

Survivor stories

"The Aboriginal and Torres Strait Islander health workers and medical / hospital staff told me about my cancer and treatment. They were very helpful and knew what they were talking about."

"The doctors at the hospital were really nice and helped me through my illness."

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

"I survived breast cancer and I am well again." (This can happen with other cancers too.)

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

"The hospital staff were very understanding, respecting my culture, traditions and spirituality."

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

Your local Aboriginal and Torres Strait Islander health worker's or liaison officer's contact details

Call Cancer Council Helpline for information and support on 13 11 20
8am to 6pm, Monday to Friday.



Useful websites

www.cancerqld.org.au www.cancer.org.au

Artwork

'Women's Healing Place' Lilla Watson



The Aboriginal flag,
designed by
Harold Thomas in 1971.



The Torres Strait Islander
flag, designed by
Bernard Namok in 1992.



Let's talk about living with cancer



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 treated if found early.

How is cancer treated?

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

Surgery

A surgeon performs 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 you at the hospital.
- Treatment may not take all day.
- Treatment doesn't always make you feel 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 Cancer Council Helpline on 13 11 20 from 8am to 6pm, Monday to Friday.

Practical tips for people with cancer

Other people who have experienced cancer have 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.