

Mesothelioma Support

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Saturday, 08 July 2006
Last Updated Sunday, 30 July 2006

Mesothelioma is a dreadful disease for which there is no complete cure. There are various therapies available for people suffering from this malignant cancer and some are showing good signs of being able to extend the life expectancy of sufferers.

But therapies and medical treatment only go so far and the patient and his or her family need support from people outside of the medical profession. It's great to receive high quality treatment from medical specialists who want to give the patient the best chance they can get but sooner or later patients grow tired of being poked and prodded and they need some contact with ordinary people, like themselves who are battling with Mesothelioma.

If you are suffering from the disease then you need to have contact with ordinary people who understand what you are going through. You need to talk to people who are facing the same challenges as you so that you can learn how they are coping. Your loved ones, your family, they need to be able to talk to other families who are confronting Mesothelioma too.

This is not something to be faced on your own and it is not something that your family should face in isolation either.

If you are suffering from Mesothelioma there are groups out there who are only too willing to provide the support and help that you and your family. The disease is becoming so common that support groups are springing up in many places across the world.

In America the National Cancer Institute can put you in touch with support groups within your own community. In Australia there are support groups in every state and the Cancer Council can put you in touch with those groups.

The most important thing to remember is that you are not alone. There are thousands of people diagnosed with Mesothelioma every single year and they are out there waiting to help you and they are also out there in need your help too.

So don't hide away and suffer alone. Join in a support group and the help you get and the help you give will keep you going longer. Look for a Mesothelioma chatroom where you can chat with others online.

Recent tests have shown that those who suffer from chronic illnesses obtain a great deal of benefit from interacting with others online. So look for others online who are dealing with Mesothelioma too.

At the same time as I say that you should not be hiding away I'm also going to tell you that you should be setting aside time for yourself. Find time to be alone, go for walks, get inside your head and come to terms with yourself. Keep a journal to help organize your thoughts and to let others understand you better.

Above all embrace your loved ones and support them too because they are sharing in what you are going through.