



Turning Patients & Caregivers into Advocates

Springboard Beyond Cancer (survivorship.cancer.gov) is an online tool for cancer survivors and caregivers created by the American Cancer Society and the National Cancer Institute. With this tool, patients and survivors can create personalized Action Decks, collections of information to help them better manage their physical and emotional care after a cancer diagnosis. Caregivers can access the information they need to help cope with their challenging role.

Springboard Beyond Cancer provides:

- Information on dealing with side effects from cancer and treatment
- Caregivers with support and resources
- Practical advice about talking to friends and family about cancer
- Questions to ask their health care team
- Help understanding their rights in the workplace

Springboard Beyond Cancer helps patients, survivors, and caregivers communicate more effectively with their health care team and seek support from friends and family.



Visit survivorship.cancer.gov today to start exploring this helpful tool.