

Your Local Cancer Services

An information booklet for patients with cancer



The Macmillan Information and Support Centre



The Macmillan Information and Support Centre can offer information and support on practical help and advice to anyone affected by a diagnosis of cancer, their families and carers.

This is a drop in service; there is no need to book.

We can signpost you to local or national help and support.

We can also offer a video call if needed, this would need to be booked.

Please contact us on the details below.

**Opening hours are 8:30am to 4:00pm
Monday to Friday**

The Macmillan Information and Support Centre is located in:
Osborne Building, Leicester Royal Infirmary.

Tel: 0116 258 6189

email: cancerinfo@uhl-tr.nhs.uk

Website: www.leicestershospitals.nhs.uk/cancerinfo

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Introduction

This booklet has been put together to give you some basic understanding of treatments offered and about the health care professionals that can be involved in your care.

This booklet also lists support services that may be available to you.



Kelly Lambert
Cancer Centre Clinical Lead



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Macmillan Lead Cancer Nurse

The people who will care for you

If you need cancer treatment at the University Hospital of Leicester NHS Trust (UHL) there are three hospitals across Leicestershire. It is possible that you may need tests and treatments at one or more of these hospitals. They are:

- Leicester Royal Infirmary
- Glenfield Hospital
- Leicester General Hospital

Treatment at the hospitals

As a patient with cancer you will be under the care of a specialist consultant(s) and their teams.

Your cancer nurse specialist (key worker)

We know how important it is for you to have someone to contact, someone you know you can talk to openly. When you are told your diagnosis, you will be offered the opportunity to meet with a Cancer Nurse Specialist (CNS). The CNS will be your key worker and you will be given their contact details. Your keyworker will make sure you understand what is happening, when and why.

Please ask your consultant or a member of the nursing team if you are not told who your key worker is.

The multidisciplinary team (MDT)

This is a team of health care professionals looking after you who are known as the multidisciplinary team, or MDT. The MDT meets to talk about the right treatment for you and then talk to you about your treatment plan.

Treatment at home

The MDT will make sure your General Practitioner (GP) is fully aware of your treatment plan. The GP will then be able to support you through your cancer treatment and beyond.

When you are at home your doctor (GP) if needed can arrange for district nurses, community nurse specialists and other health professionals to help with your care.

Healthcare professionals who may be involved in your care are:

A consultant - the doctor in charge of your care, an expert in their field. They work with a team of specialist health care professionals to provide your cancer care.

An oncologist - a doctor who specialises in the treatment of cancer with drugs or X-rays.

A radiologist - a doctor who understands any scans or x-rays you have had. These tests can show where your cancer is. This is important in the plan of your treatment.

A histopathologist – you may have had a biopsy taken, where a sample of tissue is removed. They are able to look at the biopsy to see what sort of cancer you have. This is important in the plan for your treatment.

A cancer nurse specialist (key worker) - can provide support, advice and information about your cancer. They can explain the treatments available to you and can discuss any concerns you may have. Your CNS will act as a link between you and the rest of the team, continuing to support you before, during and after your treatment. Your key worker will offer you a personalised care and support plan through the completion of a Holistic Needs Assessment so that you can identify any needs that you might have.

A cancer support worker - works closely with your key worker. They may meet with you or provide telephone advice and will always make sure your key worker or CNS is aware of any support you may need. They may help you complete a holistic needs assessment or concerns checklist so that you can have a care plan which is individual to your needs.

A therapy radiographer - gives radiotherapy treatment. They work closely with your oncologist to plan and deliver the right treatment for you. X-ray treatment for cancers can be incredibly effective at either curing the cancer, or easing symptoms.

A dietitian - is able to give you advice about your diet, and will help with any eating problems you may have. If you have any dietary concerns please ask your doctor or specialist nurse to refer you to the dietitian.

An occupational therapist – can offer practical support to help you to adapt to any changes in your lifestyle due to your illness.

A physiotherapist – can help you to maintain an independent lifestyle if you have any physical problems due to your cancer treatment. For example they can help treat physical symptoms such as fatigue and breathlessness.

A district nurse – visits you in your own home, to give you treatment and nursing care.

Students learn by being involved in the treatment and care of patients. They are often working alongside the doctors and nurses looking after you. They may also be involved in your care. However, if you do not wish students to be involved please let a member of your healthcare team know.

Other health professionals may be involved in your care:

- outpatient nurses
- chemotherapy nurses
- healthcare assistants
- chaplains
- social workers
- speech and language therapists

Confidentiality

All NHS staff are under a legal duty to keep information about you confidential. Information will not be given to your relatives or carers unless you agree to this. There are a few exceptions to this rule; for more information please ask to speak to a member of the medical or nursing staff.

Types of treatment you may be offered

The main forms of treatment are surgery, radiotherapy, chemotherapy and immunotherapy.

Depending on your type of cancer, you may receive one or a combination of these treatments. Your treatments will be planned in the MDT meeting. They will be set out in a 'treatment plan' and this will be discussed with you so that you understand and agree to it. This is important, as before any treatment starts you will need to sign a form to say that you agree to the treatment.

Surgery

If you are offered surgery, this may involve an operation to remove all or part of the cancer. This will usually need you to be admitted to hospital.

Radiotherapy

Radiotherapy (sometimes called X-ray therapy) is the use of high energy radiation to kill diseased cells in the body. The treatment is totally painless (just like having an ordinary X-ray) and can last anything from a few seconds to several minutes.

Radiotherapy treatment can be used to cure cancers and reduce the chance of a cancer coming back. It is also used to reduce cancer symptoms.

Many people with cancer will have radiotherapy as part of their treatment. This can be given either as external radiotherapy, from outside the body using x-rays, or from within the body as internal radiotherapy.

The radiotherapy department is based at the Leicester Royal Infirmary, Osborne building.

Chemotherapy

Chemotherapy is treatment with drugs (cytotoxic drugs) that destroy cancer cells. These drugs may be given as injections, drips, tablets or capsules.

If you are offered chemotherapy treatment and agree to have it, you will be given more detailed information. You will be told how it is given, how often you will have it and where you will have it. At the present time most of the chemotherapy is given at the Leicester Royal Infirmary. Chemotherapy can cause side effects, for example sometimes you may feel sick. If this happens there are medicines that can help to ease some of these effects.

Immunotherapy

Immunotherapy drugs boost the body's immune system to fight cancer cells. If you are being offered immunotherapy, you will receive more information about the specific drug.

These drugs may be given as injections, drips, tablets or capsules.

If you are offered immunotherapy treatment and agree to have it, you will be given more detailed information. You will be told how it is given, how often you will have it and where you will have it.

Other treatments and investigations

Depending on your illness you may need other treatments or investigations.

These could include:

- blood transfusions
- physiotherapy
- X-rays and scans
- bone marrow transplants

Separate leaflets are available for most treatments and investigations.

If you would like further information please contact the Macmillan Information and Support Centre.

Tel: 0116 258 6189

Clinical trials and research

There are many different cancer clinical trials and research going on at the University Hospitals of Leicester NHS Trust (UHL). If you are interested in finding out how you can become involved or to find out more about taking part speak to your health care team.

If a suitable trial or research study is available, you may be invited to take part. This means that you could have the opportunity to be given a new treatment or you may be asked to provide information to help your health care team understand your cancer. You will receive a full explanation about trials or a research study you consider and be provided with written information. Taking part in research is voluntary, so you can choose whether or not to be involved, you can withdraw at any time and any information about you is confidential.

Complementary therapies

There are a growing number of therapies that may improve your general wellbeing and quality of life, for example:

- yoga
- aromatherapy
- reflexology
- acupuncture

Please ask a member of the team looking after you about the safety and availability of these treatments.

You may have to pay for some of these treatments, as they are not always available on the NHS.

Getting the help and support you need at home

If you are finding it difficult to look after yourself at home, and need assistance with your day-to-day activities, you can ask for help from Social Care Services. They may be able to provide different types of assistance according to your needs. This may range from information, to assessment of needs and then provision of care or equipment, whether in your own home or in a care home. Ask your cancer nurse specialist (key worker) for more information.

Social care services are arranged by your local council, and they aim to meet the needs of people from all communities. You may have a financial assessment for some aspects of care and you may need to pay, or contribute to, the cost of your care.

Accessing Social Care Services

In hospital:

If you have been finding it difficult to manage at home, please speak to your nurse, who can refer you to an occupational therapist (OT). The OT can discuss with you and your family how you have been coping and what your problems are. The OT can complete an assessment and arrange for equipment to be delivered to your home before you are discharged.

At home:

Contact your local Social Care Services using the telephone numbers below. They can arrange for you to be assessed at home so that a plan of care can be agreed.

Leicester (City) **0116 454 1004**

Leicestershire (County) **0116 305 0004**

Rutland **01572 722 577**

Residential and nursing homes:

A small number of people cannot continue to live in their own homes. Social Care Services may assist people to choose the right residential or nursing home. They can also offer advice about financial assistance with fees.

How to contact Social Care Services

You can contact the Social Care Services Department using the relevant telephone numbers below:

Leicester (City) **0116 454 1004**

Leicestershire (County) **0116 305 0004**

Rutland **01572 722 577**

NHS Continuing Healthcare (CHC)

NHS Continuing Healthcare is a package of care you may be allowed to have if you have a serious illness. It covers the full cost of your care (in your own home or a care home), including:

- healthcare
- personal care, such as help getting washed and dressed
- care home fees, including accommodation costs

Firstly a checklist will need to be completed to see if you are able to have NHS CHC. If you are entitled or the person you care for is, then all health and social care needs are funded by the NHS.

You can ask your GP, social worker or healthcare professional to arrange for the checklist to be completed.

Financial help and advice

Due to your illness your income may have been affected. If you need financial help or advice the following organisations may be able to advise you.

Macmillan Benefits and Welfare Advice Service

A free benefits advice service for those affected by cancer in Leicester, Leicestershire and Rutland.

Tel: 0300 456 8400

Age UK Leicestershire and Rutland

Provides free independent and confidential advice and information to people aged 50 and over.

The Information and Advice helpline can be contacted 11 am to 4 pm, Monday to Friday.

Tel: 0116 299 2278

Macmillan Cancer Support

Macmillan Cancer Support national telephone advice service for people with cancer, their families and carers.

Call freephone: 0808 808 00 00

7 days a week 8am - 8pm

Department for Work and Pensions (DWP)

The DWP is responsible for social security benefits. Visit www.gov.uk for information and practical advice about public services.

The contacts below may be of use, but if you need to see someone, it may be possible to make you an appointment with a local advisor.

Please contact the Macmillan Information and Support Centre or your Nurse Specialist for further information.

Attendance Allowance helpline

Telephone: 0800 731 0122

Textphone: 0800 731 0317

Personal Independence Payment (PIP) (new claims)

Telephone: 0800 917 2222

Textphone: 0800 917 7777

PIP enquiry line (existing claims)

Telephone: 0800 121 4433

Textphone: 0800 121 4493

Carer's Allowance

Telephone: 0800 731 0297

Textphone: 0800 731 0317

New-style Employment and Support Allowance (new claims)

Telephone: 0800 328 5644

Textphone: 0800 328 1344

Employment and Support Allowance (existing claims)

Telephone: 0800 169 0310

Textphone: 0800 169 0314

Universal Credit

Telephone: 0800 328 5644

Textphone: 0800 328 1344

We encourage that people seek benefits advice before contacting these numbers due to the changes taking place in the benefits system.

Help with health costs

If you receive certain government benefits or have a low income you may be entitled to help with certain health costs, such as travel costs to and from hospital.

There is more information about this later in this booklet. Also, an information booklet (HC11) is available from your GP or hospital.

Free prescriptions

All people undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment are entitled to free prescriptions. If you have not already got an exemption card please ask your doctor, nurse or therapy radiographer for an exemption application form, or ask at the Macmillan Information and Support Centre.

Local support groups and charities

Self-help groups can provide advice and support to people with cancer and those who care for them. These groups often consist of people who have experience of more than one particular type of cancer. They give you the chance to meet and talk with people affected by cancer.

Many self-help groups offer the opportunity to speak to someone on a one-to-one basis, over the phone or in person.

For details of local support groups please contact the Macmillan Information and Support Centre.

Tel: 0116 258 6189

Sue Young Cancer Support in Leicestershire and Rutland

Provides practical and emotional support to anyone affected by a cancer diagnosis (patients, family members and carers).

Tel: 0116 223 0055

Website: www.sueyoungcancersupport.org.uk

The Leicester, Leicestershire and Rutland Hospice (LOROS)

LOROS Hospice is a local charity. They deliver free, high quality, compassionate care and support to terminally ill patients, their family and carers.

They offer:

- Specialised care for those over 18 with complex problems who are suffering from a terminal illness when cure is no longer possible. Our care is unique to each individual.
- Short-stay inpatient care for symptom management – with help, half of these patients go home
- End of life care
- Outreach support in the patient's home, including community nurse specialists, specialist palliative care doctor visits and volunteer home visiting
- Counselling and psychological support
- Complementary therapy service
- Medical outpatient clinics at LOROS and in the community
- Palliative day therapy and drop in service
- Bereavement Hubs
- Telephone befriending service
- Community Nurse Specialist Advice Line 8am – 6pm 7 days per week

How to access LOROS services

- Patients are accepted from across Leicester, Leicestershire and Rutland
- Referrals are generally made by a GP, hospital consultant or hospital palliative care team, or are arranged by a Community Nurse Specialist
- Patients eligible for referral are usually suffering from advanced cancer or other life-limiting conditions such as Motor Neurone Disease (MND), heart failure or respiratory failure

Tel: 0116 231 3771

Website: www.loros.co.uk

Support for Carers Leicestershire

A service designed to support carers throughout the county of Leicestershire.

Tel: 01858 468 543

Website: www.supportforcarers.org

MyChoice is a directory for care and support products and services for people living within the Leicester City area.

Website: www.my.choice.leicester.gov.uk

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place.

Website: www.firstcontactplus.org.uk

National charities and statutory organisations

There are many national groups that provide support and information to cancer patients and their families. For details of these please contact the Macmillan Information and Support Centre.

Tel: 0116 258 6189

Macmillan Cancer Support

Macmillan Cancer Support gives cancer patients and their families the up-to-date information, practical advice and support they need to reduce the fear and uncertainty of cancer.

Also publishes booklets on different types of cancer and living with cancer.

Freephone: 0808 808 00 00

Website: www.macmillan.org.uk

Interpreters are available for non-English speakers.

Someone to talk to

Cancer may have an emotional impact on people's lives. It not only affects the patient, but family and friends as well.

Sometimes patients and those close to them feel they should be able to manage a cancer diagnosis on their own. Sometimes this may not be the case; talking things over can often help you make some sense of what is happening to you.

Finding the way that works for each person is important. This is because each person has different needs and areas of their illness to talk about. For some people talking to family and friends helps but from time to time you might find it difficult to talk to those closest to you. If this happens please find some options for support below.

It is important to recognise that you can request emotional support at any time.

People who can help

- **Healthcare professionals** - they can recognise and understand the emotional impact of cancer and can refer you to get the support you need.
- **Other patients** - often patients find it both reassuring and helpful to talk to other people who are in a similar situation. Sometimes sharing an experience with another patient can lessen the stress and burden of cancer and take away the feeling of isolation.
- **General practitioners** - your GP will be very much involved in your cancer care, and will be able to offer advice and information.
- **Cancer nurse specialist (keyworker)** - they can offer emotional support and practical advice to people with cancer and those close to them. They will be involved with you from the point of diagnosis and beyond.
- **Counselling services** - counselling can provide a private opportunity to talk to someone about anything that concerns or troubles you. Counselling is not the same as advice. It aims to help you to find your

own way of responding to your particular circumstances. Your doctor or nurse can put you in touch with a professionally trained counsellor.

- **Counselling may not always be available on the NHS.** However, there are some local organisations that provide free counselling to cancer patients and their families.

For details of these please contact the Macmillan Information and Support Centre.

Telephone: **0116 258 6189**

NHS Leicester, Leicestershire and Rutland Talking Therapies

They can offer a range of short-term psychological therapies.

Telephone: **0330 094 5595**

Website: www.vitahealthgroup.co.uk

Sue Young Cancer Support in Leicestershire and Rutland

Sue Young Cancer Support aims to support you emotionally. You can self-refer or be referred by your GP or other health care professional.

They can offer six counselling sessions.

Telephone: **0116 223 0055**

Spiritual and religious support (Chaplaincy)

Upon receiving a diagnosis of cancer many patients face times of great upheaval. This may lead to deep distress or “spiritual pain” as you try to come to terms with your illness. The chaplaincy services across the area provide spiritual, emotional and religious support to patients, visitors and staff of all faiths and outlooks.

Spiritual support is not necessarily “religious”. It includes listening and talking, helping patients work through the implications of their illness.

Chaplains can also provide religious support where this is requested, such as saying a prayer or offering a religious rite of your faith.

The chaplains and chaplaincy volunteers are drawn from a variety of backgrounds. These include Baha’i, Buddhist, Hindu, Jain, Jewish, Muslim, Sikh and various Christian denominations. There is also a non-religious pastoral carer in the UHL Chaplaincy Team.

Contacts

University Hospitals of Leicester:

Glenfield Hospital Chaplaincy

Tel: 0116 258 3413

Email: chaplaincy@uhl-tr.nhs.uk

Leicester General Hospital Chaplaincy

Tel: 0116 258 4243

Email: chaplaincy@uhl-tr.nhs.uk

Leicester Royal Infirmary Chaplaincy

Tel: 0116 258 5487

Email: chaplaincy@uhl-tr.nhs.uk

Community Hospitals & Mental Health Services:

Tel: 01509 564218

Email: lpt.chaplaincy@nhs.net

The Leicester, Leicestershire and Rutland Hospice - LOROS

Tel: 0116 231 8411

Or speak to our chaplaincy administrator on **0116 231 8426**.

Each Leicester hospital also provides a quiet reflective space for people of all faith and none. These can be used for personal prayer and reflection or just for some peace and quiet. At specific times there are public acts of worship led by one of the faith leaders. Chaplains are also available to visit you on the wards.

What to do if you are unhappy with your treatment

If you are concerned or unhappy at any time with your treatment or care, you have the right to say what your concerns are, and to be able to discuss them. Complaints or concerns are welcomed as they help people who provide the service to know where to improve and what action to take. Sometimes just by talking to the right person you can get things sorted out. You may wish to talk to, or write to, the person in charge of the service about which you have a complaint or concern.

If you would like to make a formal complaint please ask a member of staff for the appropriate leaflet or contact the PALS service (see below).

Patient Advice and Liaison Service (PALS) is a service for patients, relatives and carers. The aim is to provide a confidential listening and support service, and also information about the hospital, treatment and services provided. If you have any complaints or compliments please contact the PALS service.

Freephone: 0808 178 8337

Advocacy

You may prefer someone to speak and act on your behalf. They can be a member of your family, a friend or someone from one of the organisations detailed in this booklet. There are also advocacy services available.

For further details please contact NHS Complaints Advocacy.

Tel: 0300 200 0084

Your health records

Access to health records

Under the 1998 Data Protection Act, you have the right to access your health records, subject to certain safeguards. If you would like access to your hospital records please contact the Access to Health Records Department.

Tel: 0300 303 1563 (option 5)

Copying letters to patients

You can receive copies of letters written about your illness and care. If you would like copies of letters, please let your consultant or their secretary know.

Cancer registration

When a person is diagnosed with cancer in England information about them is automatically collected by the National Cancer Registration and Analysis Service, which is part of Public Health England. This data tells us how many people are diagnosed with cancer, what treatments they are having, what drugs are effective and whether the overall picture is getting better or worse.

This information is vital to help plan cancer services and identify where further progress is needed so that we can improve the lives of all people affected by the disease.

For more information on Cancer Registration in England visit:

www.ndrs.nhs.uk or pick up a cancer registration leaflet in your clinic.

Transport services

Getting to the hospital

Most people have to get themselves to hospital. Many patients are able to drive themselves to hospital. This is perfectly all right unless your GP or a member of your healthcare team has advised you otherwise.

You will find all the hospitals signposted from the city centre and ring-road. Details of how to get to the individual hospitals will usually be sent to you prior to your admission or attendance. However, if you require a map or directions please contact the Macmillan Information and Support Centre.

Tel: 0116 258 6189

Hospital Hopper Bus

The Hospital Hopper is intended to provide a quick and direct link between the three main hospital sites and is a limited stop service. The service is available from Monday to Friday each week.

Website: www.centrebus.info/bus-services/hospital-hopper

Patient transport

Patients and carers can book transport through EMED. This is non-emergency patient transport for Leicester, Leicestershire and Rutland registered patients who need to attend NHS appointments and are eligible for patient transport.

For bookings and enquiries:

Tel: 0300 777 1800

Car parking

For any enquiries regard to car parking on any of the three UHL sites

Tel: 0116 204 7888

Bus services

For information on how to get to all the local hospitals please contact Traveline.

Tel: 0871 200 22 33
Website: www.traveline.info

Leaving hospital

If it is necessary on medical grounds for you to travel by ambulance, hospital car or hospital taxi when you leave the hospital, all arrangements will be made for you by the hospital staff. If you are concerned about this, ask your nurse or the doctor responsible for your treatment.

Travel expenses to and from hospital

If you have to travel to hospital for treatment, you may be able to claim a refund on your bus or train fares or petrol and parking costs.

You can claim help with travel costs if you or your partner are in receipt of certain benefits.

For further information please contact the Macmillan Information and Support Centre.

Tel: 0116 258 6189

Interpretation and translation services

There are many different languages spoken by people living in Leicestershire. It is vital when going to hospital that patients and staff are able to understand each other.

If you are coming to hospital as a patient and your first language is not English, or you use sign language, please let the clinic, ward or department know in advance. This will allow us to make arrangements for translation and interpretation services to be provided.

Dictionary of terms

Adjuvant therapy: A treatment given in addition to the main treatment (for example, chemotherapy as well as surgery) to try to prevent a cancer from coming back.

Alopecia: Hair loss.

Benign: Not cancerous.

Biopsy: The removal of a sample of tissue for examination.

Bone scan: A bone scan looks for abnormalities in the bones. A bone scan can look at a particular joint or bone. In cancer diagnosis, it is more usual to scan the whole body.

Bronchoscopy: An investigation to examine the inside of the lung.

Cancer: A growth containing abnormal cells, which invade and destroy surrounding tissues, and can spread to other parts of the body.

Cancer Care Review: A discussion that takes place between you and your GP or practice nurse typically within three months of your diagnosis and then again about twelve months later. This is about the treatment you have had, how you are feeling and for the GP or nurse to tell you about information and support that is available.

Cannula: A small tube inserted into a vein to allow fluids to be given. May also be used to take blood samples.

Carcinoma: Cancer which arises in the tissue that lines the skin and internal organs of the body.

Catheter: A flexible tube used to introduce or remove fluid. For example, urinary catheter.

C.diff (Clostridium difficile): A diarrhoea-causing bug.

CT (Computed Tomography) scan: Produces a cross-section image of the head and body, which is then analysed by computer.

Endoscopy: A procedure that enables views inside the body through a small tube passed into the digestive system.

Haematologist: A doctor who specialises in the treatment of blood disorders.

Hickman line: A Hickman line is a fine tube inserted under the skin of your chest into a vein. It can be used for giving drugs, blood and nutrition, or for taking samples.

Histology: The microscopic study of body tissues in order to diagnose illness.

HNA: A simple questionnaire that you can fill out with your CNS to look at any concerns you may have. This can be completed at any time during your cancer treatment.

Hormone therapy: Treatment that alters the level of hormones in the body to treat cancer.

In situ: Literally means “in its original place”. Can be used to describe the earliest stage of cancer, when it is limited to its area of origin.

Lymphatic system: The system of lymph nodes and the vessels or small tubes that connect them.

Lymph nodes: Lymph nodes are located throughout the body and filter out dangerous substances. They also produce infection-fighting cells called lymphocytes.

Lymphoedema: Swelling, usually in the arms or legs, which occurs because the lymph vessels are damaged or blocked. This can occur following some treatments for cancer, or may be due to cancer itself.

Malignant: Cancerous. Malignant tumours can invade and destroy surrounding tissues and have the capacity to spread.

Metastases: The spread of cancer from one part of the body to another, by way of the lymphatic system or bloodstream.

MRI (Magnetic Resonance Imaging) Scan: Uses radio waves, rather than x-rays, to produce pictures of the body. These can then be analysed by computer.

MRSA (Methicillin Resistant Staphylococcus Aureus): A bacterial infection that is resistant to most antibiotics.

Neoplasm: See Tumour.

Palliative care: Total care of the person, which puts the emphasis on maintaining quality of life, not just on trying to cure the cancer.

Pathology: The branch of medicine concerned with the examination of diseased tissues.

PET (Positron Emission Tomography) scan: Uses a low-dose radioactive sugar to measure the activity of cells in different parts of the body. Areas of cancer are usually more active than surrounding tissue.

PICC line: A PICC line is a fine tube inserted into a vein in your arm. It runs up the vein inside your arm and ends up in a large vein in your chest. It can be used for giving drugs, or for taking blood samples.

Primary cancer: The site of the first growth of abnormal cells that form a cancer.

Primary care team: A group of healthcare professionals, such as your GP and district nurse, working in the community, offering treatment and care to patients when in their own homes.

Prognosis: An assessment of the expected future course and outcome of a person's illness.

Secondary cancer: See Metastases.

Stoma: An artificial opening between an organ and the skin surface, formed by surgery. There are different types, including a tracheostomy (formed from the windpipe), ileostomy (formed from the small bowel), colostomy (formed from the large bowel), and urostomy (formed from the bladder).

Syringe driver: A small, portable, machine that administers pain killing and/or other drugs under the skin. It removes the need for frequent injections.

Terminal illness: Active and progressive disease that cannot be cured. Curative treatment is not appropriate, but palliative care is.

Tumour: An abnormal lump, or mass of cells (neoplasm), that can be either benign or malignant.

Ultrasound scan: An imaging technique that uses sound waves to create a picture of the internal organs.

If you hear any terms you do not understand, please ask a member of your healthcare team to explain them to you.

Your own notes

It is important that you ask any questions you may have. This will help you to fully understand the procedures and treatment you will have.

You may have questions for the doctor, or any other member of your healthcare team, and they should be able to help you understand and enable you to become involved in your treatment.

It may help you to write questions down before your visit to the hospital.

Names of your team:

Consultant:

Language support and interpretation

If you need help understanding English, please inform a member of staff or your GP. They will arrange for an interpreter or a linkworker to help you talk about your treatment and wishes.

With thanks to all patients, carers and healthcare professionals who have contributed to this booklet.

Macmillan Information and Support Centre. Your local cancer services.

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Scan here for Macmillan website:



If you would like this information in another language or format such as EasyRead or Braille, please telephone **0116 250 2959** or email **equality@uhl-tr.nhs.uk**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ 'ਕਿਰਪਾ' ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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