

# When You Have Cancer and Heart Disease

It's common to have cancer along with another condition, such as heart disease or high blood pressure. If you have cancer and heart disease, you face more challenges than with either condition alone. What you do to help your heart, lungs, and blood vessels may also help your cancer.



## A heart-healthy lifestyle

When you have cancer, your overall health may affect how well your cancer treatment works. This means it is important to take care of all your health issues, including heart disease. There are things you can do to make your heart and lungs healthier.

If you have heart disease and cancer, consider starting healthy habits like these:

- **Find out what is a healthy weight for you,** and talk to your care team about trying to get to that weight.
- **Make exercise part of your routine.** It may surprise you, but exercise may help you feel better, even if you are not well. Talk with your care team about how much exercise is right for you.
- **Choose healthy foods.** A healthy diet may help control your weight and blood pressure. A healthy diet includes foods like fruits and vegetables, lean protein, and whole grains.

When you have cancer, you may need a special eating plan. Your cancer care team can help you find foods you can eat that also give you the nutrition you need.

## Smart changes

Here are some other ways you may help cancer and heart disease:

- **If you smoke or use other forms of tobacco, quit.** Your healthcare team can offer tools to help you quit. Or visit [smokefree.gov](http://smokefree.gov).
- **Limit alcohol.** Ask your care team if you can drink alcohol while you are being treated. Alcohol may interfere with your treatment. If you want help to stop drinking, call 1-800-662-4357.



Use this space to list some ways your care team can help with your health.

*Find a type of exercise I like.*

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## Heart damage from cancer treatment

Some cancer treatments have been shown to cause heart damage. If you already have heart disease, you may be at higher risk for heart damage from radiation and some types of chemotherapy.

Talk to your care team about your choices for treatment. Sometimes medicines can be used to treat heart problems caused by cancer treatment. You may also need check-ups or tests to watch for heart problems after your treatment is finished.



## Keeping track of it all

When you have cancer and heart problems, you are likely to see many different care providers. Your care team may have someone who helps you with all the details about your care. This person helps solve problems and can keep your care team updated. These services are done by people with different job titles, including:

- Care coordinator
- Patient advocate
- Nurse navigator
- Patient navigator



Write down the contact information for important members of your care team.

Name	Title	Phone number



Write down your questions about taking care of your cancer and heart disease.

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