

AFFECTED BY CANCER IN NOTTINGHAM?

Information booklets available to take away from Floor 2 at Central Library:

1. The Cancer Guide
2. How are you Feeling?
3. Talking about Cancer
4. Bone Health
5. Looking after Someone with Cancer
6. Coping when Someone Close to you has Cancer
7. Cancer, You and Your Partner
8. Talking with someone who has cancer
9. Giving up Smoking
10. Feel More Like You
11. Cancer and Complementary Therapies
12. Body Image and Cancer
13. Your Feelings after Cancer Treatment
14. Life After Cancer Treatment
15. Worrying about Cancer Coming Back
16. Healthy Eating and Cancer
17. The Building Up Diet
18. Eating Problems and Cancer
19. Travel and Cancer
20. Physical Activity
21. Talking to Children and Teenagers
22. Coping with Fatigue
23. Coping with Hair Loss
24. Coping with Breathlessness
25. Recipe Books