

Family and Friend Concerns?
See more on back



UPCOMING GOLD GATHERING

Ask Anything!

Thursday, October 18
5:30–7:00 p.m.

Dinner and Q&A
with Deanna Teoh, MD
and Rachel Vogel, PhD

717 Delaware Building
Room 105
717 Delaware Street SE
Minneapolis, MN, 55414

Ask gynecologic oncologist

Dr. Deanna Teoh and
GOLD lead researcher

Dr. Rachel Vogel
about treatment,
recurrence, new research,
side effects, insomnia,
neuropathy, and
anything you can think of!

Parking at the Oak Street
Ramp will be validated.

Please RSVP to
goldMN@umn.edu
by October 15.



Welcome!

For many of you, welcome to the GOLD study! We did a big recruitment push this summer and now have over 300 women participating and providing valuable research data. When I first started this study, it was important to me that we provide educational events and support as part of the program. We have had five GOLD Gatherings to date. You can visit our website to look at materials from previous events: <http://z.goldMN.umn.edu>.

For this October event I have asked my colleague Dr. Deanna Teoh, a gynecologic oncologist and researcher to come ready to answer any questions you have. I am also planning to host a second GOLD Gathering this Winter focusing on cognitive changes after cancer—often called “chemo brain” but memory and related problems can be caused by surgery, chemotherapy, radiation or even just cancer itself. I hope you can join us for both events if you are interested.



I would also like to feature YOUR stories in newsletters moving forward. If you have any interest in sharing your experience and thoughts, please email us at goldMN@umn.edu.

Enjoy this Fall weather and the beautiful changing leaves before the snow arrives.

Be well,

*Rachel Vogel, Ph.D.
Principal Investigator*



Life after Diagnosis

This article was adapted from the National Cancer Institute.

When treatment ends, families and friends are often unprepared for the fact that recovery takes time. In general, your recovery will take much longer than your treatment did. Survivors often say that they didn't realize how much time they needed to recover. This can lead to disappointment, worry, and frustration for everyone.

Family and friends also may not realize that the way relationships work may have changed permanently as a result of cancer. They may need help dealing with the changes and keeping the "new" family and friendships strong.

Some survivors say they would not have been able to cope without the help and love of their family and friends. And even though treatment has ended, they still receive a lot of support. For others, problems that were present before the cancer diagnosis may still exist, or new ones may develop. You may receive less support than you had hoped.

Common problems with loved ones:

- **People expect you to do what you did before your cancer.** If you used to take care of the house or yard before your treatment, you may find that these jobs are still too much for you to handle. Yet family or friends who took over for you may want life to go back to normal. They may expect you to do what you used to do around the house.
- **You may expect more from your family and friends than you receive.** They may disappoint



you, which might make you angry or frustrated. For example you may get less attention and concern than you did during treatment.

- **You may still need to depend on others during this time.** Even though you want to get back to the role you had before, it may take a while to get into a routine.

At the same time you're going through these things, your family and friends are still adjusting too. It may be hard for all of you to express feelings or know how to talk about your cancer. To help your loved ones, you may want to share NCI's booklet for caregivers, [Facing Forward: When Someone You Love Has Completed Cancer Treatment](#).

Getting Help

After treatment, you may want to consider getting help from someone to help you and your loved ones adjust. Ask your doctor or social worker to refer you to a counselor. An expert on family and friend roles and concerns after cancer treatment may help your

loved ones work on your problems.

How do you cope with family and friends issues? Here are some ideas that have helped others:

- **Let others know what you're able to do as you heal - and what not to expect.** For example, don't feel like you have to keep the house or yard in perfect order because you always did in the past.
- **Know that this is a new time in your life so it may take time to adjust.** Roles in the family or with friends may change again and different emotions may get triggered. This is normal.
- **Give yourself time.** You and your loved ones will be able to adjust over time to the changes cancer brings. Just being open with each other can help ensure that each person's needs are met. Good communication is still very important.

Talking with Children and Teens

Help the children in your life understand that it may take a while for you to have the energy you used to have now that you are finished with treatment. Be open about what you can and can't do.

You don't have to tell your kids about every checkup or every symptom that occurs. But do tell them if you still have side effects that make certain things hard for you to do. If you're not able to do an activity or go to an event, the children may think that you're unhappy or mad at them.

With your permission, other family and friends should also be open with your children about your cancer and its treatment.