



Personalized Health Profile



Welcome to Partnership for Health!

This personalized Partnership for Health profile was put together just for you. It is based on the answers you gave in the phone survey. It gives us the chance to share information that may be helpful to you and set the stage for your phone calls with your peer counselor. If anything in this personalized profile is wrong or if you have any questions, please talk about it with your peer counselor during your first phone call.

Over the next 2 weeks, you will receive your first call from your peer counselor. Your phone conversations with your counselor will take place over the next 4 months. During each call, you will have the chance to talk about health issues, set some health goals, and plan the steps needed to reach your goals.

Time for the topics you chose.

In most ways, adults who have had a childhood cancer or similar illness are just like everyone else. They just had different experiences when they were younger. But in other ways they are different, and this is especially true when it comes



to staying healthy. When you took the Partnership for Health survey on the phone, you may remember being asked to tell us what kinds of health topics you're interested in. Your answers suggest that you would like to learn more about:

Weight Gain

Many adults who have had a childhood cancer or similar illness experience weight gain and say they have difficulty losing weight. You will have the chance to discuss weight issues with your peer counselor, who can provide you with information and tools for weight control.

In addition, physical activity can be an important strategy for dealing with weight problems.

Eating a healthy diet is also very important for adults who have had a childhood cancer or similar illness. Although dietary recommendations change often and can sometimes seem confusing, one thing is certain: adults should eat 5 servings of fruit and vegetables a day and cut down on red meat. This is especially important for adults who have had cancer (or a similar illness), since these strategies have been found to reduce the risk of some cancers. In addition, many fruits and vegetables have anti-oxidants, chemicals that help the body defend itself

against diseases like cancer.

Most smokers are afraid that they'll gain weight when they quit smoking. But did you know that not all smokers gain weight when they quit smoking - and those who do only gain 5 to 10 pounds? In addition, there are new medicines available for quitting smoking that also help in reducing weight gain. If you decide to quit smoking, your peer counselor will be able to provide you with many strategies to prevent weight gain.

Effects of Treatment and Smoking on Children

Little is known about the potential problems of children born to adults who have had a childhood cancer or similar illness. What we do know are the effects of smoking on a developing fetus.

Most people are aware that smoking can hurt a developing fetus. However, if you received certain treatments, smoking can be even worse. This makes it even more important to quit smoking as far in advance as you can if you are considering having children. The fetus is most affected by things like smoking during the first trimester (3 months) - the time when many women aren't even aware that they are pregnant. That's why it's recommended that women

quit smoking before they even start trying to become pregnant.

It's been shown that women who had chemotherapy for Hodgkin's disease have a higher number of premature or low-birth-weight babies.

There is still a lot to be learned about the health of children of adults who have had a childhood cancer or similar illness. Because so much is unknown, it's even more important that you do everything to ensure your own good health.

Your peer counselor will go over the information above and will send you materials that contain more details. You can also talk about this information with your peer counselor during your phone calls.

Some basic facts about cancer treatment.

Fifty years ago, children who developed cancer didn't usually survive to adulthood. Today, the majority of children with cancer or similar illnesses are cured by surgery, radiotherapy, chemotherapy, or a combination of these. However, these treatments have side effects. Some can last throughout a person's life.



With each of these three types of treatments, the seriousness of any problems is related to the dose (how much was given) and the extent of therapy (how much of the body was treated). Radiation to a large part of the body or high doses of chemotherapy will be expected to produce more late effects. Treatments given earlier in childhood are more likely to affect normal growth and development. While every case is different in terms of late effects, we do know that smoking can make the late effects of some treatments more likely and more severe.

Something to think about.

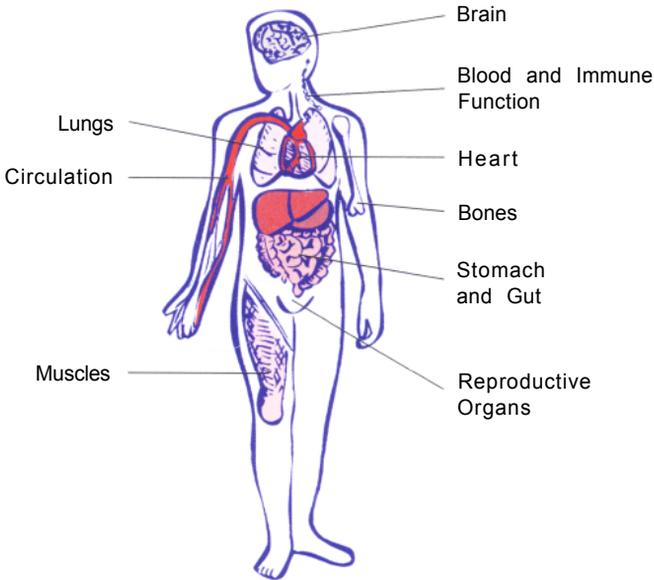
Smoking is an important issue for people who have survived childhood cancer (or similar illness) to think about. Many people don't know that they are at a greater risk for developing a new cancer, even if the first cancer wasn't in the lungs. And smoking can make the late effects of some treatments more likely and more severe.



Chemotherapy and radiation can both affect the function of the heart and can lead to future problems. Both therapies can also contribute to late effects involving the lungs and lung disease. Smoking can severely worsen the effects of these therapies. This can make problems with these body systems much more serious.

For women, the late effects of some treatments combined with smoking can increase their risk of cervical cancer. Women who have had a childhood cancer or similar illness and who smoke also have a bigger risk of bladder cancer.

Below is a drawing that shows all the body systems that are affected by a person who has had radiation and chemotherapy and currently smokes.



Your readiness to quit smoking.

Like many smokers, your answers to the survey questions suggest that you are ready to quit. That's great! Now you just need the tools to move forward.



Your feelings about smoking.

You may remember questions from the phone survey about how smoking helps you, and what you like and don't like about it. Your answers suggest that you have a number of concerns about your smoking, and that you may sometimes find it to be annoying or unpleasant. You might want to think more about whether or not smoking is really worth the trouble - or if it's time to think about taking steps toward quitting. Quitting smoking means you'll be decreasing your chances of developing a new cancer. It also means that you'll be reducing your risk of developing late effects that can come from Hodgkin's and its treatment.



Your answers also suggest that you realize that smoking can hurt your health. You are right to be worried - because of your medical history, smoking puts you at a greater risk for developing a new cancer. The treatments for many types of cancer can also

affect the heart, circulatory system, and lungs. These body systems are all made much worse by smoking.

Your nicotine dependence

Your smoking pattern suggests that you may have a physical dependence on nicotine. This can make it harder to quit smoking, but not impossible! You might find that nicotine-replacement therapy is especially helpful. It can lessen withdrawal symptoms and has been found to help smokers quit. When you are ready, your peer counselor can arrange for you to get free nicotine patches, if you'd like. You can also learn about other medicines that can help you quit smoking.

When you think the time is right for you to quit smoking, your counselor can help you figure out the next steps. Your counselor will also be able to help you learn about other health behaviors - like physical activity, for example. These types of behaviors can help you with quitting and improve your overall health.

Next steps 1.....2.....3

Your peer counselor will be calling you in the upcoming weeks to discuss some next steps with you. From your responses, it seems that you're ready to quit smoking.

You've already taken a big step in getting control of your own health and future! You can do it, and your peer counselor will help. Your peer counselor will also arrange for you to get free nicotine patches, if they're needed.

Thanks for taking the time to read this personalized Partnership for Health Profile. Your peer counselor will be in touch soon!

