



**Marie
Curie**



**EasyRead
version**

Living with an illness you will
probably die from
**How to keep comfortable,
healthy and happy**



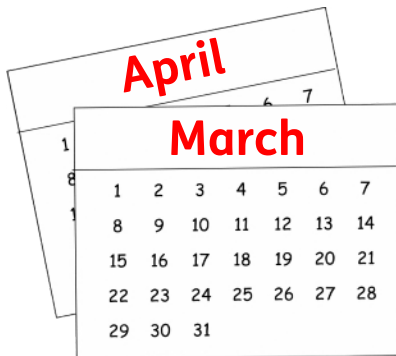
About this booklet



Sometimes people have an illness that cannot be cured and which they will probably die from.



This is often called a **terminal illness**.



Depending on the illness you have, you might live for days, weeks, months or sometimes years.



Marie Curie is a charity. We have written this EasyRead booklet to tell you about different ways you can look after yourself when you have an illness you will probably die from.



You may want to read this booklet with someone you feel comfortable with. You can talk about what this booklet says together.

This booklet talks about:



- keeping active

page 4



- eating and drinking

page 5



- coping with pain

page 7



- coping with your feelings

page 9



- other things that might help

page 10



- sex and relationships

page 14



- enjoying life

page 17



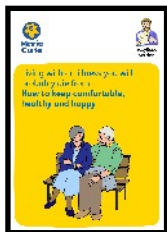
- how Marie Curie can help

page 20



- how you can help us

page 24



- how this booklet was made

page 25



We have four other booklets about living with an illness you will probably die from.



There is a list of these booklets on page 20.

Keeping active



Moving about, even gently, can make you feel better and more in control.



Exercise can help your body and your mind.



Because exercise makes your body work better, it can make you feel better and more relaxed.

Eating and drinking



Being ill, taking medicine or having treatment can stop you eating. This happens to lots of people.



You might not feel like eating if:

- it hurts to chew or swallow



- things taste different



- you feel sick when you smell food.

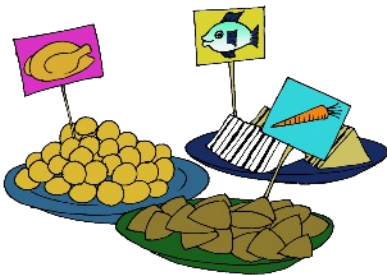


These things might help:

- have small meals or snacks when you feel like it.



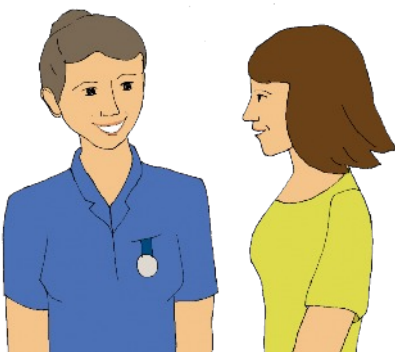
- sit comfortably. If you sit upright, this might help the food go down.



- try different types of food, or add different sauces and flavours.



- choose food you like eating.



Talk to your nurse or doctor (GP) if things get worse or you want to make big changes to what you eat.

Coping with pain



Some people have pain because of their illness, treatment or an operation.



Different people can help with pain:

- doctors



- nurses



- physiotherapists. They help with illness, injuries or moving around using things like massage or exercise



- pharmacists (a person who knows about medicine).



They will look at the best way to manage your pain.



It is important to let your doctor or nurse know if you are in pain.



They can help to keep it under control.

Coping with your feelings



Having an illness that cannot be cured can also affect the way you think about things.



You might feel upset or angry.



You might worry about things you cannot do.



Doctors know it can make pain worse if you are stressed or upset. They know you will need support to cope with your feelings as well as your illness.



It can help to talk about how you are feeling to a friend or someone from your family.

Other things that might help



Complementary therapies and creative therapies are treatments that might make you feel better.



You can have them as well as your medicines, and they might help with pain or sleeping.



These therapies are things like:

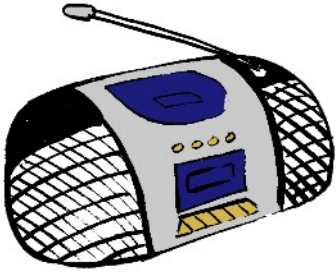
- art therapy



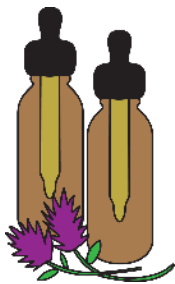
- massage



- yoga or other types of relaxation



- music therapy



- aromatherapy.



There are different ways to get these therapies:



- ask your doctor (GP) or nurse about them



- **The Complementary and Natural Healthcare Council** has a list of therapists on their website:
www.cnhc.org.uk
You may have to pay for these therapists



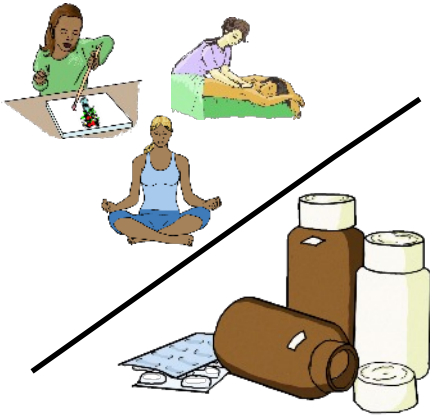
- your local **hospice** or support group might offer some therapies for free or cheaper.



A **hospice** is a place that cares for people who have an illness that they will probably die from and supports their family and friends.



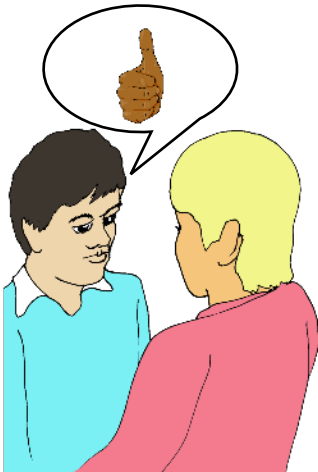
Marie Curie has 9 hospices. You can also find your local hospice on:
www.hospiceuk.org
This website is not EasyRead.



Alternative therapies are different. They are given instead of medicine or treatment.



There is no scientific proof that they work.



Always be careful if someone says they can cure your illness with an **alternative therapy**.



Good therapists do not promise this or ask you to stop having your medicine or treatment. Ask your doctor or nurse if you're unsure.

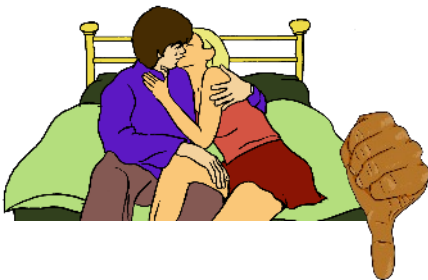
Sex and relationships



Your illness and treatment can change the way you feel and think.



It might be difficult to be close to someone you love. Or it can feel strange to meet someone new.



Kissing, touching each other's bodies or **sexual intercourse** might be difficult because:



- you feel tired, sick, or your body hurts



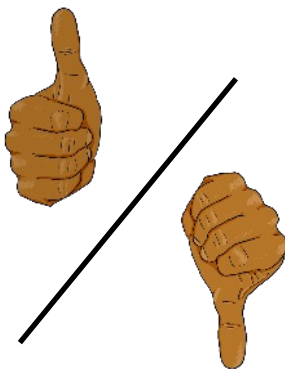
- you do not like how your body looks now



- you cannot be private.



Your illness might change things between you and your boyfriend, girlfriend, husband, wife, partner or civil partner.



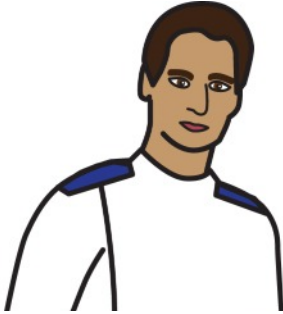
Sometimes things might be better, sometimes things might be worse.



But you may still need to feel close or be held or touched by someone you love.



Even if it is difficult, try to talk about things with your partner.



Your nurse might help you do this or tell you about someone who can.



Talking about it might make you feel better and make you feel closer to your partner.

relate
the relationship people

Relate is a charity that can help with relationships.



Their website is:
www.relate.org.uk
This website is not EasyRead.

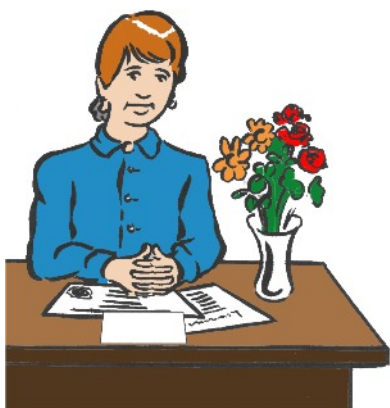


Or you can call them on
0300 003 0396.

Enjoying life



You might start to think about what is important to you and what you enjoy doing.



If you are able to, you could still do things you have always enjoyed doing, like:

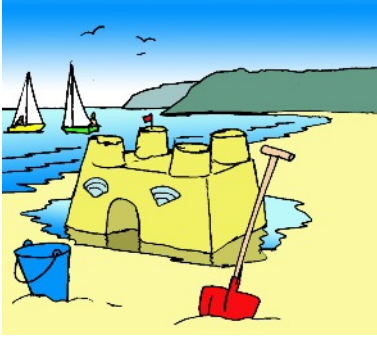
- work



- hobbies



- going out.



You might want to try something new or do things you always wanted to do like:

- go somewhere new on holiday



- go to places with special memories for you



- do things to help people remember you, like making a photo album



- make friends with someone you argued with.



Tell your family, friends, doctor or nurse what you want to do.



This will help them understand what is important to you.

How Marie Curie can help



There are lots of different ways we can answer questions or support you and your family.

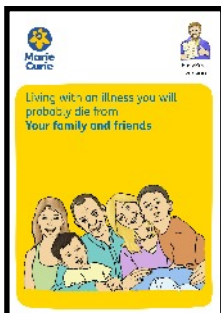
We have more booklets about living with an illness you will probably die from.



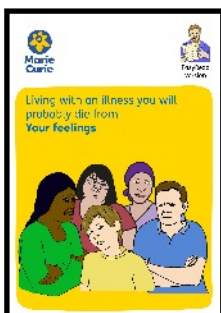
Who can help?



Work, money and getting the best out of life



Your family and friends



Your feelings

We also have booklets about caring for someone with an illness they will probably die from.



Who can help?



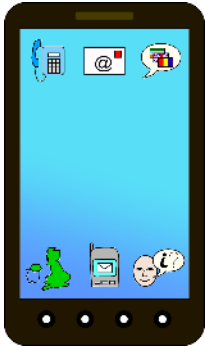
Looking after yourself



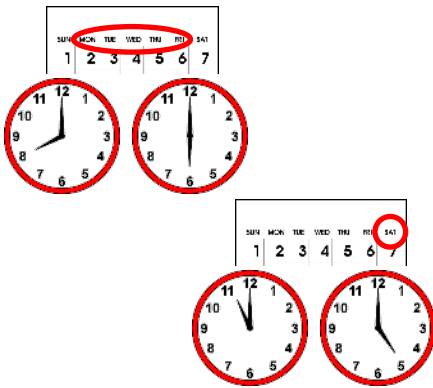
Money and work



We also have a booklet on feelings people might have when someone dies.



You, your family or friends can phone us to talk about what is happening and how you are feeling. You can call our Support Line on **0800 090 2309**.



It is open 8am – 6pm Monday to Friday and 11am – 5pm on Saturdays.

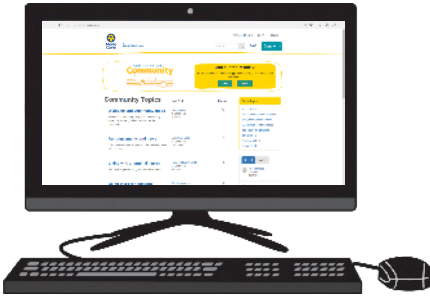


There is also information on our website: **www.mariecurie.org.uk/support**



The information on our website is not EasyRead but if you call us we can explain things to you.

Marie Curie Community



Share ideas or talk to other people with an illness that cannot be cured, and their families:

www.community.mariecurie.org.uk
24 hours a day

Marie Curie Nurses



Some people want to stay in their own home when they are dying. Sometimes, Marie Curie Nurses can help give care at home:

www.mariecurie.org.uk/nurses

Marie Curie Hospices



A hospice is a place that cares for people who have an illness they will probably die from and supports their family and friends:

www.mariecurie.org.uk/help



Marie Curie Companion

Our trained volunteers can visit you for a chat or take you to appointments:

www.mariecurie.org.uk/helper

How you can help us



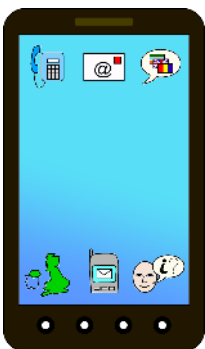
Please tell us what you think about this booklet.



It will help us to write better information for people with an illness they will probably die from.



You can email us at:
review@mariecurie.org.uk



or call our Support Line on
0800 090 2309.

How this booklet was made



This is an EasyRead booklet about living with an illness you will probably die from.

It was written by the charity Marie Curie.

This booklet uses words and pictures to make the information easy to understand.



It meets the European EasyRead Standard.



The **Your Voice Counts** - making EasyRead information.



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www.inspired.pics



How you use this booklet is up to you, not Marie Curie.



You should still get information from your doctor (GP), nurses, or other professionals.



It can help to speak to your doctor or other professionals before you decide about things like your health, care and finances.

Marie Curie – why we're here

We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.

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