

**TOGETHER  
WE CAN DO MORE!**

The Counselling and Practical Support Programme "I am changing... BUT I'M STILL ME" is coordinated by PASYKAF's Social Support Service.

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**DONATE YOUR  
HAIR! GIVE  
STRENGTH**



**Together we can  
do much more!**

A Counselling and Practical Support Programme for individuals that are experiencing physical changes as a result of cancer.



Program Sponsor:

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## “I am changing... BUT I’M STILL ME” a Counselling and Practical Support Programme for individuals that are experiencing physical changes as a result of cancer.

Recognising the impact that the side effects of cancer treatments can have on the quality of life of people with cancer, **PASYKAF is launching the Programme “I am changing... BUT I’M STILL ME”.**

The Programme aims to support and help patients smoothly adapt to the changes brought about by the cancer experience by providing comprehensive information and practical support.

People undergoing cancer treatments are often faced with side effects that affect their body image, self-esteem and their quality of life in general.

### **Some of the most common changes that cancer patients may experience are:**

- Hair loss
- Pale skin or changes in skin colour
- Partial or total mastectomy and lymphedema
- Changes in appetite and weight
- Tracheostomy/laryngectomy
- Intestinal stoma
- Changes in sexual functioning

### **AIM OF THE PROGRAMME**

The programme aims to improve the physical functioning and mental health of people with cancer, through the provision of useful information and personalised practical help on issues affecting their body image.

### **The programme includes:**

Practical tips on hair loss issues.

Wig loan and wig maintenance and care tips.

Information material about skin changes and skin care tips.

Provision of useful information on issues related to lymphedema and referral to PASYKAF’s Physiotherapy and Psychological Support Service, where necessary.

Information and advice on changes in appetite, weight and nutrition.

Provision of a nutrition guide to people with pancreatic cancer.

A personal appointment with PASYKAF’s Clinical Dietitian, where necessary.

Useful information regarding laryngectomy and referral to PASYKAF’s Supportive and Palliative Care and the Psychological Support Service as well as to the Group of Laryngectomees.

Practical advice on stomata and early referral to PASYKAF’s Supportive and Palliative Care, Psychological Support Service and Clinical Dietitian.

Information and tips on changes in sexual function in collaboration with the Psychological Support Service.