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### **Coping With Breast Cancer | Cancer.com**

### **Breast Cancer Survivors: Coping with Fears of Recurrence**

### **Coping With Breast Cancer Overcoming**

### **Coping With Challenges After Breast**

## Cancer Treatment

Here's a look at four common posttreatment realities in the lives of breast cancer survivors, along with strategies for coping with them. Fatigue. Bone-crushing exhaustion is a common side effect of breast cancer treatment, but it can persist for years after treatment ends. While some of it is physical, part of it is psychological.

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### Breast Cancer: Coping with Treatment | Cancer.Net

3. Talking to other people with breast cancer  
 4. Telling friends and family about breast cancer  
 5. Anxiety and stress  
 6. Low mood and depression  
 7. Loss of identity  
 8. Feeling isolated  
 9. Adjusting to life after treatment.

1. How you might feel. A diagnosis of breast cancer can have many different emotional effects. When you are first diagnosed ...

Coping with advanced cancer. There is information on this page about the support that is available to help you cope with the emotional, practical and physical issues you might have when you have advanced breast cancer. Advanced cancer means

cancer that has spread to other areas of your body, such as the liver or lungs.

### Coping with breast cancer | Cancer Research UK

Your Feelings Are Valid and You Can Cope . Fear, anxiety, and depression are common emotions associated with a diagnosis of breast cancer, but not everybody is overcome by these feelings. Your life experience up to this point may, or may not, have prepared you to deal with a major health challenge like cancer.

### Cancer diagnosis: 11 tips for coping - Mayo Clinic

Breast cancer is the most feared cancer among women. Sometimes, it's not just the word "cancer" that's at the root of the fear, but dread of issues associated with treating cancer, such as surgical complications and medication side effects.

### Side Effects of Breast Cancer Treatment: 12 Tips for Coping

### Coping with breast cancer emotionally

Jamie Grill/The Image Bank/Getty Images. Breast cancer is a life-threatening disease that requires rigorous treatment. If you have been diagnosed with breast cancer,

you, your family, and friends will be experiencing waves of emotion (likely tidal waves at times).. Just as your diagnosis may differ from those of other people with breast cancer, your emotional experience may also differ.

### 10 ways to overcome anxiety: when ... - Breast Cancer Now

6 Women Share How Friendship Is Helping Them Get Through Breast Cancer. When it comes to coping with the life-changing reality of a breast cancer diagnosis, a strong support system is crucial ...

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Coping with breast cancer. Coping with a diagnosis of breast cancer can be overwhelming. Find out what you can do, who

can help and how to cope. Your feelings. You might have a number of different feelings when you're told you have cancer. You may feel shocked and upset. You might also feel:

### **Emotional Stages of Breast Cancer - Verywell Health**

Having cancer changes your life and the lives of those around you. The symptoms and side effects of the disease and its treatment may cause certain physical changes, but they can also affect the way you feel and how you live. The information in this section is meant to help you cope with the many issues and concerns that occur when you have cancer.

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ON THIS PAGE: You will learn more about coping with the physical, emotional, social, and financial effects of cancer and its treatment. Use the menu to see other pages. Every cancer treatment can cause side

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