

OCTOBER
TIP SHEET



A breast cancer diagnosis can affect the emotional health of patients, families, friends, and caregivers. Common feelings during this life-changing **experience include anxiety, distress, and depression.** Roles at home, school, and work can be affected. It is important to recognize these changes and **get help when needed.**

Anxiety and distress are unpleasant emotions, feelings, thoughts, conditions, or behaviors. **Being anxious and/or distressed can affect the way you think, feel, or act,** and can make it hard to cope with the effects of having cancer.



People going through **cancer chemotherapy or radiation treatment sometimes have cognitive changes** such as trouble remembering, paying attention, or thinking clearly. **It is important to understand why these changes happen and when to find help and support.** Some experience “Chemo brain” which is a mental cloudiness people getting chemotherapy sometimes notice before, during, and after cancer treatment. Some experience confusion and/or delirium. **When the thought process is disturbed, or when a person has trouble thinking and acting like they normally do, they may be confused, delirious, anxious or depressed.**

When you or a loved one are dealing with a breast cancer diagnosis and treatment:

- **Reach out to your Employee Member Assistance Program (EMAP) for assistance** with mental health support, along with household, work, and personal challenges.
- **If you don't have an EMAP, talk to your oncologist, PCP and The American Cancer Society (ACS).** They can guide you to many resources that help.
- **The ACS's help is free.** If you are a cancer patient, caregiver, friend of a person with cancer, or someone who wants to know about programs and services, the ACS can help you find available free or low-cost resources.