

# Financial Toxicity

Now, a Health Minute.

If you are having trouble paying your medical care, especially cancer care, you are not alone. This is referred to as financial toxicity. It is defined as the burden created from the cost of treatment, and the money hardship it brings to patients and their families.

It includes out of pocket expenses to pay for treatments, including medications, missing work, or not being able to work at all.

People who experience this money stress may try to save money by taking less medication than directed, skipping appointments, and spending less time with people and activities they enjoy. This can lead to a poorer quality of life and treatment. If you are having money problems due to your cancer care, talk to your healthcare team. They are there to listen and help.