

Living with Cancer of Unknown Primary (CUP)

A Quick Guide

Contents

This is a brief summary of 'Living with cancer of unknown primary (CUP)' from our website. You will find more detailed information on there. In this information there are sections on

- Coping with cancer of unknown primary
- Questions for your doctor
- Cancer organisations

You can view this information in a larger print on our website.

Coping with cancer of unknown primary

It can be very difficult coping with a diagnosis of cancer, both practically and emotionally. You are likely to be feeling very upset and confused at first.

It may be particularly difficult to cope with a diagnosis of CUP. Some people say they feel they are fighting an invisible enemy. You also have to come to terms with the fact that your cancer is very unlikely to be cured. No one can say how long your treatment will keep it under control. That in itself can be very hard to deal with. Your doctor will be able to tell you more as time goes on.

As well as coping with the fear and anxiety that a diagnosis of cancer brings, you have to work out how to manage practically. There may be money matters to sort out. Who do you tell that you have cancer? And how do you find the words? There may be children to consider.

The coping with cancer section of our website contains lots of information you may find helpful. There is information on:

- Your feelings
- Talking to people: who and what to tell, including talking to children
- How you can help yourself, and who else can help you
- Sex and sexuality
- Financial matters

What to ask your doctor about living with cancer of unknown primary

- How will my treatment affect me?
- Will I be able to go back to work?
- Is there anything I shouldn't eat?
- Where can I get help with claiming benefits and grants?
- What practical help is available?
- Why did this happen to me?
- Are my children at risk of getting cancer?
- Where can I get help dealing with my feelings?
- Can you refer me for counselling?
- Do I have to pay for counselling?
- Could you refer me to a specialist nurse?

Cancer organisations

Cancer Research UK

Website: <http://www.cancerresearchuk.org/cancer-help>

Cancer Information Nurses phone:
0808 800 4040

Cancer of Unknown Primary (CUP) Foundation – Jo's friends

Website: <http://www.cupfoundjo.org>

For more information, visit our website <http://www.cruk.org/cancerhelp>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for trials in the UK. Our information is based on the best current scientific evidence and reviewed regularly by leading clinicians and experts in health and social care.

For answers to your questions about cancer call our Cancer Information Nurses on 0808 800 4040 9am till 5pm Monday to Friday.

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in August 2014. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor. Copyright Cancer Research UK 2014. Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and in the Isle of Man (1103)