

When You Have Cancer and Diabetes

It's common to have cancer along with another condition, such as diabetes. If you have both cancer and diabetes, you face more challenges than with either disease alone. The things you do to control your blood sugar may also help your cancer.



Help your health

Many factors that increase your risk of getting cancer are also risk factors for diabetes. These include being inactive and weighing more than is healthy. If you have diabetes and cancer, you can help by 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. This may let your body use insulin more effectively.
- **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 helps you control your blood sugar. 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.

Boost your treatment

When you have cancer, your overall health may affect how well your cancer treatment works. So it is important to take care of all your health issues. Here are two more ways to be healthier overall:

- **If you smoke or use other forms of tobacco, quit.** Your healthcare team can offer tools to help you quit. Or visit 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.

Ask about ways to stop smoking.

Problems with cancer and diabetes

Being treated for cancer can cause problems with controlling diabetes. These include:

- Some medicines given for cancer can raise blood sugar.
- Some cancer medicines can cause nausea, vomiting, and dehydration. Uncontrolled blood sugar can have the same symptoms. Very high blood sugar can be mistaken for side effects of these medicines.



Keeping track of it all

When you have cancer and diabetes, 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 diabetes.

