



Trust your instincts; if something feels off, don't hesitate to have it checked out.



Find the right specialist for you



If you're unclear about your recommended treatment, ask questions. Knowledge empowers.



Enlist a companion to jot down notes or record your appointments, ensuring you can revisit the details later.



Discern online resources wisely; opt for credible, reputable sources that align with your unique situation.



Embrace the notion of tattoo and mark-free treatment options.



Prioritize innovation; explore centers at the forefront of advanced treatments



For left breast cancer, consider centers offering Deep Inspiration Breath Hold (DIBH) + AlignRT to safeguard your heart.



Embrace individuality; each person's journey is distinct, shaped by varying cancer types, symptoms, treatment requirements, and potential outcomes.



Remember self-care; during treatment, grant yourself time to recuperate. Your body is battling cancer and healing, deserving the space to recover.



10 TIPS TO HELP YOU MANAGE
YOUR RADIATION TREATMENT

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