

Mayo Clinic Minute: The right way to talk with someone who has cancer

VIDEO	AUDIO
	Many times, people mean well but don't know the right things to say to someone with cancer.
Lynne Vitagliano Clinical Social Worker Mayo Clinic	"Every person is different. So it would be hard to say that there's any one right question to ask or right thing to say. What I think is most important is to convey genuine care and concern."
	"Offer an invitation rather than a question. So to say something along the lines of, 'I've been thinking of you. I know a lot is going on in your life. I'm here if you'd like to talk.'"
	Mayo Clinic's Lynne Vitagliano (vah-TAG-lee-ah-no) says it's also important how you respond. And the best response is simply listening.
	"Allow them to talk about their experience without feeling the need to kind of jump in with your own advice or suggestions."
	And it's important to show that you care without coming across as insensitive.
	"We want to say something that we think is supportive. So we say, 'I'm sure it'll all turn out OK.' Well, we don't know that, and that's not necessarily true. And so, by saying that, it almost invalidates what they've shared with us."
	"It's not as supportive as saying, 'Wow, you've been through so much this year. And I'm just blown away by your strength. What can I do to help?'"
	For the Mayo Clinic News Network, I'm Jason Howland.