

Cancer treatments in Ireland are based on scientific research, which means the response to treatment can be predicted. You may hear about the following types of treatments or therapies. It is important to know what they are and how they might help you.

Conventional therapies

Conventional therapies are the treatments which doctors use most often to treat people with cancer. These are surgery, radiotherapy, chemotherapy and biological therapy. All these treatments have been tested in clinical trials and there is a long history of use with patients.

Complementary therapies

Complementary therapies are treatments that are sometimes given alongside the conventional treatment.

They include:

- Therapies such as psychotherapy, relaxation and visualisation.
- Therapies which many people find helpful such as gentle massage, aromatherapy and reflexology.

Many people who have cancer find that complementary therapies are very helpful in a number of ways. You may feel more positive about yourself and your illness. You may be able to cope better with the physical side-effects of cancer and the often distressing emotions that cancer can bring.

If you are thinking of going for treatment with a complementary practitioner, it is important that you discuss this with your cancer specialist. You should also ensure that the practitioners you are planning to visit are properly qualified and will charge a fair price for your treatment. There is a booklet available called *Cancer and Complementary Therapies – A Guide for Patients with Cancer*. Call the National Cancer Helpline 1800 200 700 if you would like a free copy.

Cancer Helpline 1800 200 700

Looking after someone who has fatigue

Looking after someone who has fatigue may not be easy. You may feel tired with all the worry and the extra work. It can be very straining as you adapt to a new way of life. Find out as much as you can about the illness and its treatment. Plan as much as you can ahead of the discharge date. Ask to speak to a social worker about the community services that are available. Ask for a contact name and telephone number at the hospital so that you can talk to someone if you have a problem.

Looking after yourself

Try to set aside some time for yourself each week and do something you really enjoy. If you are worried or upset you may find it helpful to talk to a volunteer from one of the support groups that are available. See page 34 for more information.



Hints & Tips – carers

- Read the information in this booklet. It will help you find ways to manage your own fatigue and that of the person who has cancer.
- Write down the impact of fatigue on the patient's daily life.
- Write down the impact of fatigue on your daily life.
- If possible, go with the patient on their visits to hospital. Discuss the impact of fatigue on your lives.
- Discuss with the doctors and nurses the ways of reducing fatigue that you have already tried.
- Discuss what could be causing the fatigue.
- Take a look at the diary included in this booklet and discuss it with the doctors/nurses.
- Look through the diary with the patient to find the pattern of fatigue.
- Identify times for activities when the patient has more energy.

Support resources

Who can help?

The most important thing to remember is that there are people ready to help you and your family throughout treatment and afterwards. The **medical social worker** in your hospital can help in many ways. He or she provides support and counselling to the patients and their families and can provide advice on benefits, entitlements and services available when you go home.

Some of the major cancer treatment hospitals have **oncology liaison nurses** and/or **cancer nurse co-ordinators**. These specially trained nurses provide support to patients and their families from the time of diagnosis and throughout treatment. These people, along with other members of your medical team, work together to meet your needs.

When you go home there are a variety of **community health services** available from your local health centre. These centres are staffed with family doctors (GPs), public health nurses (who can visit you at home), welfare officers and home-help organisers. All these people can give advice and support.

You can get more information on the services available either from the medical social worker in the hospital before you go home or at your local HSE office.

The Irish Cancer Society Helpline nurses will be happy to discuss any concerns you or your family may have, at any stage of your illness. They can give you more information about any of the services outlined above and can also let you know about support services in your area. Call the National Cancer Helpline freefone at 1800 200 700.

Cancer Helpline 1800 200 700

Benefits and allowances

Disability Allowance

This is a benefit for insured people. To qualify for this benefit will depend on your PRSI contributions. You must be under 66 and unfit to work due to illness. Each week you must send a social welfare medical certificate signed by your doctor to the Dept of Social and Family Affairs, PO Box 1650, Dublin 1. Tel (01) 679 7777. You can also hand it in to your local social welfare office.

The certificates are available from your GP or from the hospital you attend during your inpatient care. You should send your claim to the Department within 7 days of becoming ill and unable to attend work. A delay might result in loss of payment.

Disability Allowance

You may qualify for Disability Allowance if you are not eligible for Disability Benefit and not able to work for at least a year. Disability Allowance is a weekly allowance paid to people with a disability who are aged between 16 and 66. You must have a means test and be medically suitable for this allowance. To be medically suitable you should have an illness that has continued or may continue for at least 1 year. This means that you are unlikely to be able to work for at least a year due to your illness. Application forms are available from post offices, social welfare offices or the Disability Allowance Section, Social Welfare Services Office, Ballinalee Road, Longford. Tel: (043) 45211 or (01) 874 8444.

Invalidity Pension

This is a pension paid instead of a Disability Benefit or Allowance, if you are unable to work in the long term. There are three cases where you can be eligible. (1) If you have been incapable of work for at least 12 months and likely to be incapable for at least another 12 months. (2) If you are permanently incapable of work. (3) If you are over age 60 and have a serious illness or incapacity.

Your eligibility for this pension will also depend on your PRSI contributions. You are allowed a free travel pass and certain extra benefits, such as bottled gas, telephone rental, fuel allowance and assistance under the Supplementary Welfare Allowance Scheme. Application forms are available from the Invalidity Pension Claims Section, Social Welfare Services Office, Ballinalee Road, Longford. Tel: (043) 45211 or (01) 874 8444.

Carer's Allowance

This is an allowance for carers on low incomes who look after someone who needs full-time care and attention. There are a number of benefits with this scheme such as a free travel pass for the carer, free television licence, and home energy allowance. A telephone allowance has been extended to carers giving full-time care. There is also a contribution towards respite care. This is a means-tested allowance. For more advice, talk to your social worker and/or the Dept of Social and Family Affairs. Application forms are available from your social welfare office or from the Carer's Allowance Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford. Tel: (043) 45211, Ext. 8940 or Dublin (01) 704 3000, Ext. 8940.

Carer's Benefit

If you are employed but wish to care for a sick relative, you may qualify for a Carer's Benefit. This is a payment made to insured persons who leave the workforce to care for someone in need of full-time care and attention. Under carer's leave legislation, you may be entitled to unpaid temporary leave from your employment. You should apply for Carer's Benefit 8 weeks before you intend to leave employment so that your eligibility can be assessed prior to leaving your employment.

More information is available from the Carer's Benefit Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford. Tel: (043) 45211, Ext. 8787 / Dublin (01) 704 3000, Ext. 8787.

Appliances

For patients who have medical cards most appliances are free of charge. For example, you are entitled to a new hairpiece or wig every 6 months. Talk to your public health nurse/social worker if you need a wheelchair or walking frame.

Travel to hospital

Patients can be faced with many expenses including travelling to and from hospital. If your travel costs are very expensive, discuss it with your social worker at the hospital. Limited help may also be available from your community welfare officer. Some HSE areas provide transport services to hospitals for outpatient appointments and day centres. Sometimes the HSE may assist with transport costs for a person who has to travel a long distance to a hospital.

In general, people who do not have medical cards may be charged for the service. However, the practice varies between HSE areas and often depends on personal circumstances. Charges may be waived in certain cases, e.g. hardship.

Further information

Depending on your circumstances at the time of your illness, there are many other benefits and entitlements which may be relevant to you. Always have your PPS number (old RSI number) to hand when you are enquiring about entitlements and benefits. The most direct way to check your eligibility is to contact:

- Your community welfare officer in your local health centre
- The medical social worker in the hospital you are attending.

For social welfare queries contact:

Information Service	Tel: 01 874 8444
Dept of Social and Family Affairs	Leaflet line: 1890 202 325
Áras Mhic Dhiarmada	Email: info@welfare.ie
Store Street	Website: www.welfare.ie
Dublin 1	

If you have queries about health and social services, contact the HSE office in your area. In 2005 the health boards became the Health Service Executive based in four regions: HSE Dublin North East, HSE Dublin Mid-Leinster, HSE South, and HSE West. For more information contact:

HSE infoline: 1850 241 850; **Email:** info@hse.ie; **Website:** www.hse.ie

HSE East Coast Area

[Co Wicklow, South East Dublin]
Southern Cross House
Southern Cross Business Park
Boghall Road
Bray
Co Wicklow
Tel: 01 2014 200

[Counties Cavan, Monaghan, Louth and Meath]
Head Office
Navan Road
Kells
Co Meath
Tel: 046 9280 500

HSE Northern Area

[North Dublin]
Swords Business Campus
Balheary Road
Swords
Co Dublin
Tel: 01 8131 800

HSE North Western Area

[Counties Donegal, Sligo, Leitrim and West Cavan]
Head Office
Manorhamilton
Co Leitrim
Tel: 071 9820 400 / 1850 636 313

HSE South Western Area

[Co Kildare, West Wicklow, South Dublin]
Oak House
Millennium Park
Naas
Co Kildare
Tel: 045 880 400

HSE South Eastern Area

[Counties Carlow, Kilkenny, Wexford, Waterford, South Tipperary]
Head Office
Lacken
Dublin Road
Kilkenny
Tel: 056 7784 100

HSE Midland Area

[Counties Laois, Offaly, Longford, Westmeath]
Head Office
Arden Road
Tullamore
Co Offaly
Tel: 057 9321 868

HSE Southern Area

[Counties Cork and Kerry]
Head Office
Wilton Road
Cork
Tel: 021 4545 011

HSE Mid-Western Area

[Counties Clare, Limerick, Tipperary North]
Head Office
31/33 Catherine Street
Limerick
Tel: 061 483 286

HSE Western Area

[Counties Galway, Mayo and Roscommon]
Head Office
Merlin Park Regional Hospital
Galway
Tel: 091 751 131

HSE North Eastern Area

Information is also available from your local Citizens Advice Centre.

A list of these centres is available from:

Comhairle (formerly the National Social Services Board)

7th Floor

Hume House

Ballsbridge

Dublin 4

Tel: 01 605 9000

Citizen Information: 1890 777 121

Email: comhairle@comhairle.ie

Website: www.comhairle.ie

There are also some booklets available that may help you.

Information Guide to Health Services (published by the Dept of Health and Children). Copies are available from your local HSE area office. Tel: 01 671 4711 for local HSE numbers.

Guide to Social Welfare Services (published by the Dept of Social and Family Affairs). Copies available from the Dept of Social and Family Affairs. Tel: 01 874 8444. Email: info@welfare.ie; Website: www.welfare.ie

Entitlements for People with Disabilities (published by Comhairle).

Available from Comhairle. Tel: 01 605 9000

Email: comhairle@comhairle.ie

Irish Cancer Society Services

The Irish Cancer Society funds a range of cancer support services that provide care and support for people with cancer at home and in hospital.

Homecare nurses

Homecare nurses are specialist palliative care nurses who offer advice on pain control and other symptoms. These nurses work with GPs and public health nurses to form homecare teams bringing care and support, free of charge, to patients in their own homes. Based in local hospitals, health centres and hospices, they can be contacted through your GP or public health nurse.

Night nursing

The Irish Cancer Society can provide a night nurse, free of charge, for up to 7 nights to families who are caring for a seriously ill person at home. If you need help, you can find out more about this service from a member of the homecare team, your GP or local public health nurse.

Oncology liaison nurses

The Irish Cancer Society funds oncology liaison nurses who provide information as well as emotional and practical support to the patient and his or her family. Oncology liaison nurses work as part of the hospital team in specialist cancer centres.

Cancer Information Service (CIS)

The Society also provides a Cancer Information Service with a wide range of services:

- The **National Cancer Helpline** is a freefone service that gives confidential information, support and guidance to people concerned about cancer. It is staffed by specialist cancer nurses who have access to the most up-to-date facts on cancer-related issues such as prevention of cancer, risk factors, screening, dealing with a cancer diagnosis, different treatments, counselling and other support services. The helpline 1800 200 700 operates Monday to Thursday from 9 am to 7 pm, and every Friday from 9 am to 5 pm. A Prostate Cancer Information Service operates at the same time.
- All queries or concerns about cancer can be emailed to the CIS at helpline@irishcancer.ie.
- The **walk-in caller service** allows anyone with concerns about cancer to freely visit the Society to discuss them in private.
- **CancerForum** is a bulletin board on our website (www.irishcancer.ie) that gives the public the chance to post their comments.
- The **CancerChat** service is a live chatroom with a link to a Cancer Information Service nurse.

Counselling

Coping with a cancer diagnosis can be very stressful at times. Patients and their families sometimes find it difficult to come to terms with the illness. Many people feel that they cannot talk to a close friend or relative. Counselling can provide emotional support in a safe and confidential environment. Call the Cancer Helpline to find out about counselling services provided by the Irish Cancer Society and services available in your area.

Cancer information booklets

These booklets provide information on all aspects of cancer and its treatment. They also offer practical advice on learning how to cope with your illness. The booklets are available free of charge from the Irish Cancer Society.

Cancer support groups

The Irish Cancer Society funds a range of support groups set up to support you and your family at time of diagnosis, throughout treatment and afterwards.

Patient grants

A diagnosis of cancer can bring with it the added burden of financial worries. In certain circumstances, the Irish Cancer Society can provide limited financial assistance to patients in need. If you would like to request this kind of help contact your oncology or medical social worker at the hospital where you have been treated. He/she should then make the request in writing to the Irish Cancer Society.

If you would like more information on any of the above services, call the National Cancer Helpline **1800 200 700**.

Useful organisations

Irish Cancer Society

43/45 Northumberland Road
Dublin 4
National Cancer Helpline
1800 200 700
Prostate Cancer Information Service
1800 380 380
Tel: 01 231 0500
Fax: 01 231 0555
Email: helpline@irishcancer.ie
Website: www.cancer.ie

Action Breast Cancer

Irish Cancer Society
43/45 Northumberland Road
Dublin 4
Freefone Helpline 1800 30 90 40
Tel: 01 231 0500
Fax: 01 231 0555
Email: abc@irishcancer.ie
Website: www.cancer.ie

The Carer's Association

Priors Orchard
John's Quay
Co Kilkenny
Tel: 056 772 1424/
056 772 1620 or 056 775 3532
Fax: 056 775 3531
Freefone 1800 24 07 24
Website: www.carersireland.com

Comhairle (formerly National Social Services Board)

7th Floor
Hume House
Ballsbridge
Dublin 4
Tel: 01 605 9000
Email: comhairle@comhairle.ie

Dept of Social and Family Affairs –

Information Service
Áras Mhic Dhiarmada
Store Street
Dublin 1
Tel: 01 874 8444
Email: info@welfare.ie
Website: www.welfare.ie

Health Promotion Unit

Dept of Health and Children
Hawkins House, Hawkins Street
Dublin 2
Tel: 01 635 4000
Website: www.healthpromotion.ie

Irish Association for Counselling and Psychotherapy (IACP)

8 Cumberland Street
Dún Laoghaire
Co Dublin
Tel: 01 230 0061
Fax: 01 230 0064

Irish Patients Association

Unit 1, First Floor
24 Church Road
Ballybrack
Co. Dublin
Tel: 01 272 2555
Fax: 01 272 2506
Out-of-hours Emergency Tel.
087 6529448
Email: info@irishpatients.ie
Website: www.irishpatients.ie

Mental Health Ireland

Mensana House
6 Adelaide Street
Dún Laoghaire
Co Dublin
Tel: 01 284 1166
Fax: 01 284 1736
Email: information@mentalhealthireland

Health insurers

Quinn Healthcare (formerly BUPA)
Mill Island
Fermoy
Co Cork
Local: 1890 700 890
Fax: 025 42122
Email: info@quinn-healthcare.com
Website: www.quinn-healthcare.com

Vivas Health
Paramount Court
Corrig Road
Sandyford
Dublin 18
Tel: 1850 717 717
Email: support@vivashealth.ie
Website: www.vivashealth.ie

Voluntary Health Insurance (VHI)
VHI House
Lower Abbey Street
Dublin 1
Tel: 01 872 4499
Email: info@vhi.ie
Website: www.vhi.ie

Support groups & support centres

ARC Cancer Support Centre
ARC House
65 Eccles Street
Dublin 7
Tel: 01 830 7333
Email: info@arccancersupport.ie
Website: www.arccancersupport.ie

Bray Cancer Support & Information Centre
36B Main Street
Bray
Co Wicklow
Tel: 286 6966
Email: bcsc@iol.ie
Website: www.braycancersupport.ie

Cancer Information & Support Centre
Mid-Western Regional Hospital
Dooradoyle
Co Limerick
Tel: 061 482615

Cancer Plus [support group for parents of children with cancer]
Irish Cancer Society
43/45 Northumberland Road
Dublin 4
National Cancer Helpline 1800 200 700
Fax: 01 231 0555
Email: support@irishcancer.ie

CanTeen Ireland
Young Peoples' Cancer Support Group
c/o Carmichael Centre
Brunswick Street
Dublin 7
Tel: 01 872 2012
Email: canteen@oceanfree.net

Cork ARC Cancer Support House
Cliffdale
5 O'Donovan Rossa Road
Cork
Tel: 021 434 6688

The Cuisle Centre Cancer Support Group
2 Park Villas, Harper's Lane
Mountmellick Road
Portlaoise
Co Laois
Tel: 0502 81492
Email: cuislecentre@eircom.net

Donegal Cancer Support Group
Clar
Co Donegal
Tel: 074 974 0837

The Gary Kelly Support Centre
Georges Street, Drogheda
Co Louth
Tel: 041 980 5100
Fax: 041 980 5101
Email: info@garykellycentre.org
Website: www.garykellycentre.org

Greystones Cancer Support
La Touche Place
Greystones
Co Wicklow
Tel: 01 287 1601

HOPE
Enniscorthy Cancer Support & Information Centre
22 Upper Weafer Street
Enniscorthy
Co Wexford
Tel: 054 9238 555

The LARCC Retreat Centre
Ballinalack,
Mullingar
Co Westmeath
Tel: 044 71971
Email: info@larcc.ie
Website: www.larcc.ie

Lios Aoibhinn Cancer Support Centre
St Vincent's University Hospital
Herbert House, St Anthony's
Herbert Avenue
Dublin 4
Tel: 01 277 3545

Macmillan Support & Information Centre
Belfast City Hospital Trust
79-83 Lisburn Road
Belfast BT9 7AB
Tel: 028 9069 9202
Email: cancer.info@bch.n-i.nhs.uk

Men Against Cancer (MAC)
43/45 Northumberland Road
Dublin 4
Freefone 1800 200 700
Email: support@irishcancer.ie
Website: www.cancer.ie

Mayo Cancer Support Association
Rock Rose House
32 St Patrick's Avenue
Castlebar
Co Mayo
Tel: 094 903 8407

Reach to Recovery
Irish Cancer Society
43/45 Northumberland Road
Dublin 4
Freefone 1800 309 040
Email: support@irishcancer.ie

Slánú Cancer Help Centre
Birchall
Oughterard
Co Galway
Tel: 091 550050
Email: info@slanu.ie
Website: www.slanu.ie

Sligo Cancer Support Centre
2A Wine Street
Sligo
Tel: 071 9670 399
Email: scsg@tinet.ie

South East Cancer Foundation
7 Sealy Close
Earlscourt
Waterford
Tel: 051 876629
Fax: 051 876718
Email: infosecf@eircom.net

The Tuam Cancer Care Centre
30 Temple Jarlath Court
High Street
Tuam
Co Galway
Tel: 093 28522
Email: info@tuamcancer.ie
Website: www.tuamcancer.ie

Turning Point – Positive Health Centre
23 Crofton Road
Dun Laoghaire
Co Dublin
Tel: 01 280 7888
Email: turningpoint@eircom.net
Website: www.turningpoint.ie

Useful contacts outside Republic of Ireland

Action Cancer

Action Cancer House
1 Marborough Park
Belfast BT9 6XS
Tel: 028 9080 3344
Email: info@actioncancer.org
Website: www.actioncancer.org

American Cancer Society

1599 Clifton Road NE
Atlanta, GA 30329-4251
Website: www.cancer.org

British Complementary Medicine Association (BCMA)

PO Box 5122
Bournemouth, BH8 0WG
Tel: +44 845 345 5977
Email: info@bcma.co.uk
Website: www.bcma.co.uk

CancerBACKUP

3 Bath Place
Rivington Street
London EC2A 3JR
Tel: +44 207 696 9003
Helpline: +44 207 7392280
Website: www.cancerbackup.org.uk

CancerLink UK

Macmillan Cancer Relief
89 Albert Embankment
London SE1 7UQ
Tel: +44 20 7840 7840
Email: cancerline@macmillan.org.uk
Website: www.macmillan.org.uk

Capricorn

Northern Ireland Cancer & Palliative Care
Online Resource Network
Website: www.capricorn-ni.org

Depression Alliance

212 Spitfire Studios
63/71 Collier Street
London N1 9BE
Email: information@depressionalliance.org
Website: www.depressionalliance.org

Macmillan CancerLine

Macmillan Cancer Relief
89 Albert Embankment
London SE1 7UQ
Tel: +44 20 7840 7840
Email: cancerline@macmillan.org.uk
Website: www.macmillan.org.uk

Memorial Sloan-Kettering Cancer Center (US)

Website: www.mskcc.org

National Cancer Institute (US)

Website: www.nci.nih.gov

Royal Marsden Hospital Foundation NHS Trust

Fulham Road
London SW3 6JJ
Tel: +44 20 7808 2811
Fax: +44 20 7808 2336
Website: www.royalmarsden.org

Strength for Living

Website: www.s4lc.co.uk
A website dedicated to anaemia in cancer.

The Ulster Cancer Foundation

40–42 Eglantine Avenue
Belfast BT9 6DX
Tel: 048 906 63281
Website: www.ulstercancer.co.uk

University of Pennsylvania Cancer Center

Website: www.oncolink.com

Wessex Cancer Trust (UK)

Website: www.wessexcancer.org

Useful reading

Cancer at Your Fingertips (2nd edn)
Val Speechley & Maxine Rosenfield
Class Publishing 2001
ISBN 1-85959-036-5

Cancer: Recipes for Health (2nd edn)
Clare Shaw & Maureen Hunter
Thorsons, 1995
ISBN 0-7225-3138-9

Cancer: What Every Patient Needs to Know

Jeffrey Tobias
Bloomsbury, 1999
ISBN 0-7475-565-0

Feeling Tired All the Time

Dr Joe Fitzgibbon
Gill and Macmillan
ISBN 0-71713-285-4

Sleeping Well

Royal College of Psychiatrists
For a copy, phone 0044 171 235 2351, or
download it from the website
www.rcpsych.ac.uk

The Key Model – A New Strategy for Cancer Recovery

Dr Sean Collins & Rhoda Draper
Ardagh Clinic, 2004
ISBN 0-95214-445-X

What You Really Need to Know about Cancer

Dr Robert Buckman
Macmillan, 1997
ISBN 0-33033-628-2

44½ Choices You Can Make If You Have Cancer

Sheila Dainow, Jo Wright & Vicki Golding
Newleaf, 2001
ISBN 0-71713-222-6

Meditation and relaxation tapes available from:

Bristol Cancer Help Centre

Grove House, Cornwallis Grove
Clifton
Bristol, BS8 4PG, UK
Tel: +44 117 980 9500
Email: info@bristolcancerhelp.org
Website: www.bristolcancerhelp.org

Learning for Life

The Coach House
Chinewood Manor
32 Manor Road
Bournemouth, BH1 3EZ, UK
Tel: +44 120 239 0008

'Unwind' – Pain and Stress Management

Melrose
3 Alderlea Close
Gilesgate
Durham DH1 1DS, UK
Tel: +44 191 384 2056
Monday–Friday, 3–4 pm

Frequently asked questions

- What could be causing my fatigue?

- What treatments may help me?

- How can I cope with my fatigue?

- What help is available?

- How can I best support my relative who has fatigue?

- What are the things I can do to help with my fatigue?

Your own questions

1 _____

Answer _____

2 _____

Answer _____

3 _____

Answer _____

4 _____

Answer _____

5 _____

Answer _____

Acknowledgements

We would like to extend a special word of thanks to the following people for their invaluable contributions to this booklet and previous editions:

Dr Malcolm Garland, Liaison Psychiatrist

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Mary Quinn, Clinical Nurse Specialist

Susan Rowan, Patient Education Editor

We hope that this booklet has been of help to you. If you have any suggestions as to how it could be improved, we would be delighted to hear from you. Your comments would help us greatly in the preparation of future information booklets for people with cancer and their carers.

If, after reading this booklet or at any time in the future, you feel you would like more information or someone to talk to, please phone our National Cancer Helpline on freefone 1800 200 700.

Would you like to help us?

The Irish Cancer Society relies entirely on voluntary contributions from the public to fund its programmes of patient care, education and research.

If you would like to support our work in any way – perhaps by making a donation or by organising a local fundraising event – please contact us.

Irish Cancer Society, 43/45 Northumberland Road, Dublin 4.

Tel: 01 231 0500 Email: info@irishcancer.ie

The Irish Cancer Society
is the national charity for cancer care,
dedicated to eliminating cancer as a
major health problem and to improving
the lives of those living with cancer.

