

Getting the Support You Need



We asked patients, what advice would you offer family members and caregivers to support cervical cancer patients during treatment?

You can share their responses with your friends and family.

"Try to do as much as you can for patients, like driving, meals and laundry. They may not want to admit that they need the support, but it is so helpful. Know that there will be very bad days and it's a like a roller coaster ride. Sometimes you just need to sit by them and say nothing as there is no energy to talk but your presence means more than you know."

—Shari

"Meet the patient where they are. Don't allow them to suffer in silence but also don't overwhelm them. Leave room for them to process this journey. They know you are there. They will pull on you for strength when and if they need too. Flood them with positive energy and protect their peace."

—Tarteskikar

"Try not to put your feelings and ideas on the patient. Let them dictate the tone of how things will go. Let them cry when the need to and be there for them but also laugh with them. Be the person you were to them before the diagnosis. Don't tell them what to do or how to feel. We know it's just as scary for the people around us so try to not put us in the position of worrying more about your feelings. It pains us to know we are hurting you so try to not make us work to make you feel better."

—Linda

Visit the National Cervical Cancer Coalition to learn more about cervical cancer prevention.
www.nccc-online.org

