

# Living with Liver Cancer - A Quick Guide



## Contents

This is a brief summary of the information on 'Living with liver cancer' from CancerHelp UK. You will find more detailed information on the website.

In this information there are sections on

- Coping with liver cancer
- Questions for your doctor
- Liver cancer organisations

## Coping with liver cancer

It can be very difficult coping with a diagnosis of cancer, both practically and emotionally. You are likely to be feeling very upset and confused.

As well as coping with the fear and anxiety that a diagnosis of cancer brings, you have to work out how to manage practically. There may be money matters to sort out. Who do you tell you have cancer? There may be children or grandchildren to consider.

The 'coping with cancer' section of CancerHelp UK contains lots of information you may find helpful. There are sections on

- Your feelings
- Talking to people: who and what to tell

- Talking to children
- How you can help yourself
- Who else can help you
- Sex and sexuality
- Coping financially

## What to ask your doctor about living with liver cancer

- How will my treatment affect me?
- Will I ever get back to normal or will I have some long term effects?
- Will I be able to go back to work?
- Will I need a special diet?
- Is there anything I shouldn't eat?
- Where can I get help with claiming benefits and grants?
- What practical help is available?
- Why did this happen to me?
- Are my children at risk of getting cancer?
- Where can I get help dealing with my feelings?
- Can you refer me for counselling?
- Do I have to pay for counselling?
- Could you refer me to a Macmillan nurse?



---

## Liver Cancer Organisations

Cancer Research UK  
Main website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)  
Patient information website:  
<http://cancerhelp.cancerresearchuk.org>  
Cancer Information Nurses phone: 0808  
800 4040

British Liver Trust  
Website: [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)  
Email: [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk)  
Phone: 0870 770 8028

CORE  
Website: [www.corecharity.org.uk](http://www.corecharity.org.uk)  
This organisation used to be called the  
Digestive Disorders Foundation

### More information

For more information about liver cancer, visit our website  
<http://cancerhelp.cancerresearchuk.org>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for cancer trials in the UK. You can view or print the information in a larger size if you need to.

For answers to your questions about cancer call our Cancer Information Nurses on  
**0808 800 4040** 9am till 5pm Monday to Friday

---

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in July 2011. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor. © Cancer Research UK 2011. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).