

COPING WITH A MELANOMA DIAGNOSIS?

*The Melanoma International Foundation
Has the Resources You Need*

**866.463.6663 Toll-Free
610.942.3432**

Compliments of Bristol-Myers Squibb

www.MelanomaInternational.org
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Tips and Resources to Help you Cope...

- Enlist a good support person to help you on this journey
 - Anxiety and sadness are very normal emotions; counseling and medication can help with psychological issues
- Arm yourself with information from scientifically backed sources; the **MIF** website is a safe place to start your research
- Write a list of questions or take a tape recorder to your doctor's visit
- If you are considering a clinical trial, there are many questions to ask and **MIF** can guide you
 - Be sure you are being treated by, or have a second opinion from, someone who is an expert in melanoma
 - Find support and information that is moderated at **www.MelanomaInternational.org**