

## **Life After Cancer**

### Client's Questions:

"I had cancer about three years ago and now I find every day things such a chore. Emotionally and physically. I've just got a new job and find most of the time I just want people to go away and leave me alone, at home and in work. I'm tired all the time and feel angry or emotional at the slightest thing. I know early menopause could be part of the problem. Any advice would be welcome."

### ScottCounseling Response:

Thanks for contacting ScottCounseling. It's not uncommon for individuals recovering from cancer to be facing some of the feelings and symptoms that you are going through now. Some of the symptoms that you listed: tired, angry or emotional, desire to be alone and finding it difficult to complete task are also symptoms of depression.

Depression is a medical diagnosis. A good option for you to consider would be scheduling an appointment with your medical doctor. It's important that your doctor knows of your cancer treatments and potential menopausal stage in life. It's also important for you to share with your doctor any current medications that you are taking.

As a cancer survivor you already conquered a difficult life challenge. These symptoms of depression are treatable too. Schedule an appointment with your doctor today. There are numerous articles on depression on my Website:

ScottCounseling.com in the Mental Health category.

<http://www.scottcounseling.com/wordpress/category/mental-health/>