One of the hardest things we may ever experience is watching someone we love battle with cancer. The reality is that in 4 in 10 cases, someone we love may be affected by their own cancer or through a loved one, family member or colleague being diagnosed. This means that many of us will, at some stage or another, either fight the disease ourselves or watch someone we love in a battle with this disease.

This guide by Sanlam in collaboration with the Cancer Association of South Africa (CANSA), has been created with the help of cancer patients and survivors and aims to offer practical tips on how to provide emotional, physical, financial and lifestyle support to loved ones with cancer.

### Key Considerations:

#### 1. Offering emotional support:
- Stay present. Cancer is so much of the mind as it is the body. You are not alone in this battle to conquer the disease.
- If you're feeling anxious or depressed, seek professional help.
- Don't offer unsolicited suggestions like alternative treatments or chemotherapy. Make sure you're the best support for your loved one.
- If you're feeling overwhelmed by the symptoms of cancer, seek professional help.
- Sometimes, you need to just say something, even if it makes you feel uncomfortable.
- Be patient. Cancer is a long, arduous journey.
- Listen to your loved one, but don't try to fix everything.
- Encourage your loved one to talk about their feelings.
- Be there for your loved one's family when they need someone to talk to.

#### 2. Consider physical support:
- Keep up with your loved one's physical needs.
- Offer to help with daily activities like cooking, cleaning, and running errands.
- Help with transportation to and from appointments.
- Offer to help with child care or other household responsibilities.
- Offer to help with physical therapy or other medical treatments.
- Help with medication management and side effect monitoring.
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- Help with emotional support and counseling.
- Help with mental health support and counseling.

#### 3. Suggestions around financial support:
- Consider illness benefits for your loved one.
- Offer to help with medical bills and other expenses related to cancer treatment.
- Offer to help with transportation costs.
- Offer to help with accommodation if treatments happen far away.
- Offer to help with financial aid.
- Offer to help with tax deductions.
- Offer to help with grief counseling.
- Offer to help with legal representation.

#### 4. Offering lifestyle support:
- Offer to help with physical support and emotional support.
- Offer to help with lifestyle changes and support.
- Offer to help with meal planning and preparation.
- Offer to help with other household responsibilities.
- Offer to help with emotional support and counseling.
- Offer to help with mental health support and counseling.

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