



CANCER  
RESEARCH  
UK

**IT'S CANCER.  
YOU'RE BOUND  
TO HAVE  
QUESTIONS.**

**LET US  
HELP YOU  
FIND THE  
ANSWERS**



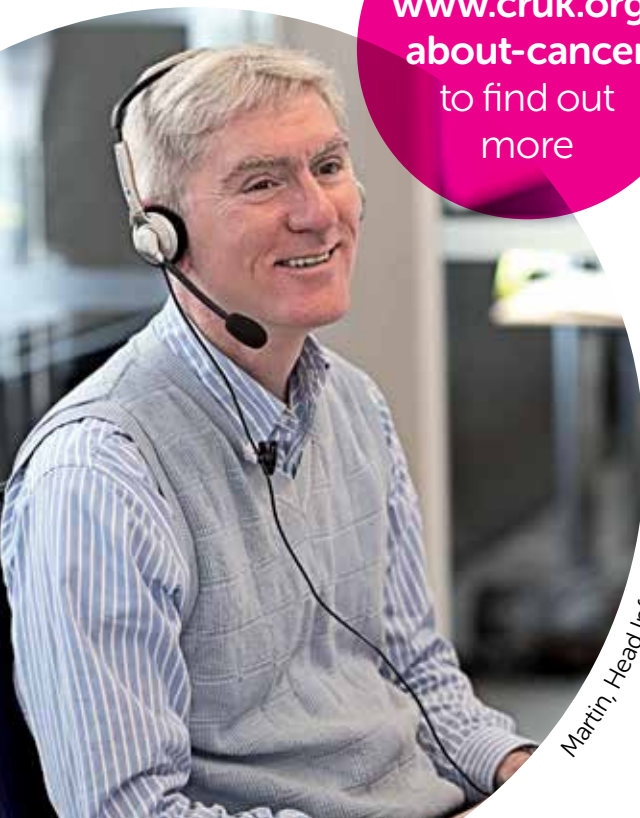
*Yvonne from Birmingham*

**YOUR  
CANCER  
GUIDE**

Cancer Research UK's free information services guide you through the many questions a diagnosis of cancer can bring.

Whether it's over the phone, on our website or a chat in person, we can help. All our information comes direct from cancer experts – from the scientists who study every aspect of cancer to our team of dedicated specialist nurses.

Visit  
[www.cruk.org/  
about-cancer](http://www.cruk.org/about-cancer)  
to find out  
more



*Martin, Head Information Nurse at CRUK*

## Overwhelmed by information?

If you're finding it tricky to navigate the maze of information surrounding cancer, or you're worried about what you might find online, give our dedicated team of cancer information nurses a call.

There aren't any call centre menus, just a friendly trained nurse to talk to. If you want to talk to them in another language, just ask for our interpreting service.

## A safe place to share

Cancer Chat is an online community on our website where people affected by cancer can share their experiences. Cancer Chat members talk about every aspect of cancer, from coping with the side effects of treatment to life after cancer. You can search for information relevant to you, see what others are discussing or join in the chat.

You can read Cancer Chat without being a member, but if you do want to register it's easy. And our Cancer Chat team is on hand to make sure the forum is safe place to give and receive support.

Visit [www.cruk.org.uk/cancerchat](http://www.cruk.org.uk/cancerchat)

'Having good information to go on is vital. It's better when you know what you are dealing with.'  
Gordon from Gloucestershire diagnosed with cancer in 2010

## Finding out about clinical trials

Around 1 in 5 people now take part in a cancer clinical trial. If you're interested in finding out more about what clinical trials are, how they work, and whether there might be a clinical trial suitable for you, take a look on our website at [www.cruk.org/trials](http://www.cruk.org/trials)

You'll find our clinical trials database. It lists all clinical trials around the UK supported by both Cancer Research UK and others. You can search by trial name, your cancer type or location.

Search the database at [www.cruk.org/trials](http://www.cruk.org/trials)

Gordon from Glasgow

Good  
to rely  
on better  
what you  
with'  
Glasgow,  
bowel  
10



# Your Cancer Guide

All our services are free and cover nearly 200 different types of cancer.



## Ask the nurses

You can speak to our specialist nurses on freephone **0808 800 4040**, Monday to Friday, 9am to 5pm



## Visit [www.cruk.org/about-cancer](http://www.cruk.org/about-cancer)

Written specially for patients and their loved ones, covering all aspects of cancer



## Chat online

Share information and experiences with others living with cancer in our online community



## Find a clinical trial

Use our online clinical trials database to find out about clinical trials in your area



## Pop into our mobile unit

Visit the Cancer Awareness Roadshow for information and help with making healthy lifestyle choices.



## Get involved

Learn more about cancer policy and research and use your own experience to help shape our work.

## More information

You can find out more about cancer at [www.cruk.org/about-cancer](http://www.cruk.org/about-cancer)

This leaflet is just one of our full ranges of resources about cancer. You can order leaflets, posters and newsletters for healthcare professionals for free at [www.cruk.org.uk/leaflets](http://www.cruk.org.uk/leaflets)

## About Cancer Research UK

Cancer Research UK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers.

If you would like to support our work, please call **0300 123 1861** or visit our website [www.cruk.org](http://www.cruk.org)