

[TRACK 1: INTRODUCTION]

Introduction

[Narrator]

When people face something new in their lives – new people, a new job, or... a new diagnosis of cancer – they often look to others to help them learn what to do. In other *Cancer Survival Toolbox* programs, you'll find information vital to your being your own best advocate, no matter how long ago your cancer was detected. But, people who are recently diagnosed may have questions, issues, and needs not covered thoroughly in other programs.

In this program, entitled "The First Steps to Cancer Survival," we offer guidance to help you take those first steps toward successfully meeting the challenges that a cancer diagnosis can impose. You may want to listen to this program more than once, as it contains a lot of information that at first can be hard to absorb.

"The First Steps to Cancer Survival" is just one of a series of Cancer Survival Toolbox programs. There are also programs on communicating, finding information, making decisions, solving problems, negotiating, and ways to stand up for your rights. In addition, there are other "special topics" programs like ones on finding ways to pay for care and living beyond cancer, as well as programs on different types of cancers. You can listen to or read these programs online at www.canceradvocacy.org/toolbox; you can also download the audio files from iTunes.

The Cancer Survival Toolbox comes with a free Resource Booklet, also available at www.canceradvocacy.org/toolbox. Resources and organizations related to each Cancer Survival Toolbox topic are included. Don't worry about writing down names, web site addresses, book titles and other resources mentioned in this program; they are all included in the Resource Booklet.

Now, let's talk more about first steps.