

# Living with Soft Tissue Sarcoma - A Quick Guide



## Contents

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

In this information there are sections on

- Coping with soft tissue sarcoma
- What to ask your doctor
- Sarcoma organisations

## Coping with soft tissue sarcoma

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. Having treatment can also be a difficult time for many people.

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 that you have cancer? And how do you find the words?

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
- Financial issues and financial support

As well as the support which should be available at your cancer treatment centre, there are support groups where you can discuss your feelings and fears with others who are in a similar situation. Some of the sarcoma organisations can help you find a cancer support group near you.

## What to ask your doctor about living with soft tissue sarcoma

- How will my treatment affect me?
- I live alone – how will I manage when I come out of hospital?
- Is it possible to get a stay in a convalescent home or hotel?
- How do I get to see the social worker here?
- Is there anything I shouldn't do after limb sparing surgery?
- What should I do if I am concerned about my arm / leg?
- If I need an amputation, when will I get a limb prosthesis?
- Who will help me get used to it?
- How often will I need a new prosthesis?



- What problems should I look out for with my prosthesis?
- Will I ever get back to normal, or will I have some long-term effects?
- Will I be able to go back to work?
- Where can I get help with claiming benefits and grants?
- What practical help is available?
- Why did this happen to me?
- 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 specialist nurse?

## Sarcoma 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

Sarcoma UK  
 Website: [www.sarcoma.org.uk](http://www.sarcoma.org.uk)  
 Email: [info@sarcoma.org.uk](mailto:info@sarcoma.org.uk)  
 Phone 020 7250 8271

GIST Support UK  
 Website: [www.gistsupport.co.uk](http://www.gistsupport.co.uk)

## More information

For more information about soft tissue sarcoma, 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 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 September 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).