



CANCER AND YOU



THE MEME

This document was produced through a collaboration between Global Oncology and THE MEME

QUESTIONS ABOUT CANCER

QUESTIONS YOU MIGHT HAVE

This booklet explains what you should expect when you have cancer and what you should do while you are taking chemotherapy to treat your disease.

» What Is Cancer?

Cancer is a disease when parts of your body grow too fast and become out of control. If not treated, cancer can cause serious illness and death.

» What Is Chemotherapy?

Chemotherapy is the medicine used to treat cancer. It helps control the disease. You will get this medicine by injection, orally, or intramuscularly. Your doctor may also need to perform surgery.

» When Will You Receive Medicine?

Your doctor or nurse will tell you when you need to come in for your medicine.

» What are Some Types of Cancer?

Lymphomas, Kaposi's sarcoma, and leukemias are all kinds of cancer. Other common kinds of cancer are esophageal, breast, cervical, lung, and prostate cancer.

» Does Chemotherapy Have Side-Effects?

Chemotherapy is a strong medicine that can make you feel sick in the weeks following treatment. It is very hard but you should not stop taking your medicine. Most problems will go away after treatment.

» Is it Safe to be near People with Cancer?

Yes, it is safe to be near people with cancer. Cancer is not infectious. You cannot get it from someone else. You may still have sexual intercourse, but use protective measures to prevent HIV risk and pregnancy.

Your Questions:

WHAT YOU MAY FEEL AFTER CHEMOTHERAPY

AFTER TREATMENT PROBLEMS

Chemotherapy is a medicine that can make you feel sick. Chemotherapy is very hard but you should not stop taking your medicine. Most problems will go away after treatment.



Hair Loss



Fatigue



Vomiting



Nausea



Constipation



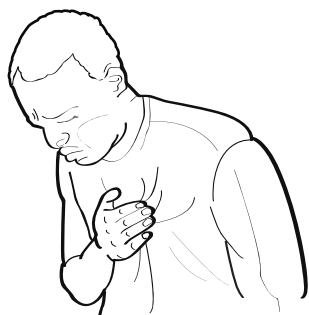
Diarrhea

WHEN TO SEEK MEDICAL ATTENTION



GO TO THE HOSPITAL RIGHT AWAY IF YOU HAVE ANY OF THESE SYMPTOMS.

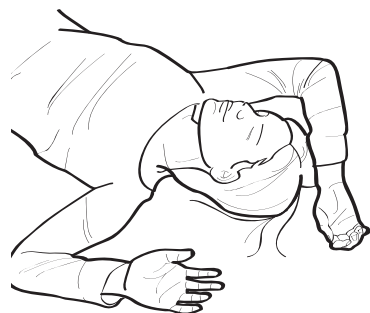
Many problems after treatment are normal but some are not. Talk to your doctor or nurse if you have any of these problems, especially if you feel worse.



Chest Pain



Shortness Of Breath



Fainting



Fever

SIDE-EFFECTS RECORDER

DIRECTIONS

Circle which emotion you feel for each symptom you experienced. Circle how you feel after each cycle of treatment.



Date	Fatigue	Vomiting	Constipation	Diarrhea
CYCLE 1	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 2	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 3	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 4	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 5	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 6	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 7	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
CYCLE 8	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞

Other Side-Effects Experienced: _____

CARING FOR PEOPLE WITH CANCER



Rest

You will be tired from chemotherapy. Take time to sleep and rest. Ask family members to help you with your household duties after treatment.



Cover Your Head

If you lose your hair, you should protect your head by covering it with a scarf or hat.



Eat Well

Avoid spicy food and street food. Eat small amounts of bland, foods of different color, cooked well, food throughout the day.



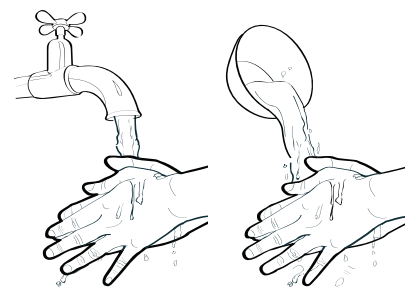
Drink Safe Water

Drink safe water - boil or treat your water before drinking.



Care for Mouth Sores

For mouth sores, mix a pinch of salt with warm, safe water in a small cup or bottle. Rinse your mouth with this saltwater before and after eating, and before sleeping at night.



Wash Hands

Wash your hands with soap and water regularly, especially when you are cooking or around any animals.

Other Suggestions From Doctor: _____

CARING FOR PEOPLE WITH CANCER



» Be Alert

Try not to be around people who are sick. Avoid big crowds and congested housing. You will be more at risk for other diseases like tuberculosis, malaria, and colds while taking your medication.

» Questions About Medicine

If you have any questions about what people with cancer should be doing while taking their medicine, talk to your doctor or nurse.

» Check-Ups

You should go back to the clinic or hospital if you have a high fever or think you are getting sick with another disease. Keep taking your medicines for any other diseases like HIV, tuberculosis (TB), or diabetes.

» Ask For Help

It is safe to be near people with cancer because you cannot get cancer from someone else. The clinical officers and doctors will help you to get better. Cancer patients need love and support from their families.

PATIENT REGISTRATION INFORMATION

DIRECTIONS

Please bring this booklet with you to every clinic or hospital visit. Show this booklet to the doctor, clinical officer, or nurse when you see them.

Patient Name							
Patient Phone Number (#)							
Age				Sex			
Type Of Cancer							
Hospital Name							
Treatment							
Cycle Dates							
1	2	3	4	5	6	7	8