

Cancer: Simple Wisdom from our Pets



**CANCER
RESOURCE
CENTER**

OF THE FINGER LAKES

SPCA of Tompkins County





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text by Bob Riter
design by Katrina Morse

Photographs courtesy of SPCA supporters who submitted contest photos of their pets for the SPCA of Tompkins County 2018 Calendar.

Funding for this project donated by the Fraternal Order of Eagles #1253, Ithaca, NY.



Navigating a cancer diagnosis is complicated and sometimes overwhelming.

Some of the best advice is simple and can be conveyed by a look from our pets.

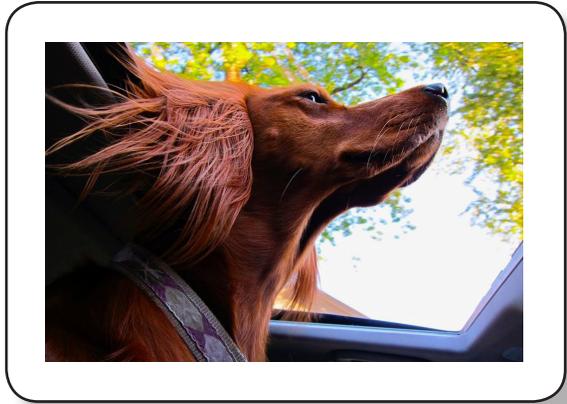
We should listen.





For Patients

Realize that you can't control everything.





Rest when your
body tells you to.

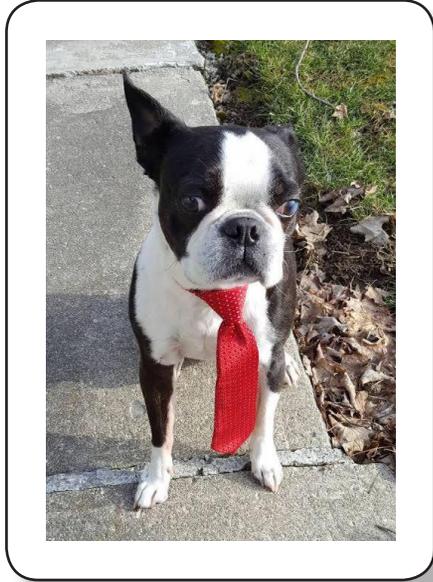


Consider joining a support group.

They will understand your ups and
downs.

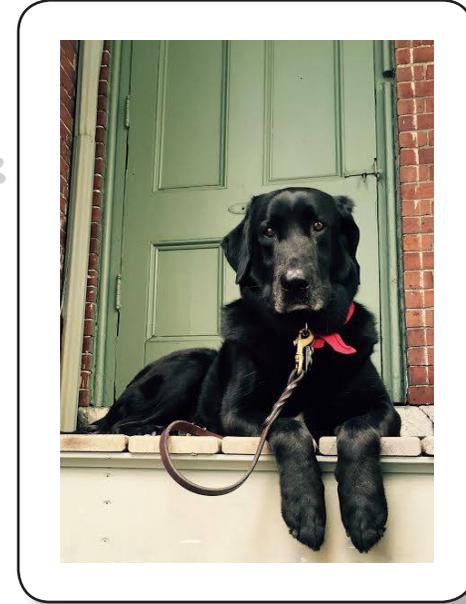


Trust your doctors and understand that they have your best interests at heart.



If you don't trust your doctors, get new ones.

Everyone will be happier.

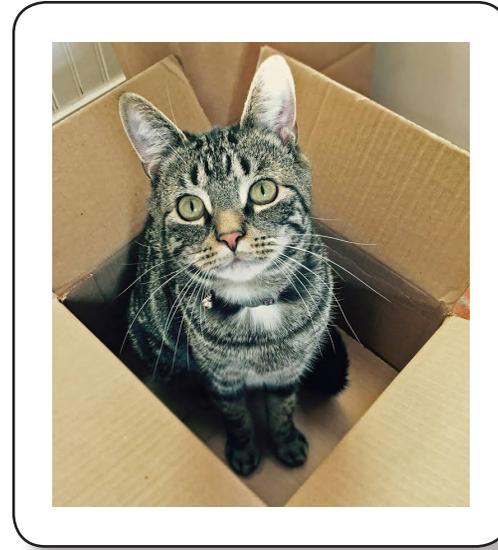


Know that there is no single right path through cancer.



Anxiety and depression make us poor decision-makers.

It's good to address those problems before you need to make critical decisions.



Don't box yourself in.

Don't make decisions before getting the facts.

But also listen to your gut.

There are days you'll feel cranky.



There are days you'll feel off-balance.



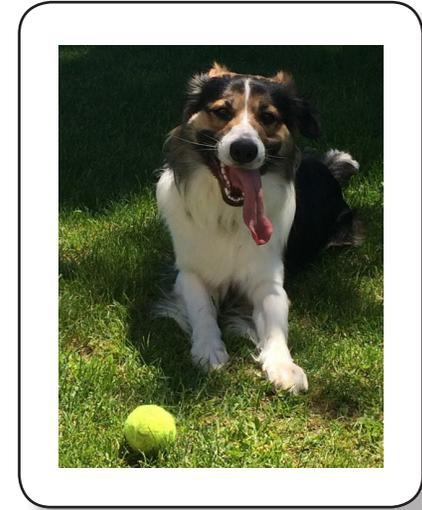
Don't look back.

Everyone with cancer makes the best decisions they can with the information they have at a particular point in time.



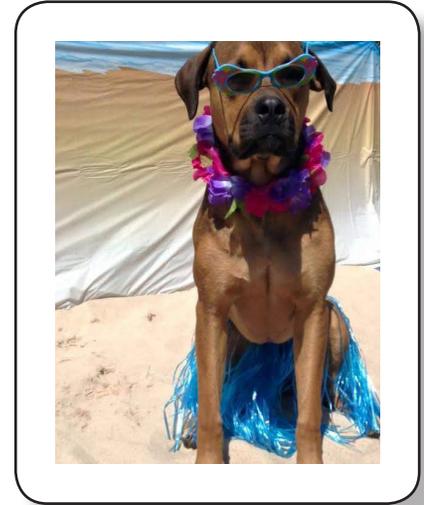
Let your friends know when you're up for a visitor or when you want to go out.

They'll take your lead.



Researching your situation is good, but, eventually, more information won't help.

You just need to plunge ahead.



Your appearance sometimes changes during treatment.

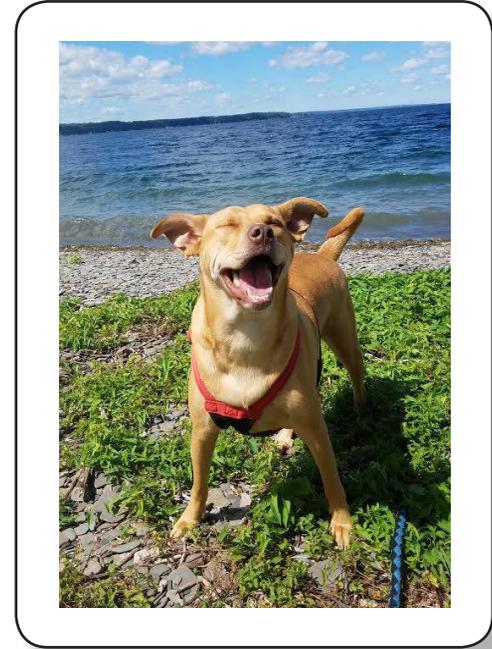
It can be fun to embrace a new look.



Looking too closely at all of the potential side effects may scare you.



Your health care team will discuss the most common side effects with you.



There are days that you'll feel better and suddenly appreciate what most people take for granted.

For Loved Ones and Friends

Don't give unsolicited advice.

Every cancer patient gets too
much of it.





Listen more than you talk.

People with cancer are not looking for answers, they're looking for someone to listen with kindness and without judgment.



Everyone with cancer feels a loss of control.

Help them control what they can.



If you're a loved one, your most important role is to support and comfort.

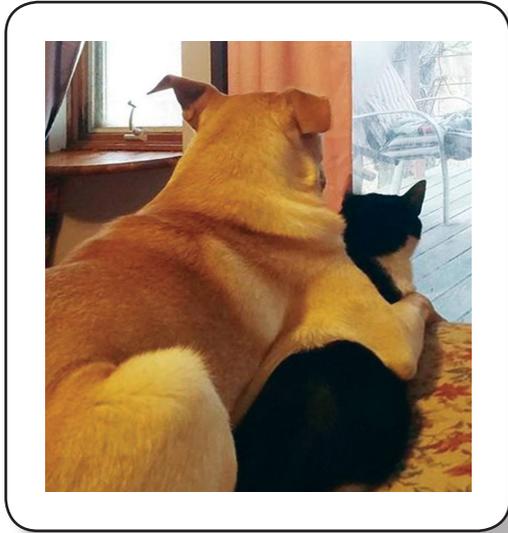
In other words, be present.



Don't be afraid of silence.

People living with cancer often need time and space to clarify their own thinking and then organize what they want to say.





We all have the ability to be kind to one another.

There's nothing that's more important.



www.crcfl.net
612 W State St., Ithaca, NY 14850
(607) 277-0960 • info@crcfl.net

OPEN
9am - 5pm, Mon - Fri

SPCA of Tompkins County



www.spcaonline.com
1640 Hanshaw Rd, Ithaca, NY 14850
(607) 257-1822 • info@spcaonline.com

OPEN
Monday 12-5pm
Tuesday 12-7pm
Wednesday Closed
Thursday 12-7pm
Friday - Sun 12-5pm

Annex Location: The Shops at Ithaca Mall
OPEN 12-7pm daily

