

HOW CAN WE SUPPORT PEOPLE WITH BOWEL CANCER?

1.  **30%** of people with bowel cancer say support from others declines over time

2. **People who feel they lack support from others have**



worse quality of life



higher levels of anxiety



higher levels of depression

3. What can health professionals do?

Keep checking people have enough support during recovery



Offer guidance to family and friends about how to support their loved one



Signpost to sources of support



4. What can family & friends do?



- Be available to talk
- Offer practical support for everyday life
- Be affectionate

And **most importantly**, do enjoyable things with your friend or relative – this has the biggest impact on wellbeing and mental health.

Further information

Haviland, J., S. Sodergren, L. Calman, J. Corner, A. Din, D. Fenlon, C. Grimmett, A. Richardson, P. W. Smith, J. Winter, C. members of Study Advisory and C. Foster (2017). "Social support following diagnosis and treatment for colorectal cancer and associations with health-related quality of life: Results from the UK ColoREctal Wellbeing (CREW) cohort study." *Psychooncology* 26(12): 2276-2284