

“ I know someone with cancer ”

WHAT DOES IT MEAN?

Lots of useful stuff to know and do

TOP TIPS

ASK THE DOC

Bupa 

ABOUT THIS BOOKLET

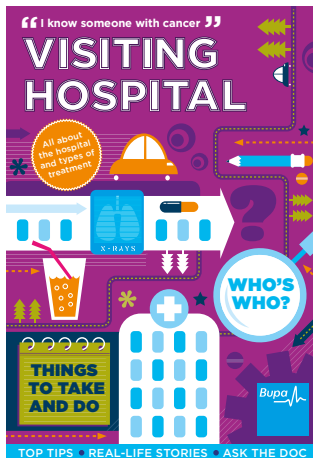
'What does it mean?' has been produced by Bupa. It has been written with the advice of cancer specialists, healthcare professionals and families affected by cancer.

We hope you find it useful.

We want to say a big thanks to all the kids and families who've shared their stories with us for this booklet.



Check out these other booklets in the "I know someone with cancer" series:



You can also find electronic versions of these booklets online at bupa.co.uk/iknowsomeonewithcancer



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Hello

You've probably been given this booklet because someone you know has cancer.

Inside, we'll help to explain what cancer is and take a look at the different ways it might be affecting you and your family.

Hi! My name's Izzy. And that's my friend Jake over there.



There's lots of useful info, handy tips and ideas for ways you could help your family - and yourself.

You can also read the stories of other kids who know someone with cancer.

We hope it helps you out. Take a look inside...

Hey. We know someone with cancer, too - and this booklet helped us get our heads round stuff. See you in a bit.



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... for dealing with feelings

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Write and draw stuff here

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Find out what cancer cells are and look up other words from this booklet in our glossary

10 Make a cuppa card!

Cheer someone up with a card





ASK DOC

Scientists are making new discoveries all the time about cancer and the best ways to treat it.



Doctor Luke James, answers some questions that you might have about cancer.

Q **What is cancer?**

A It's an illness where **cells** grow too fast and cause an unwanted lump. Doctors usually need to remove this lump during an operation, and then afterwards the person will take special medicine to help make sure it doesn't come back.

Look up the words in **bold** on p14 and 15

Q **Do I have it too?**

A It doesn't mean you have cancer if someone you're related to has it. Most cancers don't run in the family so you don't need to worry.

Q **Was it my fault?**

A No way! No one knows why some people get cancer, but it certainly won't be anything you have made happen.



“ When people found out my mum had cancer, they told me about other people who'd had it and had died. That was pretty scary. But then my mum told me that everyone's cancer is different and that lots of people do get better again. ”

Q **Can I catch it?**

A No. You don't need to worry about catching it like a cold or chickenpox, so you can still cuddle up as much as you want.



Erm, Jake, can I talk to you about something?

Q Will they have to go to hospital?

A They might need to visit the hospital for **tests** or **treatment** or they might need to stay in hospital for a little while. They will do what they can to sort out who will take over while they are feeling unwell.

Q Shall I tell my friends?

A It's up to you. Some people think talking to friends can help stop them worrying, but if you'd rather keep it to yourself, that's fine too.



Yeah, sure. What's up Izzy?

Talk time

Here are some people who could help to answer your questions:

The person who has cancer

They may already know lots about their illness.

Another adult in your family

They could ask the person with cancer for you if you don't want to.

ChildLine You can talk to ChildLine online or by phone on 0800 1111 whenever you need to. Whatever your worry, it's better out than in.

ChildLine
0800 1111

www.childline.org.uk

ChildLine is a service provided by the NSPCC. Registered charity numbers 216401 and SC037717.

Use this space to jot down any other questions you have whenever you think of them.

Don't worry if you can't think of any questions right now!



10 IDEAS

for dealing with feelings

Whatever you're feeling, it's OK. There's no right or wrong way of reacting.

Finding out someone you know has cancer can make you have all kinds of different feelings, from sad to mad. Here are 10 things that might help.

1

Body scrunch

If you're feeling worried or having trouble getting off to sleep, this may help you to chill out...



* Slowly take a big deep breath in through your nose and out through your mouth.

* Squeeze every part of your body super tight as you breathe in again. Lift your shoulders to your ears, scrunch up your face, make tight fists, curl up your toes, and clench your tummy and bottom. SQUEEEEEZE!



* Now relax all of your muscles as you breathe out and let yourself go all floppy. Ahhhhhhh! Repeat three times! Feels good, right?



You can do this standing up or lying down!



2

Carry on!

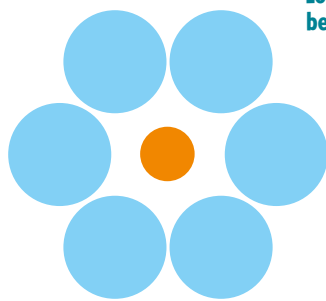
It's totally fine to keep doing and enjoying many of the things you normally do. So whether it's going to the park or playing on the Nintendo - carry on!

3

Brain power

Does your mind keep wandering? Try some puzzles like this one to give your brain something to concentrate on.

You can find more fun puzzles in the Activity book of this series.



Look at the orange circles below. Can you tell which one is bigger?



The answer's at the bottom of the page!

4

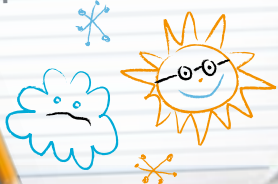
It's good to talk

We usually worry less if we share our feelings, so try talking to your friends, relatives, or anyone you think will be kind about what's going on.

5

Dear diary

If you don't feel like talking to anyone and want a bit of time on your own, that's OK too. Try writing things down or drawing pictures to express how you feel.



6

Pillow punch

Sometimes, what's going on can make you frustrated. You might even get mad with people in your family! Here are some ways to let out your angry feelings without being mean to anyone else.

- ✓ **Punch a pillow**
- ✓ **Screw up old newspapers**
- ✓ **Squish up a big lump of Plasticine®**

7

TV time

Just spending some time with the person who is poorly will show that you care and stop you feeling like you can't help. Tell them about what you've been up to, or watch some TV together.

8

Move it, move it!

If you feel stressed out, use up some energy to make you feel good again. Try one of these.

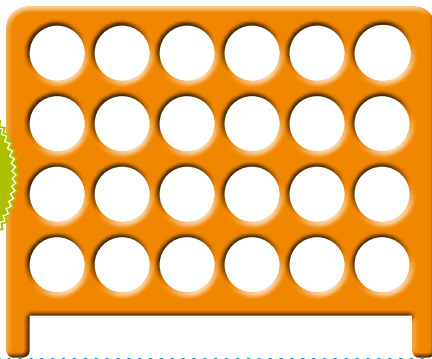
- ✓ **Do some star jumps**
- ✓ **Have a run around in the garden or park**
- ✓ **Play a ball game like footy or catch**



9

Four-in-a-row

Games can take your mind off other things. Play this with someone... Use a different coloured pen each and take it in turns to colour in a circle below. The first to get four in a row wins!



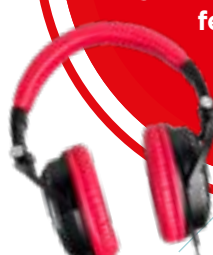
Your row can go up, down, across or diagonally.

10

Listen up!

Listening to music can help you if you're feeling upset. What are your favourite songs? Singing along to them can make you feel better too.

All together now: "La-la-LAAAAAAA!"



WHAT'S HAPPENING?

Hmmf!
You're ALWAYS
on the phone!



Let's take a closer look at how cancer might affect you and your family...

Grumpy grown-ups?



The person you know with cancer may not seem their usual self at the moment. They might snap at you, be more tired and fed up, or look sad or worried sometimes. Or maybe they haven't been able to spend much time with you lately.

* People you know apart from the person with cancer may act differently too and not be sure what to say, but this isn't your fault!

How to react

There's no right or wrong way to react when you find out someone you know has cancer. You might feel shocked at first. You could also feel sad, scared or angry - or you might just feel like you want to carry on as normal.

Remember that people in your family still love you, even if they aren't their normal selves right now.

* All of these are completely OK.

Life at home

Life at home or the usual things you do after school might change when someone you know has cancer. Have any of these things been happening?

I've had to do some extra chores at home.



Family and friends are coming round to the house more often.

My mum/dad isn't at work as much as they were before.

My friends' parents give me lifts to places.

My mum/dad is on the phone a lot more.



* These changes aren't all bad, but they may make you feel anxious and uncertain for a while. If any of the changes are really bothering you, write them down and chat with an adult about them.

3 good things

When things are all jumbled up at home, see if you can think of three good things that have happened in your day. This will help you focus on all the great things that are still going on in your life.

Jot your three good things down here:

You don't have to think of big things to write. Is there anything Jake's thinking about that makes you happy, too?



Make a

CUPPA CARD!

If you want to give a get well card, here's an idea for one you could make.

What you need

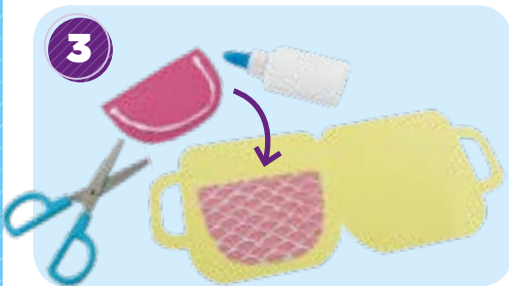
- A4 card
- Pen
- Scissors
- Glue
- Paper
- Tea bag



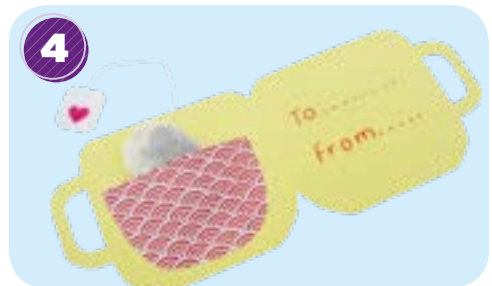
Fold the card in half widthways. Draw a cup with its side touching the card's folded edge like the one in the picture above.



Cut out the cup shape - make sure you leave the folded edge uncut! Carefully cut around the handle - you could ask an adult to help.



Cut a pocket for the tea bag out of some paper slightly smaller than the card cup. Glue along its curved edge and stick it to the inside of the card.



Pop a tea bag (or a hot chocolate sachet) in the pocket and write a message inside the card. After you've given your cuppa card to the person, ask if they'd like a cuppa!

Quick cheer-ups

✓ Watch a movie together.

✓ Write nice messages on sticky notes and leave them around the house.

✓ Fix them a drink or fetch them a snack!



Making my mum feel happy makes me happy too.

✓ Give them a great big bear hug!

✓ Do a crossword together - you could read out the clues!



WHO'S WHO?

Look up the words in **bold** on p15

Let's find out about some of the doctors who are taking care of the person you know with cancer.

GP

Your local family doctor. GP stands for 'general practitioner'.

“ As a GP, I'm usually the first doctor people see if they have any health worries. I'm trained to look out for signs of cancer, and if I think anything is unusual I'll send someone to see a cancer specialist. ”



Cancer specialist

A doctor who is an expert on cancer. They can do different **tests** to work out if someone has cancer, which type of cancer it is, and the very best way to treat it.

Consultant

The senior doctor in charge of looking after a cancer patient. They look carefully at test results and then plan the best **treatment**. They will be in charge of the overall care of the person who is poorly and will work with a team of experts to do this.

DRAW IT OUT

Doodling and writing can be good ways of giving your head time out if it's been filled with lots of new information. Have a go here.

Scribble pad You could use these spaces to draw anything you want, or try one of these ideas...

I did this picture of me!



Draw a picture of yourself



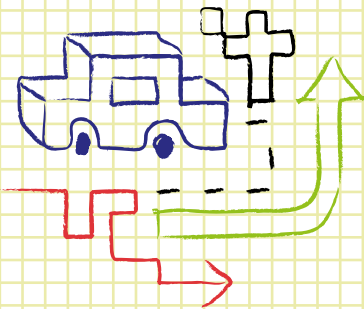
Sketch one of your favourite things

Make a picture out of this scribble



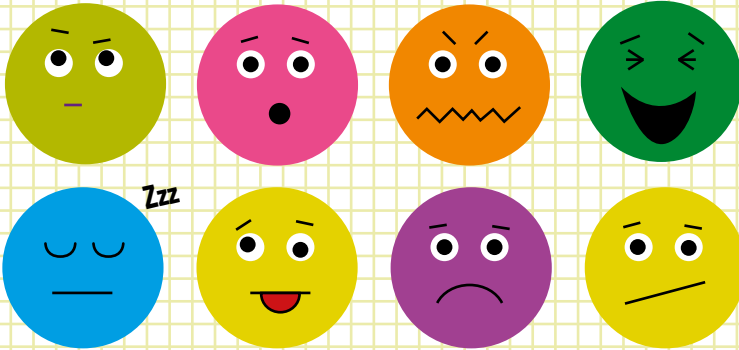
Doodle

Use the grid lines to draw lots of doodles.



Fill-in faces

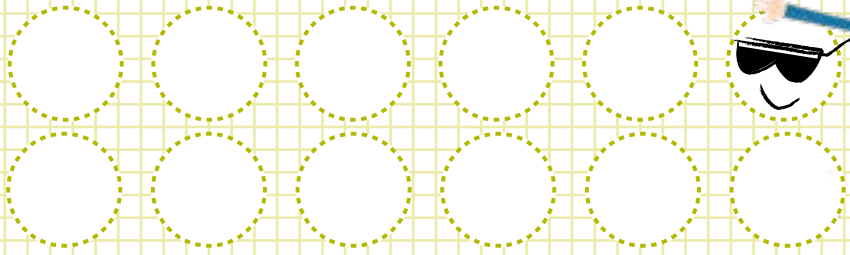
We can feel lots of different things in just one day. How do you think the little faces below are feeling? Look at the words on the right for ideas.



- worried
- angry
- sad
- silly
- confused
- happy
- tired
- surprised

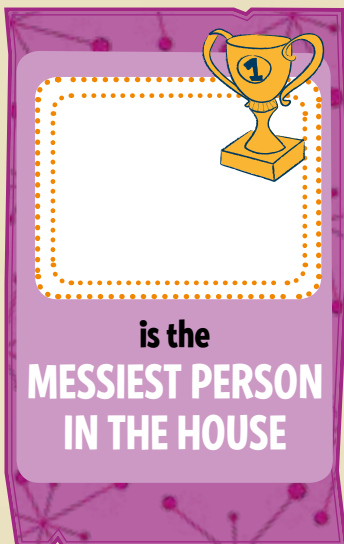
Now have a go at drawing your own expressions here - it could be how you're feeling today or just some silly faces.

I'm feeling pretty cool today!



Silly certificates!

Add the names of friends or family members to these special awards.



WHAT'S IT ALL ABOUT?

That's amazing!



Find out about **cells** to help you understand what's going on.

What are cells?

Our bodies are made up of millions of tiny building blocks called cells. They all have a different job to do to make our bodies work and to keep us healthy.



If you looked at some of your blood cells through a microscope, this is what you'd see.

What are cancer cells?

Cells are usually great at looking after themselves. But when someone has cancer, some of the cells start to grow in an unusual way. They can make a lump called a **tumour**.

Because these cancer cells grow faster than healthy cells, if they aren't treated they can spread to other parts of the body. That's why people with cancer need to have some **treatment**.

Doctors may be able to remove a tumour from the body in an **operation**. Or they can give different types of medicine which may make it shrink or go away.

“ When Dad was off work while he was having his treatment for cancer, we played on the Wii and watched some good TV together. Then when he was feeling better we went on holiday to Dorset. ”



GLOSSARY

A handy list of words you might have heard or read.

BIOPSY (*by-op-see*)

Removing a few tissue cells from the body to test them.

BLOOD TEST Taking a small sample of blood and examining it.

CHEMOTHERAPY

(*key-mo-therapy*) Medicine used to destroy cancer cells.

DIAGNOSIS (*dye-ag-no-sis*)

When doctors have worked out exactly what is wrong with a **patient**, and can give the illness a name.

ONCOLOGIST (*on-kol-oh-jist*)

Another name for a doctor who is a cancer specialist.

ONCOLOGY (*on-kol-oh-jee*)

The study or treatment of cancer.

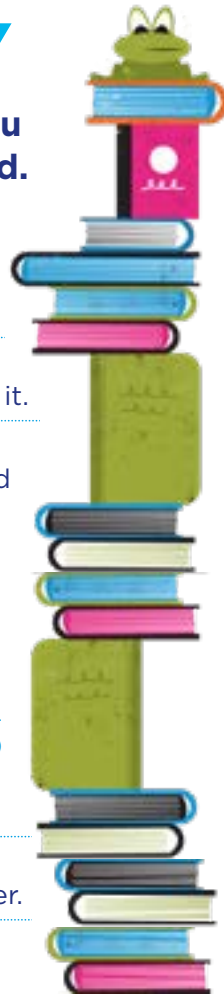
OPERATION When a doctor does **surgery**.

PATIENT A name for someone who is poorly and is being looked after by doctors and nurses.

RADIOTHERAPY A cancer treatment using powerful X-rays.

REFER When a doctor sends a **patient** to a different doctor who knows more about the **symptoms** or illness they have. For example, a family doctor (GP) can refer a patient to a cancer specialist.

Oh, I get it now!



SCAN An image of the inside of the body made by a special computer.

SURGERY When a doctor carefully works on a person's body so they can fix something inside or remove something, like a **tumour**.

SYMPTOMS Changes in a person's body or the way they feel that suggest they may be poorly.

TESTS These are ways to work out whether someone is ill or not. Different types of test are a **biopsy**, a **blood test** and a **scan**.

TREATMENT Medical care given to someone who is ill. For someone with cancer, the three most common treatments are **surgery**, **radiotherapy** and **chemotherapy**.

TUMOUR A growth or lump in the body. Not all tumours are cancerous. A **benign** tumour *isn't* cancer. A **malignant** tumour *is* cancer.

Are there any other strange words you've heard? Jot them down here and ask an adult what they mean.

