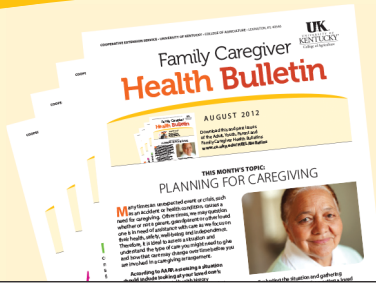


Family Caregiver Health Bulletin



OCTOBER 2014

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THIS MONTH'S TOPIC:

BREAST CANCER: HOW MEN CAN HELP

October is Breast Cancer Awareness Month, a campaign to raise awareness about the disease. Author John W. Anderson wrote a book, *Stand by Her: A Breast Cancer Guide for Men*, that he published to detail his experiences caring for his mother, wife, sister and his mother's best friend, who all fought breast cancer. The book is targeted toward men to help them stand by the women in their lives who may be battling this disease. While women diagnosed with breast cancer may feel scared, shocked and depressed, so too can the men by their sides. To help men be better supporters and caregivers, Mr. Anderson suggests for men to:

- Listen
- Hear a woman's wants and needs
- Ask how you can help
- Do not force a personal agenda onto her
- React vs. act and let her process when she is dealing with heavy news

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Men can help women with breast cancer by tuning in to their needs, wants, fears and insecurities.



Get away from “cancerland” and grab a burger or game of golf with friends.

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- Show patience
- Demonstrate humility
- Let her be in charge
- Tune in to her needs, wants, fears and insecurities
- Make her feel beautiful
- Get away from “cancerland” and grab a burger or game of golf with friends so that you can turn off, even if temporarily
- Be honest about your feelings and fears
- Talk to her in addition to your family members and friends about your feelings and fears
- Research the disease and educate yourself about it

To help men better understand the disease and help them help the women in their lives overcome the fear and frustration of dealing with it, Mr. Anderson provides his own personal experience and research combined with advice and emotional

guidance as he shares what he learned from the women in his life. For example, from his mother, he learned about strength. His wife taught him selflessness, while his sister helped guide him spirituality. Lastly, his mother’s friend taught him how to be a better caregiver. Through perspectives and resources, Mr. Anderson helps men understand the meaningful role that they need to play in a woman’s treatment and recovery.

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Health Bulletin

Written by: Amy Hosier, Ph.D.
Extension Specialist for Family Life
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

