

03

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**Understanding
Treatment
Options** & Mental
Health Impacts



to
My
Soul

01

OVERVIEW OF COMMON TREATMENT OPTIONS

Cancer treatment can include various approaches, including surgery, chemotherapy, radiation, immunotherapy, targeted therapy, and hormone therapy. The exact treatment plan depends on the type of cancer, its stage, and your overall health. **Each option has its benefits and side effects**, and some treatments may be combined. **It's important to discuss all your options with your medical team and understand the potential risks and outcomes of each choice.**



THE EUROPEAN VOICE
OF GYNAECOLOGICAL
ONCOLOGY

Objective

→ **EMPOWER PATIENTS
TO MAKE INFORMED
DECISIONS ABOUT
THEIR TREATMENT
WHILE MANAGING
ANXIETY AND MENTAL
HEALTH CHALLENGES
RELATED TO THOSE
DECISIONS.**

emotions!

02

THE EMOTIONAL IMPACT OF TREATMENT DECISIONS

The process of deciding on a treatment plan can stir up many emotions. It's normal to feel overwhelmed, scared, or even frustrated by the uncertainty of what the future holds.

The emotional weight of these decisions can be heavy, and it's okay to experience fear and anxiety.

Many patients worry about how treatments may affect their daily lives, physical appearance, or relationships.



how will the treatment affect my daily life?

Understanding that these feelings are natural is the first step toward managing them.

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03



THE ROLE OF YOUR MEDICAL TEAM

Your healthcare team plays a crucial role in guiding you through treatment decisions.



ask!

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Be open



ONCOLOGISTS, NURSES, AND OTHER SPECIALISTS WILL PROVIDE YOU WITH INFORMATION, ANSWER QUESTIONS, AND HELP YOU WEIGH THE PROS AND CONS OF EACH TREATMENT. IT'S IMPORTANT TO COMMUNICATE OPENLY WITH YOUR MEDICAL TEAM, ASK FOR CLARIFICATION IF SOMETHING DOESN'T MAKE SENSE, AND INVOLVE TEAM MEMBERS IN THE DECISION-MAKING PROCESS.

They are here to provide answers, clarify uncertainties, and work with you to create a treatment plan that aligns with your values and goals. Remember, they are your partners in this pathway, and their expertise and care can help guide you through each step.

04 Breathe



NAVIGATING
INFORMATION
OVERLOAD

In today's world, there is an **overwhelming amount of information available online** about cancer treatments, side effects, and patient experiences.

While it's important to be informed, this flood of information can be difficult to process, especially when emotions are high. It's completely normal to feel overwhelmed at times. If all the information becomes too much, **it's okay to take a step back** and give yourself a break. Take time **to absorb things at your own pace** — and remember that your medical team is available to help clarify what's most relevant and helpful in your situation.

05

MANAGING EMOTIONAL & MENTAL HEALTH IMPACTS

Making decisions about cancer treatment involves not just physical concerns, but also the potential impact on your mental health. Fear, confusion, and stress are common during this time, and **it's important to acknowledge these feelings.** Here are a few ways to manage emotional challenges.

— Ground yourself

— Take a walk

Acknowledge your feelings

It's okay to feel overwhelmed or scared. Give yourself the permission to experience these emotions, and don't rush the process.

Ground yourself

When the emotional weight feels heavy, grounding techniques like holding onto something familiar, or even focusing on the sensation of your breath, can help bring you back to the present moment.

Seek emotional support

Talk to loved ones, consider therapy, or join a support group to share your experience with others. Patients who have been through similar experiences share a special bond. Their shared understanding can provide comfort, empathy, and a safe space to express your feelings.

Focus on what you can control

While the treatment process may feel overwhelming, there are parts of it that you can help manage, like preparing for appointments, organizing your support system, and planning self-care activities.

Create moments of joy

Even in uncertainty, seek out small moments that bring you joy — whether it's a favourite television show, a walk outside, or a call with a friend. These moments can help counterbalance the stress.

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06

DECISION -MAKING TIPS

you have the strength

you have the strength

Taking control of your treatment decisions starts with being well-informed. Here are some ways to approach the process.

REMEMBER, MAKING DECISIONS ABOUT YOUR TREATMENT CAN BE AN EMOTIONAL ROLLERCOASTER, AND THAT'S OKAY. TAKE THINGS ONE STEP AT A TIME — AND KNOW THAT YOU ARE NOT ALONE. YOU HAVE THE STRENGTH, RESOURCES, AND SUPPORT TO NAVIGATE THIS PATHWAY.

Make a list of questions

Write down any concerns or uncertainties you have about treatment options. Bring this list to your appointments.

Take notes during appointments

Bring a notebook or ask if you can record your consultations. This helps ensure you don't miss any important information.

Include a loved one

Consider bringing a friend or family member with you for support. They can help absorb information and offer emotional support.

Don't rush your decision

Take time to reflect on your options. It's okay to need time to process before making any decisions.



**I am allowed to take
my time making decisions
that feel right for me.**

**It's okay to feel
overwhelmed. I am not
alone in this.**

**I trust that I will make
the best decision for my health
and my future.**

**I will ask questions
and seek support until I feel
confident in my choices.**

**It's okay to feel fear;
I am taking action
for my future.**

**I have the support
I need to move forward
with confidence.**

**Even in uncertainty,
I trust that I will find
the strength to handle
whatever comes next.**

**I trust in the guidance
of my doctors, but I also
trust my instincts.**

Affir- ma- tions