

# Caregivers

All Caregivers are different. Whatever role you play in giving care to the prostate cancer patient, let it be your own. Remember, the journey belongs to the patient. Make sure you are listening to their desires and priorities. Some decisions are easy, and some are tough. But remembering that ultimately they all belong to the cancer patient can be really freeing at times. Still, they always need support – for researching issues, working through the medical system, clarifying medication issues, and for any lifestyle changes that happen, either because of choice, or because of circumstances.

Try to remember that the goal is not perfection. The goal is to simply do your best....if you are reading this, you probably already are.

- [Understanding Survival Statistics: What They Mean, and What They Don't Mean,\\*](#) Jan Manarite, PCRI, 2013
- [How Fear Affects Cancer Survivorship](#) – Jesse Gruman PhD, 2013
- [The Complicated Dilemma of Living with Cancer](#) – Don S Dizon MD, 2013
- [Clarifying Concepts: Every Drug has 2 Names](#) – Jan Manarite, 2015
- [Which Doctor When?](#) Jan Manarite, 2015
- [Ordering Your Own Blood Tests](#) – Jan Manarite, 2015
- [Clarifying Concepts: The Symptom Means Pain](#) – Jan Manarite, 2015
- Video – [The Empowered Patient/Working your Dr Appointment](#) – Jan Manarite, 2015, CURE Magazine
- Video – [A Caregiver's Account](#) – Jan Manarite, 2015, CURE Magazine
- Video–[Patient Empowerment Perspective: Targeting Your Questions](#) – Jan Manarite, 2014
- [Men Who Speak Up: An Awareness Campaign from Survey](#)

[Results](#) – Jan Manarite and Rick Profit, 2015

- Get support without leaving your home – Links to online support & discussion groups.  
(Free registration required.)
  - o [Inspire](#) (prostate cancer specific)
  - o [Caregiver forum](#) (all cancers)

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