

## Survivor stories

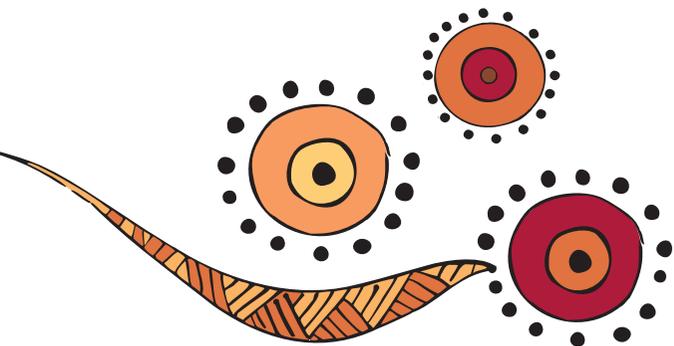
*"They were very good, the health people, every one of them. Especially when you come home and you think you can't manage, the nurses were wonderful."*

*"I was able to see my family which was important to me."*

*"Nobody forced me to have any treatment I didn't want but everyone supported me while I was being treated."*

*"I thought that a lot of cancers were passed down. I didn't realise that it was something you can prevent, I think everyone needs to know this, and if you get it early enough you have got more of a chance."*

*"We have got to encourage our people to talk about cancer, and tell them 'This is what you are going to face if you ever got it, and when you go to the city, this is what you are going to face. Don't be frightened.'"*



**You might like to talk about cancer with your local health worker or liaison officer.**

**Your local Aboriginal Health Worker's or liaison officer's contact details**

**Call the Cancer Council for information and support**

**13 11 20**

**Monday to Friday during business hours.**

**[www.cancerwa.asn.au](http://www.cancerwa.asn.au)**

**Artwork:** *'The Path'* by Valerie Ah Chee

This picture shows that men, women, children and families are all affected by cancer. The path they are on is a path walked by many and that everyone's journey is different. The sun signifies hope and positivity as they battle cancer.

# Let's talk about living with cancer



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## What is cancer?

The body is made up of many cells. Our body constantly makes new cells. These cells help us grow and keep us strong. Sometimes things can go wrong with cells. They can grow into lumps (tumours) called cancer. Cancer can spread to other parts of the body but the good news is that many cancers can be cured if found early. Treatment is generally simpler if cancer is detected early, and this is why people are encouraged to take part as recommended in cancer screening programs (breast, bowel, cervical) and see a doctor or health worker rather than ignore symptoms of possible cancer.

## How is cancer treated?

You may have 1, 2 or all of these treatments.

### Surgery

A surgeon does an operation to remove the cancer.

### Chemotherapy

Chemotherapy is a medicine given to treat or control cancer.

### Radiotherapy

Radiation therapy uses an x-ray machine to treat or control cancer.

## Myth busters

- Not all cancers cause death.
- Your family can come and visit at the hospital.
- Treatment may not take all day.
- Treatment doesn't always make you sick.
- Not everyone loses their hair from cancer treatment.

## Where to look for support

- Talk to your local health worker or liaison officer about concerns like time away from home.
- Your family and community
- Your treatment centre, doctor, social worker and nurse.
- Contact your local health centre and hospital for accommodation and travel arrangements.
- You can also call the Cancer Council on **13 11 20** Monday to Friday during business hours.

## Practical tips for people with cancer

Other people who have experienced cancer found these things useful.

- Rest or sleep for short periods during the day.
- Try light regular exercise, such as short walks.
- Spread out daily activities and ask others to help.
- Eating good, healthy food is important for your body and mind. It is important to eat well and drink lots of water when you are having treatment for cancer.
- Don't feel bad about sharing your feelings.
- If possible talk to other people who have had cancer.

