



Arizona Myeloma Network

We all will be caregivers at some time



Caregiver Syndrome

AZMN CANCER CAREGIVERS PROGRAM™

As a Caregiver, your life will change as you know it. If you do not take care of yourself, you may be at risk for depression, poor health, poor eating and exercise habits, missed work, and stress. One can reduce these risks by asking for help when needed, accepting help when it is offered, taking time for yourself, keeping your own doctors' appointments, and involving family members in the caregiving process.

When you go to the doctor with your care recipient, ask questions and share your concerns. Have your list ready. Join a Caregiver Support Group and/or attend an educational program. Knowledge is powerful. Share your stories and information with others in order to give and receive support. Research available resources through organizations such as the Arizona Myeloma Network, the Internet, library, friends and Community Information, and Referral sources.

Remember, you need to take care of YOURSELF in order to care for OTHERS.

For more information on our Caregiver and other programs, please contact Barbara Kavanagh, Founder and President of the Arizona Myeloma Network at 623-388-6837, or by emailing azmyelomanetwork@cox.net. Please visit our web site, www.azmyelomanetwork.org for more information and resources.

The Arizona Myeloma Network is an equal opportunity organization and will not discriminate on the basis of race, color, religion, sex, age, national origin, sexual orientation, gender identity, disability, or any other basis of discrimination prohibited by law.

20280 N 59th Ave, Suite #115 448 • Glendale, AZ 85308 • 623-388-6837 • Fax – 623-245-6580
Web site: www.azmyelomanetwork.org • Email: azmyelomanetwork@cox.net