

## WHAT IS PALLIATIVE CARE?

Palliative care is specialized care that provides an extra layer of support to patients with serious illnesses such as cancer, and their families.

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It is not the same as hospice care, because it can be given throughout a patient's experience with cancer, beginning at diagnosis and continuing through treatment, follow-up, survivorship, and end-of-life care.

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It can be given in addition to cancer treatment or to those with no curative treatment options; palliative care given near the end of life is usually referred to as hospice care.

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Palliative care addresses many of the challenges that can affect quality of life after a cancer diagnosis, including:

- emotional challenges such as anxiety and depression;
- physical symptoms and adverse effects of the disease and its treatment, such as pain, nausea, vomiting, fatigue, difficulty sleeping, and loss of appetite;
- practical challenges such as navigating the health care system; and
- spiritual challenges.

Adapted from (18)

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