

#### [TRACK 4: FINDING INFORMATION]

[Narrator]

In this next part of the audio program, we will discuss the importance of finding information -- the information you need to deal with your cancer and to find out what other resources may be available to you. There are many excellent sources of information at libraries, in bookstores, and cancer resource centers in your local hospital, at your senior center, or on the Internet.

[Narrator]

When trying to find information about your cancer, keep several important facts in mind. First of all, remember that information about treatment changes rapidly, and you want to be certain that you have current information. Your information should not be more than a year or two old. Second, you want any information you find to be accurate. Look for well-known and reliable sources, such as the National Cancer Institute. You can also ask your doctor, nurse, or social worker to recommend books or other sources of reliable, up-to-date information.

[Nurse]

One of the greatest resources available today is the Internet, which is made up of computers and computer networks that are inter-connected around the world. Many older people feel that they won't be able to use the Internet because they lack computer skills. Yet, one study showed that at least 20 percent of all people who recently started using the Internet were over the age of 50. In fact, it's been estimated that at least 40 million older persons are online -- using the Internet for finding information and sending messages through e-mail.

[Nurse]

You can probably get access to the Internet at your community library, senior center, patient-resource center, or the home of a family member or friend who uses the Internet.

[Nurse]

As you search, you will need to be cautious of the source of Internet information. Just because a Web site has the word "cancer" in it and sounds good may not be enough. It may actually be promoting some type of hoax or something that will cost a lot of money and for which there is no good scientific evidence. Also, be careful about Web sites that ask for money for cancer research or services. Before writing a check or giving your credit card number, check to make sure the group is legitimate. You can do this by calling the Council of the Better Business Bureau at 1-703-276-0100.

[Narrator]

While many cancers can't be cured, they often can be controlled for a long period of time, even years. As time goes by, you may need additional information about your cancer and related problems. Listen to how John found the information he needed.