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This booklet is for people with cancer, their family and friends.

We all experience cancer differently, but we all find it stressful. This doesn’t only include the person who has cancer but also their families. This booklet tells you about the help and support that is available and gives you contact points where you can get more information.

Not all of the information may be relevant to you now, but might be useful later.
Cancer is a word used to describe a disease of the cells in our body. There are over 200 different types of cancer and all vary depending on the type and location of the cancer.

The human body is made up of millions of tiny cells. These cells all have their own function, they grow and divide in a controlled way. When this process is disturbed the cells continue to divide uncontrollably forming a ‘lump’ or ‘tumour’.

Tumours are classed as either ‘benign’ or ‘malignant’. Benign means the cells are not cancerous. Malignant means cancerous cells. Sometimes cancer cells break away from the original ‘primary’ site and spread through the bloodstream or lymphatic system. Once these cells reach a new site they form a new growth, usually known as a secondary or metastasis.
The Derby Cancer Centre is made up of teams of specialists from the Royal Derby Hospital, London Road Community Hospital and Community Health Services. These teams work together to ensure that people with cancer are provided with the most effective treatment and care. It may be necessary to be cared for by both hospitals because some investigations and treatments may only be available at a certain hospital.

Community Health Services

- Ilkeston Community Hospital
- Heanor Memorial Hospital
- Ripley Hospital
- St Oswalds Hospital, Ashbourne
- Babington Hospital, Belper

The Community Hospitals may be used for assessment and treatment of symptoms, respite and palliative care. These hospitals have access to advice and support from the specialists based at the main hospitals, there is also a Specialist Nurse who covers the Community Hospitals.

Oncology Outpatient Clinics

There are also peripheral Oncology Outpatient Clinics held in Ripley and Burton. Please discuss with your doctor if you feel they are more convenient for you.

It is possible in certain circumstances for chemotherapy to be given in the home or in a number of the community hospitals. The consultant would need to decide if this was appropriate taking into consideration the nature of the chemotherapy given and your overall condition.
Section 3
Macmillan Information Centre

The Information Centre offers information about cancer at all stages of the disease, the types of treatments that may be offered and the services that are available locally.

The Centre complements the information you will be given by the doctors, nurses or other healthcare professionals and operates as part of the whole team. An internet access area is available for patients to use for guided access to cancer information websites.

The Information Centre is located within Cancer and Specialist Services, Level 1 (entrance 24) at the Royal Derby Hospital.

**Opening times:**
Monday to Friday, 8.30am - 4.30pm

Enquiries can be made by calling into the Centre, by letter, email or telephone. Outside the opening hours there is a 24 hour answerphone.

All enquiries are treated with the strictest confidence and although data is collected on all enquiries for audit purposes, personal details will not be recorded.

Telephone: 01332 786008 (24 hour answerphone)

Email: cancerinformation@derbyhospitals.nhs.uk

Alternatively telephone the RDH on 01332 340131 and ask switchboard to bleep the Co-ordinator on 3322.

**Useful website**
Additional information about cancer services in Derby and links to support groups and cancer organisations can be found at: [www.derbyhospitals.nhs.uk](http://www.derbyhospitals.nhs.uk)
Section 4

Health professionals who may be involved in your care

Doctors

GP (family doctor) - Your GP may refer you for tests or investigations at either the Royal Derby Hospital or the London Road Community Hospital. They care for patients with different problems so you may visit either or both of these hospitals. Specific information and advice will be available from the hospital you attend.

Whilst you are at home your GP will be liaising closely with your hospital consultant. Your GP can refer you onto other areas of support, for example the District Nurse and Community Macmillan Nurses.

Consultant - An experienced specialist in their field.

Oncologist - A specialist in treating cancer.

Clinical Psychologist - A clinical psychologist is not a medical doctor, but has studied psychology to degree level.
Hospital doctors - Doctors at various stages of their training, including those undertaking specialist training (ST3/4) and qualified doctors who are undergoing further training and gaining experience (F2/ST1/2, F1).

Medical students - Learn by being involved in the care and treatment people receive. If you would prefer students not to be present during any examinations, please tell a member of staff - it will not be a problem and your treatment will not be affected in any way.

Radiotherapists - Radiotherapists are qualified staff who will be involved in your treatment from your initial consultation with the doctor to completion of treatment.

Consultations with medical staff
Your right to confidentiality will always be respected and upheld, and you have the right to choose whom information about your condition and treatment is given to. Consequently, it is only with your permission that the hospital staff can discuss your condition and treatment with your family and close ones.

Nurses

Clinical Nurse Specialist/Specialist Nurse - These are experienced nurses who have undergone specialist training in their field. They have expert knowledge in the treatment of cancers and will be able to offer you information advice and support.

Ward Sister/Charge Nurse/Manager - These are experienced nurses who have worked within their specialist area for at least 2 years. They will have undertaken courses related to their specialty and have general nursing experience.

Their role is to lead the nursing team and develop the service. Any concerns regarding care should be discussed with the ward sister wherever possible.
Macmillan Nurses (Community Specialist Palliative Care Nurses) - As members of the Specialist Palliative Care Team, the Community Macmillan Nurses visit patients in their homes, offering support for complex physical and psychological issues that may arise as a result of your illness.

District Nurses - These are members of the community team who visit you at home to provide the nursing care or treatment that you need.

Healthcare assistant - This group of staff have undergone training and are there to provide physical care and some emotional support. Their role is to support the staff nurses and sisters in caring for the patient and family.

Other healthcare professionals

Physiotherapists
Physiotherapy services are available at all stages of your diagnosis and treatment, and include the following:

- Mobility aids
- TENS machine loan service
- Exercise advice
- Management of breathing problems
- Hydrotherapy
- Tai Chi
- Rehabilitation during a hospital stay and discharge planning

Physiotherapists have experience working with patients with cancer and will be able to understand the problems you may experience as a result of your diagnosis. They work closely with the occupational therapists and other members of the team.
Occupational therapists

Occupational therapy is available to you at all stages of your diagnosis and treatment. The occupational therapist will look at the following areas:

- Assessment and rehabilitation while you are in hospital
- Discharge planning - will anything help you be more independent and safe in your home?
- How to cope with living with fatigue
- Relaxation techniques
- Ways to improve your quality of life and enable you to do those things that are important to you
- Seating and wheelchairs

Occupational therapists work closely with the physiotherapists and the other staff looking after you. All occupational therapists have experience working with patients with cancer and will have an understanding of the problems you are experiencing.
As explained earlier in this booklet there are many different types of cancer so there are many forms of treatments. Common types of treatment are surgery, radiotherapy, chemotherapy and hormone therapy.

The appropriate treatment or treatments are based on your individual needs and will be discussed fully with you by your hospital consultant and your oncologist.

Before any treatment starts it is important that you have understood and agreed to it. You may need to sign a form which confirms that you have understood and give your consent to treatment.

If you are admitted to hospital, please ensure you bring your medication with you.

**Surgery**
An operation may be performed to take a biopsy (a small piece of tissue) to examine under the microscope which will provide information about your illness. Surgery is commonly used to remove all or some of the cancer.

Decisions about further treatment are also made on the basis of what is found during the operation. Minor surgery may be carried out as a day procedure whereas more major surgery will require a longer stay in hospital. Your team will discuss this fully with you.

**Chemotherapy**
You may be advised to undergo a course of treatment with chemotherapy. This means drug treatment, often by intravenous injection. This is frequently given as a day case, but sometimes admission to the ward for a few days is required. Help and advice about your treatment is readily available from the chemotherapy team.
Radiotherapy
Your consultant may advise a course of radiotherapy treatment. Radiotherapy is both quick and painless and will usually be given to you on an outpatient basis. The treatments are given by qualified Radiotherapists. Often a period of preparation and measurement is necessary before treatment can start. Detailed explanations will be given before you start treatment and the Radiotherapists will be happy to talk to you about the treatment at any time.

Hormone therapy
Hormones are substances that occur naturally in the body and control the growth and activity of normal cells. Hormone treatment aims to control cancer growth, usually for cancer of the breast, prostate, thyroid and uterus (womb).

Clinical trials/research
You may be asked to consider participating in a clinical trial/study. Trials gather information on new or existing treatments. Taking part is voluntary and you will not be included without your consent. If you prefer not to take part, your decision will not affect the overall standard of care you receive. All such studies are approved by the Derbyshire Research Ethics Committee.

Complementary therapies
These are therapies offered in addition to your normal treatment and may include acupuncture, aromatherapy, massage, reflexology and many others.

They may help with your general well-being and help to provide support for emotional and psychological, or symptoms, side-effects of treatment.

Derby Hospitals offer acupuncture, aromatherapy, reflexology and massage. Speak to your health care team if you would like further information on any of these. If you are considering any of these treatments discuss this with your consultant.
The team of healthcare professionals who are looking after you recognise the emotional impact cancer can have and can help you. In addition, you might also find speaking to one or a few of the following helpful.

**Psychology Service**
Clinical Psychology is different from Psychiatry as psychiatrists are medical doctors who approach problems from a more medical point of view and can prescribe drugs. Psychologists cannot prescribe drugs, but use many psychological approaches to assessing and treating psychological difficulties such as anxiety or depression. A diagnosis of cancer can be extremely frightening and can make anyone feel anxious and depressed. Whilst this is a normal response, it may become severe enough to need treatment. Psychologists can be a great help with this.

You can be referred by any of your consultants, clinical nurse specialists, senior ward staff, social worker etc. You can request referral yourself if it has not been suggested and you feel you would like some help. Whoever refers you has to have the permission of a consultant. Once referred, the Clinical Psychology secretary will contact you to offer you an appointment which will be confirmed in writing. Your sessions are conducted in private.
Spiritual support
You might find yourself asking all sorts of questions like these. Perhaps, it’s the first time that you’ve thought about such things. Whether you have a faith or not, you may find that questions about the “big” things now flood your mind. Sometimes, it’s enough to voice thoughts like these to those close to you, or to a member of the healthcare staff looking after you.

However, you might find it helpful to explore such issues in more depth with a member of the Hospital Chaplaincy Team. They are here to offer spiritual and/or religious support to you and your family. They may not have all the answers, but they will be with you as you face the questions.

To contact a Chaplain please telephone 01332 789500. Alternatively, if you are in hospital, feel free to ask a member of staff to contact them for you.

Macmillan Nurses
The Community Macmillan Nurses offer support and specialist advice aiming to improve the comfort and quality of life within your home environment. They work alongside your GP and District Nurses, in association with the Palliative Care Consultants. Referral to one of these nurses can be made by your GP, or a health professional involved in your care.

Clinical Nurse Specialists/Specialist Nurses
You will be introduced to the Nurse Specialist early on in your treatment, sometimes before diagnosis. They will support you through investigations and treatments, and are there to talk with you and listen to your feelings and concerns.

They are contactable through pagers and will give you their numbers when you meet them.
**Derbyshire Carers Association and Derbyshire Black Carers Association**
A carer is anyone who looks after a relative or friend who is disabled due to a physical or mental impairment or by old age. The Associations provide support for all carers in Derbyshire and membership is free.
Telephone: 01773 743355

**Marie Curie Association**
Marie Curie provides practical nursing care without charge in people’s homes. Marie Curie Nurses work shifts covering the day or night. Trained operators match nursing skills with patient needs, thereby ensuring that people receive the most appropriate and effective care.

All requests for the Marie Curie Nursing Service are initiated by your GP or Community Nursing Services.

**Treetops**
Treetops Hospice is a registered charity which supports adults with cancer, motor neurone disease and other similar conditions in Nottinghamshire and Derbyshire. Rather than provide inpatient facilities, the Hospice provides Homecare and respite Daycare services to help patients remain in their own homes. In addition, we offer complementary therapy, to patients and carers, bereavement support and a carers support group.

For more information please contact:
Treetops Hospice
Derby Road
Risley
Derbyshire
DE72 3SS
Telephone: 0115 949 1264
**Other available information**

For copies of the following information sheets or to find out what other sources of information are available, please speak to a member of your healthcare team or contact the Macmillan Information Centre.

- Complementary therapies
- Diet
- Driving information and advice for people with cancer
- Holiday and travel advice
- How do you feel?
- Parents as Patients
- Tiredness
- Travel insurance

**Derby - Burton Patient Partnership Forum**

Have you any suggestions, views or opinions on how the cancer services can be improved? Would you like to have a say and also represent the local communities by working alongside health professionals influencing the development of cancer services across Derby - Burton Network, either formally or informally?

Then please contact the Partnership Forum, which is made up of people like you who want to make a difference.

For further details please contact the Macmillan Information Centre on 01332 786008, Monday - Friday, 8.30am - 4.30pm.
What Social Services can do for you?
Social Services are provided by Local Authorities. They aim to help people who are experiencing temporary or longer lasting difficulties (often related to ill-health, disability or frailty). The types of services which can be arranged include: personal care in your home, provision of equipment, Day Care, Support for Carers and Residential Care.

Social Services in hospital
The Royal Derby Hospital has a Social Services Department which is open Monday to Friday, 9.00am - 5.00pm and is staffed by Derby City Council staff. Telephone: 01332 786001.

They provide support for Derby City residents; you can arrange to see a social worker whilst in hospital or attending for treatment either by contacting the department direct or asking a member of the hospital staff to do this.

You can also contact Social Services Office at:

29 St Mary’s Gate
Derby
DE1 3NS
Telephone: 01332 717777

Outpatients who live outside of Derby City, but within Derbyshire, need to contact 0845 605 8058.

Social work staff can provide information, advice and support about the types of services listed above, entitlement to welfare benefits, grants, travel costs, obtaining a Disabled Parking Badge and local voluntary groups.
If you need help within your home, it may be possible for Social Services to provide you with Home Care. An assessment of your needs to see if you qualify for this service would be undertaken.

The aim of the service is to support people who need help to remain in their own homes and continue to live as independently as possible. Help may be required temporarily, for example whilst undergoing treatment, or longer term. The kind of tasks which this service often assists with include personal care such as washing, dressing and going to the toilet as well as help with preparation of meals, shopping and laundry.

**Residential and nursing care**
For people needing to move into a care home, a Social Worker/Care Manager is available to offer support, information and advice on choosing and funding residential and nursing care. To obtain further information about these services or an assessment for support, contact Social Services direct or if you prefer, ask a member of staff to refer you when you attend the hospital.

If you live outside of Derby City, your local area Social Services will provide the Home Care Services.

Referrals can be made via the hospital Social Work Department by ward/clinic staff. These will be forwarded to your local area Social Services to arrange assessments for services.
If you are a patient on ward 302, 303 or the Nightingale Macmillan Unit, you may be assessed by an occupational therapist (OT). This is to see if any equipment would help you manage more easily and safely at home.

If the OT identifies a need for equipment, they can usually arrange for this to be provided on a loan basis. If they are unable to do this, they will refer you elsewhere, especially if large equipment such as a stair lift(s) or other adaptations to your home are needed.

It is unlikely that a stair lift(s) would be in place before you leave hospital, therefore a temporary solution may need to be looked at - your OT will talk to you about this.

There may sometimes be a small charge for equipment - your OT will talk to you about this.

You can also ask your local Social Services office for an OT assessment at home. Contact details can be found in the telephone directory and in this booklet.

If a wheelchair is required for short-term use the OT or your District Nurse can order one for you (there may be a waiting list for this).

If a wheelchair is required for long-term use or you need a special type of wheelchair, your OT or GP needs to refer you to Wheelchair Services. There will usually be a short delay before it is provided.
**British Red Cross Medical Loan and Demonstration Centre**
Provides information and advice regarding disability and has a short term medical equipment loan service.
Liversage Street
Derby
DE1 2LD
Telephone: 01332 348165

**Social Services - Telecare equipment**
Telecare equipment is available through your local Social Services. They provide a range of sensors and detectors which automatically alert the operator if there is a problem in your home. Examples include personal alarms, fall detectors, natural gas detectors, and medication dispensers.
Section 9
Financial and insurance advice

Due to your illness your income may be reduced. The following organisations may also be able to advise you.

**Macmillan Cancer Support**
Macmillan produce a booklet called ‘Help with the Cost of Cancer’. The booklet is updated annually. Copies are available from the Macmillan Information Centre, Royal Derby Hospital and directly from Macmillan.
Telephone Macmillan Cancer Line: 0808 808 0000
Website: www.macmillan.org.uk

**Age UK**
Advice Line: 0800 169 6565

**Citizens Advice Bureau Benefits Helpline**
This helpline is staffed by dedicated Macmillan Caseworkers from Citizens Advice Bureaux across Derbyshire. We are able to give specialist benefits advice to people living in Derbyshire who are affected by cancer, as well as their carers and families. All advice is free and confidential.
Telephone: 01246 828852
Mondays, Wednesdays and Thursdays 10.00am - 12.30pm
Email: macmillan.enquiries@ned-cab.org.uk

**Derby Citizens Advice and Law Centre**
Stuart House
Green Lane
Derby,
DE1 1RS
Telephone: 01332 295711 (Reception)
Telephone: 01332 228700 (Telephone Advice Line)
**Disability Direct**  
Information and advice. Telephone: 01332 299449

**Disability Living Allowance (DLA) Helpline**  
Gives advice on claims. Advisers can also call on behalf of clients.  
Telephone: 0845 712 3456

**Disability Working Tax Credit**  
General information given only, no personal details can be given.  
Advice on claims.  
Telephone: 0845 300 3900

**Job Centre Plus**  
This is an executive agency within the Department of Works and Pensions.  
Local Offices for Derby; Forester House  
Telephone: 0845 608 8506

**National Benefit Enquiry Line**  
This is freephone helpline giving general advice on benefits.  
Telephone: 0800 88 22 00  
This service also has a text phone: 0800 24 33 55  
Freephone language lines are listed in the local telephone directory under Benefits Agency.

**Pensions Direct**  
General advice on pensions and widows benefits.  
Telephone: 0845 301 3011
Tourism For All UK’
This is a national charity that provides free information and advice on holidays suitable for people who are elderly or disabled.
Telephone: 0845 124 9971
Email: info@tourismforall.org.uk

Also see the information sheets ‘Holiday and travel advice for people with cancer’ and ‘Driving Information’ available from the Macmillan Information Centre.

Prescriptions
People with cancer in England are eligible for free prescriptions for their medication(s). All people with cancer undergoing treatment for cancer and the effects of cancer treatment, can apply for an exemption certificate by collecting a form FP92A from their GP surgery or oncology clinic.

Help with travel costs
When attending for hospital treatment help may be available to patients in receipt of certain income related benefits (eg. Income Support, Income based Job Seekers Allowance, Tax Credits), or those who have a low income. Please bring proof of your benefit, appointment or admission card/letter and bus tickets/details or details of return mileage with you and go to the Cashiers Office. Please note, we cannot refund taxi fares.

If you are attending a clinic such as chemotherapy where the appointment can be for some hours, ask a member of staff to sign your parking ticket and then present it to the car parking office (car park 6 Royal Derby Hospital) before leaving. Your parking costs can then be reduced. This is only available for stays over 3 hours, using car park 6.
**Mortgage**
These days lots of mortgage providers insist on people taking out protection against illness, job loss and redundancy with their mortgages, so remember to check whether this applies in your situation. If not and your income has dropped significantly it would be worth checking if you are eligible for Income Support.

As most of us live to our means even a slight fall in income can cause difficulties meeting our commitments but not bring us into the benefits system.

It is always worth speaking to your mortgage provider if you think you are going to have difficulty keeping up full or regular payments. Most are sympathetic and can freeze interest or defer payments. They will of course add this to the total sum outstanding but this may be better than the stress of losing your home.

**Insurances**
Following a diagnosis of cancer it can be difficult to get insurance. Also the insurance available is often heavily weighted thus making the premiums higher than normal. This can be the case for some years - even after successful treatment, so it is wise to maintain those insurances that you had before your illness.

**Holiday**
Holiday insurance can also be difficult to obtain for people with cancer, particularly those on treatment. The Macmillan Information Centre and hospital Social Services have details of some insurance firms who can provide cover in these circumstances, as have Holiday Care Service.
A large number of charities and organisations will make grants to people experiencing financial difficulty because of their illness. The amounts available and criteria for each one varies. The main ones we use are listed below. Nearly all require a professional referral, ie. social worker, Macmillan nurse or other healthcare professional.

**Macmillan Grant**
For cancer patients on low incomes with savings of less than £6,000 for an individual, or £8,000 for a couple. This is slightly means tested.

**Derbyshire Carers’ Holiday Grant**
This grant is for carers who live in Derby City and wish to take a holiday with the person for whom they provide care. It will generally contribute towards the cost of the holiday but not meet the full expenditure. In order to qualify carers do not have to be living with the person they care for.

The amount of financial assistance offered will be decided by looking at the costs associated with the following:

- Additional expenditure of taking a cared for person on holiday, eg. specialised transport, specially adapted accommodation etc.
- Providing an additional person to help with or take over the caring responsibilities.
- Contribution towards the carer’s holiday where no-one else can or is willing to take over the caring responsibilities.
- Sending a support worker on holiday with a young carer (under 18 years).
- The limit of the grant is usually £250, but a higher payment can be paid depending on circumstances.
Further details and an application form can be obtained from:

**Derbyshire Carers’ Association**
The White House
The Willows
Slack Lane
Ripley
Derbyshire
DE5 3HF
Telephone: 01773 743355
Section 11
Local contacts

Macmillan Information Centre
Telephone: 01332 786008. See Section 3 for more information.

Derby City Council Social Services
Royal Derby Hospital: 01332 786001 or 01332 785600
St Mary’s Gate Area Office: 01332 717777
Welfare Rights Advice Line: 01332 256552, Mon - Fri, 1pm - 4pm
Money Advice Unit: 01332 256550
Minicom: 01332 256555
Derby Advice: 01332 256550
Free confidential service to Derby City council tenants, advice on debts and advice and assistance on welfare benefits.

Housing Options Centre
Housing Advice: 01332 256490
Homelessness Advice: 01332 256490 and 256489
Emergency out of hours: 01332 711250

Derbyshire County Council Social Services
General enquiries: 0845 6058 058
Welfare Rights Advice Line: 0845 120 2985, Mon - Fri, 11am - 4.30pm

Derbyshire Coalition for Inclusive Living (DCIL)
01773 740246 (Disabled People’s Information Service)
Age UK: 01773 768240
Asian Advisory Service: 01332 297796
Indian Community Centre: 01332 342892
Pear Tree Home Improvement: 01332 718800
Southern Derbyshire Pensioners Association: 01332 290174
Self help groups can offer additional support and advice. Often the groups are made up of people with cancer. Some people find it beneficial to talk with someone who has experienced similar difficulties.

Some local groups are:

**Derby Breast Cancer Support Group**
This group offers support, counselling, information and befriending to both women and men with breast cancer, their families and friends. Monthly meetings are held on the first Thursday of each month at 7.30pm in the Mackworth Suite, The Mackworth Hotel, Ashbourne Road, Mackworth, Derby. For more information please telephone: 01332 789476.
Website: www.dbcs20m.com
Email: dbcs2004@yahoo.co.uk

**Derby Cancer Self Help Group**
The group is for people who have, or have had cancer, their relatives and friends. As well as a varied and interesting programme of events this group offers an environment where people can meet other people with similar experiences/problems.

Monthly meetings are held on the second Wednesday of each month at 7.00pm at the Guinness Trust Community Room at 1 Sidney Street, via Bloomfield Close off Osmaston Road (opposite Reginald Street), Derby. For more information please telephone: 01332 786008.
Derby Lymphoma Support Group
Have you been affected by Hodgkin or non-Hodgkin lymphoma
Would you like to meet with others who have experienced
lymphoma or are living with the condition? Friendly new support
group welcomes patients, family members and friends. Monthly
meetings at the Royal Derby Hospital.

Contact: Alan Bryan (Haematology Clinical Nurse Specialist)
07799 337762 or the Macmillan Information Centre 01332 786008.

Derby Myeloma Support Group
This group offers support and information for patients who have
experienced or are living with Myeloma. We welcome patients,
family and friends.
Bi-monthly meetings are held at the Royal Derby Hospital.
Contact: Christine Morris (Haematology Clinical Nurse Specialist)
07879 115 881 or the Macmillan Information Centre 01332 786008

The Hope Group (Haematology)
The Hope Group meets the 1st Thursday of the month, 1.30pm -
3.00pm
Sherwood Hall, South Corridor
Nottingham City Hospital
Contact: Shirley Fleetwood
Telephone: 0115 9526920

Oesophageal Patients Association - Derby-Burton
Branch
Former patients helping new patients, quarterly meetings held on
Saturday mornings at Hilton Village Hall. For further information
please telephone: 01332 786008.
One Voice

One voice is an open support group for women, their families and friends. We meet to give people with cancer an opportunity to get together for mutual help, support and information. We have no formal membership and you are welcome to attend any of our meetings. Monthly group meetings The group meets on the 4th Wednesday of each month between 10am and 12 noon at Mickleover Library, Holly End Road, Mickleover, Derby DE3 0EA.

If you would like further information please contact:

Kay Thornewill, Gynaecology CNS or Alison Launchbury, Gynaecology sister
Telephone: 01332 785925

Jan Petrie, Gynaecology CNS
Telephone: 01283 511511 ext 5033

There are other local groups in Derbyshire. Further information is available from the Macmillan Information Centre telephone: 01332 786008.
Examples of national groups offering advice and information:

**Brain Tumour Action**  
Telephone: 0131 4663116  
Website: [www.braintumouraction.org.uk](http://www.braintumouraction.org.uk)

**Breast Cancer Care**  
5 - 13 Great Suffolk Street  
London  
SE1 0NS  
Telephone: 0808 800 6000  
Website: [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Lymphoma Association**  
PO Box 386  
Aylesbury  
Buckinghamshire  
HP20 2GA  
Telephone: 0808 808 5555  
Website: [www.lymphoma.org.uk](http://www.lymphoma.org.uk)

**Prostate Cancer Charity**  
First Floor  
Cambridge House  
100 Cambridge Grove  
London  
W6 0LE  
Telephone: 0800 074 8383  
Website: [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)
Macmillan Cancer Support
UK Office:
89 Albert Embankment
London
SE1 7UQ
Telephone: 0808 808 0000
Website: www.macmillan.org.uk

Oesophageal Patients Association
22 Vulcan House
Vulcan Road
Solihull
West Midlands
B91 2JY
Telephone: 0121 704 9860
Website: www.opa.org.uk

Ovacome
First Floor
Butler House
177 - 178 Totenham Court Road
London
W1T 7NY
Telephone: 0845 3710554
Website: www.ovacome.org.uk

Roy Castle Lung Cancer Foundation
Patient Care Office
200 London Road
Liverpool
Merseyside
L3 9TA
Telephone: 0800 358 7200
Website: www.roycastle.org
Adjuvant Therapy - Alongside other treatments, for example surgery

Alopecia - Hair loss

Benign - Lump or sample which is not cancer

Biopsy - Sample of tissue for diagnosis

Bone Marrow - Middle of the bone which produces things such as red blood cells

Bronchoscopy - Look into the lungs

Cancer - Uncontrolled growth of abnormal cells

Carcinoma - A cancerous growth

Care Pathways - A plan of care for a certain condition

Catheter - A tube inserted into the body to drain fluid or administer drugs or fluids

Clinical trials - Research studies involving patients in order to gather information on new or existing treatments

CT (Computed Tomography) Scan - A scan machine that produces detailed internal images of the body

Diagnosis - Determining the nature of the disease

Endoscopy - Examination using a telescope to look inside the body, for example the food pipe, stomach or the bowel

Haematologist - A doctor who looks after people with blood disorders
**Hickman Line** - A narrow tube inserted under the skin into a major blood vessel in the chest, used for treatments and taking blood

**Histology** - Result of a biopsy to give a diagnosis

**In situ** - In place, a cancer which has not invaded adjoining tissue

**Intramuscular** - Injection into the muscle, through the skin

**Intravenous** - Injection into a vein

**Leukaemia** - Cancer of the bone marrow of which there are many, a definitive diagnosis is made by the haematologist

**Lumpectomy** - Removal of a lump

**Lymphatic system** - The body's immune system

**Lymph nodes** - A gland involved in fighting infection

**Lymphoedema** - Swelling as a result of blockage to the lymphatic system

**Lymphoma** - Cancer of the lymph glands

**Malignant** - Lump or sample which is cancer

**Mastectomy** - Removal of the complete breast

**Metastasis** - The spread of cancer cells from one part of the body to another

**MRI (Magnetic Resonance Imaging) Scan** - A scan using magnetic rays that produce detailed internal images of the body

**Occupational Therapist** - A person who helps assess needs for daily living for example eating and dressing

**Orally** - Taken by mouth
Palliative Care - Treatment and care when cure is no longer an option

Pathology - Where diagnosis is made

Primary Care - Care in the community for example, GP, District Nurse

Primary Health Care Team - The team working in the community for example, GP, District Nurse

Prognosis - A forecast of the probable course of a disease

Tumour - A swelling or mass of abnormal tissue, can be cancer or benign

Ultrasound Scan - A scan using sound waves to look inside an organ. Non-invasive a probe is passed over the body close to the organ being examined
Smoking is not permitted anywhere in the buildings and grounds of Derby’s Hospitals. For advice and support about giving up smoking please call Free Phone 0800 707 6870.