



PROGRAM CONTENTS AND LESSON DESCRIPTIONS

SUPPLEMENTAL MATERIALS

- Program Guide
- Program Flyer
- Lesson Sign-In Sheet
- Agent Resource Guide
- Logo

LESSON 1: UNDERSTANDING THE BASICS OF CANCER

In the United States, cancer is the second leading cause of death each year. Kentucky faces the highest cancer occurrences and death rates in the United States. Most likely, you or someone you know has been diagnosed with cancer. This lesson will talk about the basics of what cancer is, what causes it, and how to talk to your doctor about it.

- FCS8-120 Understanding the Basics of Cancer
- Facilitator Guide
- Presentation
- Lesson Evaluation
- Lesson 3-month Follow-Up Evaluation
- Success Story
- Lesson Flyer

LESSON 2: MANAGING NUTRITION DURING CANCER

Nutritional status, like whether you are overweight or obese, affects cancer outcomes, how you react to treatment, and quality of life. During cancer treatment, you might need more calories, protein, vitamins, and minerals, but side effects might make it difficult to get what you need. This lesson will provide tips on how to build a balanced diet, how to manage your symptoms, and the importance of food safety.

- FCS8-123 Managing Nutrition during Cancer
- Facilitator Guide
- Presentation
- Lesson Evaluation
- Lesson 3-month Follow-Up Evaluation
- Success Story
- Lesson Flyer

LESSON 3: TAKING CARE OF MENTAL HEALTH DURING CANCER

A cancer diagnosis is life changing. Cancer does not just affect your body. It can also affect your mental health. It can be a source of considerable emotional stress on both you and your loved ones. Feelings of depression, anxiety, and fear are common after someone has been diagnosed with cancer. This lesson will help participants tell the difference between a normal reaction to a cancer diagnosis and treatment and reactions that might indicate a mental health concern.

- FCS8-124 Taking Care of Mental Health during Cancer
- Facilitator Guide
- Presentation
- Lesson Evaluation
- Lesson 3-month Follow-Up Evaluation
- Success Story
- Lesson Flyer

LESSON 4: CARING FOR SOMEONE WITH CANCER

Many of today's cancer treatments are provided at outpatient centers instead of hospitals. So increasing numbers of patients, even those who are actively sick, can be at home. Because of this, they may need day-to-day care and support. As a patient's needs change with the course of the disease and/or treatment, caregiver roles can evolve. This publication will help caregivers prepare for the changing emotional and physical demands of cancer caregiving and highlight ways to take care of yourself.

- FCS8-122 Caring for Someone with Cancer
- Facilitator Guide
- Presentation
- Lesson Evaluation
- Lesson 3-month Follow-Up Evaluation
- Success Story
- Lesson Flyer

LESSON 5: INTERACTING WITH SOMEONE WITH CANCER

Knowing what to say to someone who has been diagnosed with cancer can be hard. Talking to someone with cancer often creates fears of saying something inappropriate or making the person upset. As a result, many people talk in whispers or choose to say nothing at all. This lesson will provide tips on proper communication and interaction with someone living with cancer.

- FCS8-121 Interacting with Someone with Cancer
- Facilitator Guide
- Presentation
- Lesson Evaluation
- Lesson 3-month Follow-Up Evaluation
- Success Story
- Lesson Flyer