

NOTES OF ENCOURAGEMENT

an inspirational program from AstraZeneca for the biliary tract cancer community



Welcome to Notes of Encouragement. You'll hear from someone who's been diagnosed with **biliary tract cancer**—connecting you with a wide community of support and motivation.



WELCOME TO NOTES OF ENCOURAGEMENT

As a part of this program, you'll hear from a person with **biliary tract cancer**.
You'll also get:

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Tips and advice from others
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Information about CancerSupport+, a support hub for those with cancer
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Features and updates from the Cholangiocarcinoma Foundation (CCF)
- 

Seasonal mindfulness activities to help you stay grounded



*“THERE COULD BE A BRIGHTER TOMORROW.
DON'T GIVE UP HOPE.
HOPE IS IMPORTANT.”*

— Steven W.
Diagnosed with bile duct cancer



MEET THE CHOLANGIOCARCINOMA FOUNDATION (CCF)

The Cholangiocarcinoma Foundation (CCF) is a **global organization** dedicated to improving treatments, while also enhancing patients' and their caregivers' quality of life.

-  Weekly support group sessions
-  A Newly Connected Program that includes free resources and support for patients
-  Educational webinars (like the one you can read about below)
-  CholangioConnect: A mentorship program for patients and caregivers

FEATURED CCF RESOURCE: WEBINAR

The CCF recently hosted a webinar featuring Diane Reidy-Lagunes, an oncologist specializing in gastrointestinal (GI) cancers, including biliary tract cancers.

After a diagnosis, knowing the right steps to take can be overwhelming. But it starts with finding the right doctor. In this webinar, Dr. Reidy-Lagunes walks through the factors to consider when choosing a doctor and building your care team.

Watch the full webinar at cholangiocarcinoma.org

SEASONAL MINDFULNESS ACTIVITY

For this issue's mindfulness activity, we encourage you to **start a gratitude journal**.

This can be a physical journal that you carry with you or just a section in the notes app of your phone.

A gratitude journal can serve as a catalog of moments in time that bring you joy, which can be especially helpful on tough days.

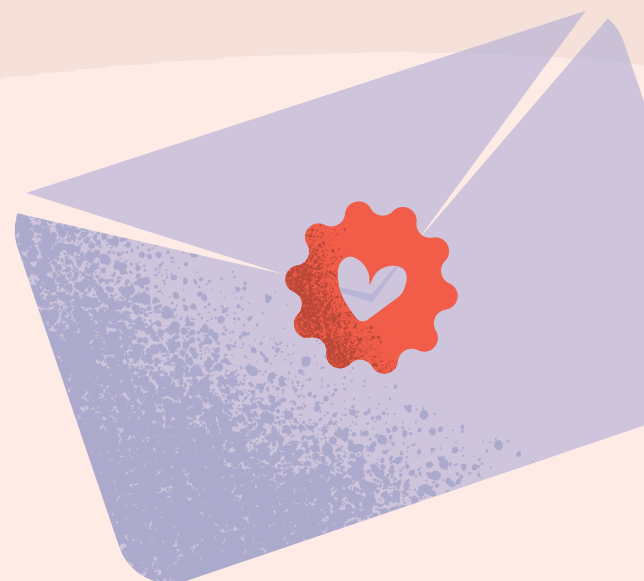


Start with this prompt:
Name 5 people or things around you that you're grateful for. How do they make your life better?

*“WHEN I WAS FIRST DIAGNOSED, I FELT ALONE.
THE ONLY THING I WANTED WAS
TO MEET AND TALK TO SOMEONE.”*

— Steven W.

Diagnosed with bile duct cancer



Keep an eye out for inspirational stories, postcards, tips, and more from Notes of Encouragement in the coming months.

If in the future you no longer want to receive mail from us, you can call AstraZeneca at 1-800-236-9933.

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