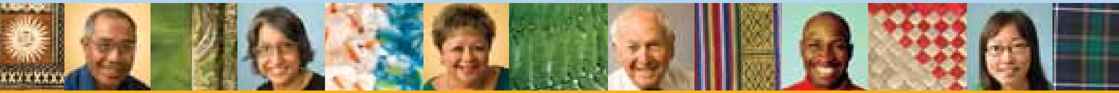
Cancer Society
Te Kāhui Matepukupuku
o Aotearoa

UNDERSTANDING CANCER

Coping with Cancer



Your guide to support and practical help

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Publications Statement
The Cancer Society's aim is to provide easy-to-understand and accurate information on cancer and its treatments and the support available. Our cancer information booklets are reviewed every four years by cancer doctors, specialist nurses and other relevant health professionals to ensure the medical information is reliable, evidence-based and up-to-date. The booklets are also reviewed by consumers to ensure they meet the needs of people with cancer.

Our key messages and important sections have been translated into te Reo Māori.
Our translations have been provided by Hohepa MacDougall of Wharetuna Māori Consultancy Services and have been peer reviewed by his colleagues.

Other titles from the Cancer Society of New Zealand/Te Kāhui Matepukupuku o Aotearoa

Booklets
Advanced Cancer/Matepukupuku Maukaha
Bowel Cancer/Matepukupuku Puku Hamuti
Bowel Cancer and Bowel Function: Practical advice
Breast Cancer/Te Matepukupuku o nga Ū
Breast Cancer in Men: From one man to another
Cancer Clinical Trials
Cancer in the Family: Talking to your children
Chemotherapy/Hahau
Complementary and Alternative Medicine
Eating Well During Cancer Treatment/Kia Pai te Kai i te wā Maimoatanga Matepukupuku
Emotions and Cancer
Got Water?/He Wai?
Kanesa o le susu/Breast Cancer (Samoan)
Lung Cancer/Matepukupuku Pūkahukahu
Melanoma/Tonapuku
Prostate Cancer/Matepukupuku Repeure
Radiation Treatment/Haumanu Iraruke
Secondary Breast Cancer/Matepukupuku Tuarua ā-Ū
Sexuality and Cancer/Hōkakatanga me te Matepukupuku
Understanding Grief/Te Mate Pāmamae

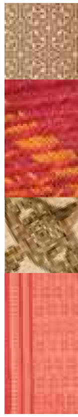
Brochures
Being Active When You Have Cancer
Being Breast Aware
Bowel Cancer Awareness
Gynaecological Cancers
Questions You May Wish To Ask
Talking To a Friend With Cancer
Thermography

'Kia ita!'
Te Taura Whiri i te Reo Māori
MĀORI LANGUAGE COMMISSION

Introduction

This booklet has been written to provide you with information and practical suggestions that will help you during your cancer experience.

For more information on all the subjects mentioned, go to the Society's website to read our information sheets (see the list at the end of this booklet). You can also receive a copy of an information sheet by calling the **Cancer Information Helpline 0800 CANCER (226 237)** or by ringing your local Cancer Society.



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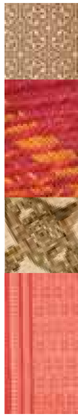
Side effects of chemotherapy and radiation treatment:



A diagnosis of cancer

Discovering that you or someone close to you has cancer can be a shock. It may be difficult to take it all in. You hear the words, but somehow you don’t believe it.

When you are first told you will probably absorb only the most basic information and even that might need to be repeated. This is normal.

You may be tearful and flat for some weeks. You may feel stunned and resentful to see life going on normally around you. It is normal to be afraid of many things, such as the cancer itself, treatment, pain, the effect the cancer has on your family and even death. It can be difficult to make decisions about treatment, what you want to tell family and friends or what to do at home and at work.

It is important to remember that over half the people who get cancer will be cured and, for many others, cancer and its symptoms can be controlled so they can live comfortably for months or years. There is always something that can be done for someone with cancer.

> “It’s not me – they’ve got the wrong person.”
>
> “Ehara ko au – kei te hē rawa rātou.”
>
> **Gill**

He whakataunga matepukupuku

He mea ohorere te rongo kua pāngia koe ki te matepukupuku, kua pāngia rānei tētahi atu ki te matepukupuku. Tērā pea kāore e tere mau ki tō hinengaro. Ka rongo koe i ngā kōrero engari kāore tonu koe e tino whakapono.

I te wā tuatahi ka whakamōhiotia ai koe, tērā pea ko ngā mōhiohio taketake noa iho ka mau i a koe i te mea, kāore pea e tāruatia te kōrero. Kaua e māharahara.

Tērā pea ka tangitangi koe, ka pāpōuri rānei mō te hia o nga wiki. Tērā pea ka āhua noho pōro, ka mānatunatuna anō hoki koe ki te kite, kei te rite tonu ngā āhuatanga katoa o tō ao, i tua atu i a koe. He maha tonu ngā mea whakamataku, pērā ki te matepukupuku, ki ngā mamae ka pā i ngā wā maimoatanga, te pānga ki tō whānau,

ki te matenga hoki o te tangata. Tērā pea, he mahi uaua te whakatau i te maimoatanga tika hei whai, he aha te kōrero ka hoatu koe ki tō whānau, ā, ka aha koe i te kāinga, tō mahi rānei.

He mea nui kia mōhio koe, ka ora mai anō, neke atu i te haurua o te hunga pāngia ana ki te matepukupuku, ā, mō ētahi atu, ka taea te whakahaere i te matepukupuku me ōna tohumate hoki kia noho pai mō te maha o ngā marama, ngā tau rānei. He nui tonu ngā mea ka taea te mahi mā ngā tāngata e pāngia ana ki te matepukupuku.

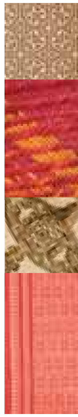
Emotional support

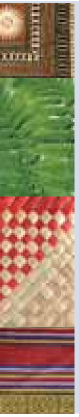
Some people may have particular concerns – they may be worried about the change in their appearance after surgery and how it will affect their lives and relationships. Younger people may be worried about fertility following treatment (this should be discussed with your specialist). Other people may feel that they are not getting enough personal support to help them deal with their cancer.

It may be helpful to talk about your feelings with your partner, family members, friends or with a cancer nurse, your local Cancer Society, counsellor, social worker, psychologist or your religious/spiritual adviser.
You may wish to talk to someone else who has had a similar experience. (Contact your local Cancer Society to talk to someone who's been through a similar experience.)

Tautoko ā-ngākau

He pai te kōrero mō ō kare ā-roto me tō hoa rangatira, tō whānau, ō hoa, ki tētahi tapuhi matepukupuku, to Kāhui Matepukupuku ā-rohe rānei, ki tētahi tauwhiro, tētahi kaimātai hinengaro, ki tō pouārahi wairua hoki.
Tērā pea ka hiahia koe ki te kōrero ki tētahi atu tangata kua whai āhuatanga pērā ki a koe. Whakapā atu ki tō Kāhui Matepukupuku ā-rohe ki te kōrero ki tētahi atu kua whai ahutanga pērā ki a koe.





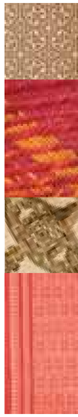
> “I did a lot of visiting.
> I wrote to people; even my father, he didn’t write back because that’s the way he is.”
>
> **Alofa**

Sometimes, you may find your friends and family do not know what to say to you: they may have difficulty with their feelings as well. Some people may feel so uncomfortable they avoid you. They may expect you to lead the way and tell them what you need. You may prefer to ask a close family member or friend to talk to other people for you.

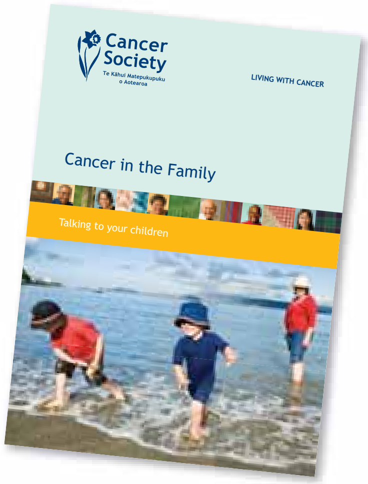
Anyone you tell needs time to take it in and to come back with his or her questions and fears – just like you. You can help them to adjust, just as they can help you. But remember that while you are having treatment your needs should come first. If you do not feel like talking, or you cannot cope with any more visitors, say so. If there are practical things they can do to help, let them know. Some friends are better at doing something practical to help than they are at sitting and talking. Everyone is different, and some may find it so difficult that they stop visiting for a while.

Your cancer care team understands the impact of cancer and can help more if you are open and tell them of your emotional and coping concerns. For details of additional support services available, phone the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)**.

The roles in the family can be affected, such as when family members are unable to work or take responsibility for things they did before or since their diagnosis of cancer. Communication patterns can be disrupted. People may be afraid to say things to each other in the same way as they did before. You might find it helpful to talk to a counsellor or someone else who has been through a similar experience. Contact your local Cancer Society about the Cancer Connect Service (see page 45 for more information).



Talking with your children



How much you tell children will depend on how old they are. Young children need to know that your cancer is not their fault. They also need to know that you may have to go into hospital. Slightly older children can probably understand a simple explanation of what is wrong. Teenagers can understand much more. All children need to know what will happen to them while you are in hospital, who will look after them and how their daily life will be affected.

Sometimes, children rebel or become quiet. Keep an eye on them or get someone else to, and get help if you need it; for example, from the school, a counsellor or a hospital social worker.

The Cancer Society has a booklet, *Cancer in the Family*, written to support parents and carers in the difficult task of talking with your child or children about cancer. To get a copy of this booklet, contact your local Cancer Society, phone the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)** or download it from our website at **www.cancernz.org.nz**.

> “There was something growing in my body that wasn’t supposed to be there. It is called cancer. The doctors took it out in the operation I had. Now I will have treatment so it doesn’t grow back. If you have any questions about cancer, you should ask me. Sometimes you hear frightening things about cancer. I will tell you what we know about my cancer.”
>
> **Marie talking to her nine-year-old daughter**

Supporting your young adult children

Young adults are starting to live a much more independent life. When a parent is diagnosed with cancer, it presents a whole lot of new and difficult challenges. They may be getting ready to leave or have left home for a new job or study. Parents don’t want to burden them with the news. They are tempted to ‘lessen the load’ by making things sound better than they are and telling half-truths to make the telling easier.

Young people can be unpredictable in their response. They may be uncomfortable about their thoughts and feelings about your cancer. Some young adults become anxious and feel they need to move back home to care for you. Reassure them that you’ll keep them updated. Some may withdraw from you and have very little contact. Others may indulge in risk-taking behaviour. Give them room to react without judgement. Let them know that you

still care about their safety. Try to keep an eye on them and ask a friend or family member to act as their mentor and supporter.

If they are living at home, let them know that the old rules still apply and that they might need to help more on occasions; for example, with shopping, housework and cooking. Let them know what support you have, such as family and friends and health professionals. Encourage them to keep up their usual activities, social life and studies or job. Tell them how much you appreciate contact with them.

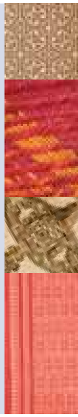
Your treatment team

From the time that you are first diagnosed with cancer you will be cared for by one or more of a team of health professionals including:

- your family doctor
- cancer nurse specialists, who specialise in the care of people with cancer
- a surgeon, who specialises in your type of cancer
- a pathologist, a doctor who diagnoses disease by studying cells and tissues under a microscope
- a radiation oncologist, a doctor who specialises in the use of radiation in the treatment of cancer
- a medical oncologist, a doctor who specialises in the use of drug treatments for cancer
- radiation therapists, who prepare you and give you your radiation treatment
- nurses, who give chemotherapy and monoclonal antibody treatments, and support you through your treatment
- social workers, counsellors, physiotherapists, dietitians and occupational therapists, who will advise you on the support services available, and help you get back to normal activities.

Ideally, your hospital should have all available means of diagnosis and treatment, although this will not be the case in some areas.

> “I’m the type of person to ask questions, they [the team] were really kind – not patronising ‘kind’. They were very patient explaining to me.”
>
> **Selei**



Travel to treatment

If you need to travel to treatment, talk to your social worker as you may be eligible for travel and accommodation assistance. There is a useful brochure titled “The National Travel Assistance Scheme: Your guide for claiming travel assistance” which you may like to read. Find this brochure on the Ministry of Health’s website at http://www.health.govt.nz/yourhealth-topics/health-care-services/hospitals-and-specialist-services/travel-assistance. If you need to stay overnight, the Cancer Society has accommodation close to all six major cancer treatment centres. Check too with your local Cancer Society about volunteer driving services.

Te haere ki ō maimoatanga

Mehemea me haere rā anō koe ki wāhi kē mō ō maimoatanga, kōrero ki tō tauwhiro, tērā pea ka āhei koe ki te tono āwhina haere waka, noho whare hoki. He whai kiko tētahi puka iti, “The National Travel Assistance Scheme: Your guide for claiming travel assistance” te ingoa, tērā pea ka hiahia koe ki te pānui. Kitea ai tēnei puka iti i runga i te paetukutuku a te Manatū Hauora i http://www.health.govt.nz/yourhealth-topics/health-care-services/hospitals-and-specialist-services/travel-assistance. Mehemea me noho koe mō tētahi pō, he wāhi noho wā te Kāhui Matepukupuku tata ki ngā pokapū maimoatanga nui e ono. Whakapā atu ki tō Kāhui Matepukupuku ā-rohe mō ngā ratonga taraiwa tūao.

> “It’s like a home away from home [Society accommodation]. We do all our own cooking and washing. You still have to look after those things yourself. It’s not like a hospital. It’s really good to meet people, talk about it, but you’ve got your own room and your own time.”
>
> **Melinda**

Making decisions about treatment

Sometimes it is difficult to make decisions about what is the right treatment for you. You may feel that everything is happening so fast that you do not have time to think things through. It is important not to be rushed into a decision; it must be the right one for you.

While some people feel they are overwhelmed with information, others may feel that they do not have enough. Understanding your illness, the possible treatment and side effects will help you to make your own decisions.

If you are offered a choice of treatments you will need to weigh their advantages and disadvantages. You may want to ask your cancer doctor whether the benefits of treatment outweigh the side effects. If only one type of treatment is recommended, ask your doctor to explain why other treatment choices have not been advised.

> “At first I wondered if ignorance was bliss, but after a week I thought ‘No’. It’s my body and I want to know what is going to happen, and I want to know if I make a decision what will happen.”
>
> **Silei**

Te whakatau ko tēhea maimoatanga pai

I ētahi wā, uaua tonu te whakatau ko tēhea te maimoatanga pai mōu. Tērā pea ka whakaaro koe kei te tere rawa te haere o ngā mahi, kāore koe e tino whai wā ki te āta whakaaro i ngā ahutanga katoa. He mea nui kia kaua koe e akiakitia ki te tere whakaputa i tō whakatau; ko te mea pai rawa mōu te mea tika.

Mehemea ka whakaratoa he kōwhiringa maimoatanga ki a koe, me kaha koe ki te whakaaroaro i ngā piki me ngā heke, tērā pea ka hiahia koe ki te uiui i tō rata matepukupuku, ki te pātai mehemea he pai ake te hua ka whai i ngā maimoatanga, e ai ki ngā pānga ka puta ki te taha.

Talking with doctors

You may want to see your doctor a few times before making a final decision on treatment. It is often difficult to take everything in, and you may need to ask the same questions more than once. You always have the right to find out what a suggested treatment means for you, and the right to accept or refuse it.

Before you see the doctor, it may help to write down your questions. The Cancer Society has a booklet titled *Questions You May Wish To Ask*. To receive a copy, call the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)**, contact your local Cancer Society for a copy or view and download a copy on the Cancer Society's website **(www.cancernz.org.nz)**.

Cancer Society
Te Kāhui Matepukupuku o Aotearoa
UNDERSTANDING CANCER
English
Questions you may wish to ask
A guide for people with cancer

Taking notes during the session can also help. You may find it helpful to take a family member or friend with you, to take part in the discussion, take notes or simply listen. Some people find it is helpful to record the discussion.

Te kōrero ki ngā rata

I mua i tō haere ki te kite i tō rata, me tuhituhi pea koe i ō pātai. Kei te Kāhui Matepukupuku tētahi puka ko *Questions You May Wish To Ask* te ingoa. Ki te hiahia kape koe, waea atu ki ngā tapuhi mōhiohio matepukupuku i runga i **Cancer Information Helpline 0800 CANCER (226 237)**, me whakapā atu rānei ki tō Kāhui Matepukupuku ā-rohe mō tētahi kape, tētahi tirohanga rānei, ka tikiake i tētahi kape i te paetukutuku o te Kāhui Matepukupuku **(www.cancernz.org.nz)**.

Talking with others

Once you have discussed treatment options with your doctor, you may want to talk them over with someone else, such as family or friends, specialist nurses, your family doctor, the Cancer Society, the hospital social worker or chaplain, your own religious or spiritual adviser or another person who has had a similar cancer experience.

Contact your local Cancer Society to talk to someone who's been through a similar experience through the Cancer Connect telephone peer support service or call the **Cancer Information Helpline 0800 CANCER (226 237)** for more information.

A second opinion

You may want to ask for a second opinion from another specialist. Your specialist or GP can refer you to another specialist. You can ask for copies of your results to be sent to the second doctor. You can still ask for a second opinion even if you have already started treatment or still want to be treated by your first doctor.

He whakataunga tuarua

Tērā pea ka hiahia koe ki te whai whakataunga tuarua mai i tētahi atu mātanga. Ka āhei tō mātanga, tō rata GP rānei ki te tuku i a koe ki tētahi atu mātanga kia tirohia ai koe. Ka āhei koe ki te tono kape o ngā whakakitenga mōu ka tuku ki te rata tuarua. Ka āhei tonu koe ki te tono whakataunga tuarua ahakoa kua tīmata kē koe ki te whai maimoatanga, kei te hiahia tonu rānei koe kia whai i ngā maimoa a tō rata tuatahi.

Taking part in a clinical trial

Clinical trials are research studies to find better ways to treat cancer.

If your doctor suggests taking part in a clinical trial, make sure that you fully understand the reasons for the trial and what it means for you. Before deciding whether or not to join the trial, you may wish to ask your doctor:

- What is the standard (best available) treatment for my cancer if I don't go in the trial?
- Which treatments are being tested and why?
- Which tests are involved?
- What are the possible risks or side effects?
- How long will the trial last?
- Will I need to go into hospital for treatment?
- What will I do if any problems occur while I am in the trial?
- Will I need to come to hospital more often?

If you do join a clinical trial, you have the right to withdraw at any time. Doing so will not affect your treatment for cancer. It is always your decision to take part in a clinical trial. If you do not want to take part, your doctor will discuss the best current treatment choices with you.

The Cancer Society has a booklet titled *Cancer Clinical Trials*. To receive a copy, call the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)**, contact your local Cancer Society for a copy or view and download a copy from the Cancer Society's website **(www.cancernz.org.nz)**.

Coping with side effects

You will find that there are physical changes as well as many emotional changes to cope with. It is important that you and the people around you are prepared. This could include your partner, employer and family members.

Te whakahaere i ngā pānga ki te taha

Ka mārama koe he nui ngā rerekētanga ā-tinana, ā-ngākau hoki hei whakahaere māu. He mea nui kei te noho takatū koe me ngā tāngata e awhi ana i a koe. Tērā pea ko tō hoa, ko tō kaiwhakawhiwhi mahi, ko tō whānau hoki.

Tiredness

Many people find that tiredness is a major problem. Travelling to and from hospitals and clinics for treatment and appointments is very tiring. If you work during the treatment or if you have a home and a family to care for, you will almost certainly be very tired. Some people having cancer treatment say their tiredness is overwhelming and unlike any tiredness (fatigue) they have felt before. Sometimes it cannot even be fully relieved with rest.

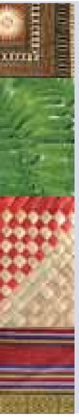
Your tiredness may continue for quite a while, even after treatment has finished. Some people find that it takes them up to one or two years to feel really well again. It may help to talk with your family and friends about how you feel and discuss ways in which they can help you. You may need to plan your activities during the day so that you get regular periods of rest. The Cancer Society has an information sheet titled “Cancer-related Fatigue”. To receive a copy, call the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)**, contact your local Cancer Society for a copy or view and download a copy on the Cancer Society’s website **(www.cancernz.org.nz)**.

If your fatigue is caused by low levels of red blood cells or the side effects of drugs that you are taking, your doctor will be able to treat this.

Tips that will help relieve your tiredness

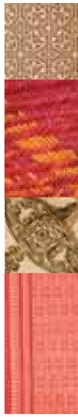
Not all of these things will work for everyone but you may be surprised how small changes can help to save your energy:

- Plan your day. Set small, manageable goals.
- Don’t be afraid to ask for help: ask a friend to do the shopping or come to clean the house once a week.
- Try not to rush: leave plenty of time to get to appointments.
- If you are fit enough and your doctor has said it is okay, get some exercise. This may be the last thing you feel like doing, but research shows that exercise can boost energy levels and make you feel better. Even if you just walk around the garden or block a few times a week, it all helps.



> “It took me another three months after treatment to get over it. Having it every day, you get tired by the end of the week. I was determined – we got through it.”
>
> **Reg**

- Smoking reduces your energy. If you smoke, talk to your doctor or the **Quitline** on **0800 778 778** about stopping.
- If you have young children or grandchildren, try to play with them sitting or lying down: board games, puzzles and drawing are good ideas.
- Eat nutritious meals and snacks throughout the day to keep your energy levels up.
- Try to take some time out to do things that you enjoy. For example, having a relaxing bath, listening to some music or just being with your pet may help you relax and, for a short time, take your mind off how tired you feel.
- Use Facebook, texting and emails to update friends and family on how you are.
- Use an answerphone to filter calls.



- Join a Cancer Support Group or education programme. Talking about your feelings can ease the burden of fatigue, and you can hear how other people in similar situations have managed. To find a group, call the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)** or contact your local Cancer Society.

Te whakahaere i ngā pānga ki te taha ka puta

Ngengetanga

Tokomaha te hunga kua kī ko te ngengetanga tētahi raruraru nui.

Kōrero whakamahiri hei whakahirihiri i tō ngengetanga

- Āta whakarite mahere mō tō rā. Whakaritea he whāinga pakupaku, māmā hoki te whakahaere.
- Kaua e mataku ki te tono āwhina: tonoa tētahi hoa ki te haere ki te toa mōu, ki te whakamā rānei i tō whare, kotahi te wā ia wiki, ia wiki.
- Kaua e tere rawa te haere: me nui te wā me whakarite koe mō ngā wā kei te puta koe mō ētahi whakaritenga.

- Me whai kori tinana koe mehemea e āhei ana koe, mehemea he pai noa iho ki tō rata. Kāore noa iho pea koe e hiahia ki te whai korikori, heoi anō, ka pai ake tō āhua, ka piki hoki ō taumata pūngao nā te mahi kori tinana. Ahakoa, he hīkoikoi noa iho i tō māra, i te poraka rānei, ia wā i te wiki, he aha mā tērā!
- Ka whakaiti ake te mahi kai hikareti i tō pūngao. Mehemea he tangata momi hikareti koe, me kōrero ki tō rata, ki te **Quitline** rānei i runga i **0800 778 778** e pā ana ki te mahi whakamutu.
- Mehemea he tamariki āu, he mokopuna rānei, me ako ki te tākaro me rātou me te takoto tonu ki raro: ko ētahi whakaaro pai, ko ngā tākaro ā-papa, ngā pangahono me ngā mahi tā.
- Me kai i ngā kai whai painga me ngā paramanawa whai painga i te rā kia noho piki ai ōu taumata pūngao.
- Whakawāteatia mai he wā mōu ki te mahi i ngā mahi pai ki a koe. Ko te haere ki te kaukau whakapārore, ki te whakarongo rānei ki ētahi pūoro, ki te noho noa iho me tō mōkai, ngā mea tērā pea ka āwhina i a koe ki te pārore, ā, mō te wā poto, he hiki i tō wairua kia kore ai koe rongo i te ngengetanga.
- Whakamahia a Facebook, ngā mahi pātuhi me ngā mahi tuku īmēra hei hoatu kōrero whakahou ki ngā hoa me te whānau e pā ana ki tō oranga.
- Whakamahia he waea whakautu hei tātari i ngā whakapānga waea.

- Me hono atu ki tētahi Rōpū Tautoko Matepukupuku, tētahi hōtaka mātauranga rānei. Mā te kōrero mō ōu kare ā-roto e whakamāmā ake i te taumahatanga o te ngengetanga, ā, ka āhei koe ki te whakarongo, i pēhea te whakahaere a ētahi atu rite ana ki a koe, i tō rātou mate. Ki te hiahia kimi rōpū koe, waea atu ki ngā tapuhi matepukupuku i runga i **Cancer Information Helpline 0800 CANCER (226 237)**, me whakapā atu rānei ki tō Kāhui Matepukupuku ā-rohe.

Side effects of chemotherapy and radiation treatment: Fever, nausea and vomiting

If you are having treatment, you may not feel well. Treatment (including surgery, chemotherapy and radiation treatment) can cause a variety of symptoms, including fatigue, nausea, vomiting, fever and infections. While some of these side effects are unpleasant, others can pose risks to your health and recovery.

Fever and infection are much more common with chemotherapy than they are with radiation treatment. A fever can be a sign that your body has an infection. Fevers can also cause other problems, such as chills, shivering and headaches. It is important, therefore, to investigate the cause of infection and to treat it appropriately. It is also possible to have an infection but to not have a fever – just to feel unwell. In either case, contact your doctor immediately.

If fever develops (if your temperature is 38 degrees or over) or you feel unwell, even with a normal temperature, don't wait to see what happens – take action quickly. Contact your cancer doctor or nurse and follow the advice given.

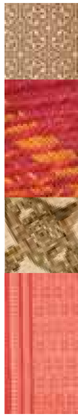
Ngā pānga ka puta i te taha nā runga i te maimoatanga hahau me te iraruke: Te kirikā, te whakapairuaki, te ruaki

Mehemea kei te whai maimoatanga koe, tērā pea ka āhua māuiuitia koe. Ka puta te maha o ngā momo tohumate nā runga i ngā maimoatanga (pērā ki te mahi hāparapara, mahi hahau, me te mahi iraruke), tae noa ki te hūhi, te whakapairuaki, te ruaki, te kirikā me ngā whakapokenga. Hāunga te weriweri o ētahi o ngā pānga ki te taha, arā pea ētahi atu pānga kino rawa mō tō hauora me tō hoki anō ki te ora.

Many people are aware that nausea and vomiting are common side effects of chemotherapy. With radiation treatment, nausea and vomiting may occur depending on the site of the treatment. There are some things you can do to help with nausea:

- Follow instructions for anti-nausea medicine.
- Get plenty of rest.
- Relax and try to distract yourself.
- Wear loose-fitting clothes.
- Rinsing can help remove a bad taste in your mouth.
- Try taking small sips of fluids or sucking on ice cubes.
- Crackers or toast can help.
- Have another person stay with you.
- See the Cancer Society booklet *Eating Well During Cancer Treatment* for further hints on managing nausea.

Nausea and vomiting can be signs of a serious problem, especially if they interfere with your ability to take oral medication or cause bleeding or pain. Nausea and vomiting may be due to causes other than chemotherapy or radiation treatment and should be investigated by your cancer doctor or nurse.



Me āta tirohia e tō rata matepukupuku, tō tapuhi rānei. He tohu kino te mahi whakapairuaki, te ruaki rānei, tae noa ki ōna kaha ki te whakararu i tō aheinga ki te kai rongoā ā-waha, ki te whakarere i tō toto, ki te whakaputa i te mamae rānei. Tērā pea nā tētahi atu take i puta ai te mahi whakapaiaruaki, te ruaki rānei, i tua atu i te mahi haumanu hahau, iraruke hoki. Me āta tirohia e tō rata, tō tapuhi matepukupuku rānei.

Hair loss

Some chemotherapy drugs cause hair loss due to weakened hair follicles. Depending on the type of chemotherapy you receive, hair loss may start anywhere from seven to 21 days after treatment begins. After treatment finishes your hair will re-grow slowly, sometimes over a period of months. Radiation treatment to the head or scalp, however, can cause permanent hair loss.

Hair can come out at different rates. It may come out in handfuls or it may come out in patches. Your head can be sensitive when you lose your hair.

> “I’d always been proud of having really long hair and I think I coped well. I got it cut shorter and shorter as I came up to treatment.”
>
> **June**

A government subsidy is available towards the purchase of a wig or head covering. A medical certificate is required for this. Your cancer treatment centre should provide you with the form and certificate.

For women having treatment for cancer, Look Good...Feel Better is a programme teaching make-up and skin care techniques. Wig suppliers are also there to show you wigs, turbans and scarves.

Te makeretanga makawe

Ka puta te makeretanga makawe nā runga i te mahi a ngā whakapōauau hahau ki te whakaruhi i ngā ruahuru. Ka tīmata pea te makere makawe mai i te rā tuawhitu, ki te rā 21 whai muri i te tīmatatanga o ngā maimoatanga. Mutu mai ana ngā maimoatanga, ka tipu anō ō makawe, tērā pea mō te roa tonu o ngā marama. Hāunga te maimoa iraruke ki te ūpoko, tērā pea, ka makere ngā makawe mō ake tonu atu.

Kei te wātea he pūtea tāpiri kāwanatanga hei āwhina i tō hoko uru whakapīwaru, pōtae rānei. Me whai tiwhikete ā-rongoā mō tēnei. Ko te tikanga, mā tō pokapū maimoa matepukupuku e whakarato puka whakakī me te tiwhikete ki a koe.

Bowel problems

After surgery or cancer treatments – such as radiation treatment and chemotherapy – some people have problems with their bowels; for instance, constipation, diarrhoea or wind pain. Talk to your doctor, nurse or dietitian about your symptoms. There may be some simple treatments they can advise. Some people may need to change their diet or take medication.

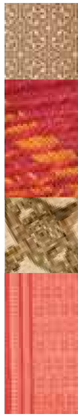
Some chemotherapy drugs are known to cause diarrhoea. You may be prescribed medication to control this. Make sure you take this medication as prescribed. If diarrhoea persists, seek medical attention and advice quickly.

If bowel problems develop or carry on after treatment, contact your cancer doctor.

Ngā raruraru puku hamuti

Whai muri i ngā maimoatanga matepukupuku – pērā ki te maimoa iraruke, hahau rānei – ka whai raruraru ētahi ki ō rātou puku hamuti; hei tauira atu, ko te mate kōreke, mate kōrere rānei, ko te mamae hau hoki.

Mōhiotia ai, ka puta te mate kōrere i ētahi whakapōauau hahau. Tērā pea ka tūtohua he rongoā māhau, hei whakahaere i tēnei. Ki te tohe tonu tō mate kōrere, rapua kia tere tonu, he atawhainga ā-rongoā, he tohutohu rānei.



Lymphoedema

Lymphoedema is swelling of part of the body, usually the legs or the arms. It may occur after treatment for cancer if you have had lymph nodes removed. Removal of the nodes may prevent normal draining of the lymph fluid. As a result, fluid can build up causing swelling. This usually does not occur until sometime after the original treatment.

It isn’t possible to predict whether you will have problems with lymphoedema. If you do have problems, seek immediate help as symptoms are better managed if treated early. Seek advice from your specialist or nurse.

Some hospitals have lymphoedema physiotherapists who can advise you on how you may be able to reduce your risk of developing lymphoedema. They can also help you manage if lymphoedema does occur in the future.

Lymphoedema

He kōpukutanga o tētahi wāhanga o te tinana te mate lymphoedema, pā ai ki ngā waewae, ki ngā ringaringa rānei. Tērā pea ka puta whai muri i te maimoa matepukupuku, mēnā kua tangohia ōu tīpona waitinana. Tērā pea ka ārai te tangohanga o ngā tīpona waitinana i te rere whakawaho o te kūtere waitinana. Nā tēnei, ka hangapiki te kūtere kia kōpuku rā anō. Heoi anō, roa tonu te wā whai muri i te maimoatanga tuatahi, pā ai tēnei ahutanga.

Ki te whai raruraru koe, rapua he āwhina i taua wā tonu, i te mea he pai ake te whakahaere i ngā tohumate inā ka tere ake te whai maimoa. Rapua he tohutohu i tō mātanga, i tō tapuhi rānei.

Bladder problems

Bladder sensations or control may change after cancer treatment or surgery. Some people find they need to go to the toilet more often. Others find they need to go in a hurry and sometimes don't get there in time. Others find that they pass urine when they cough or sneeze. While these problems may improve, even a small loss of bladder control can be distressing.

If bladder control is a problem, you should seek help. Your specialist or GP will be able to suggest ways to help with bladder control. These may include exercises to strengthen the muscles of your pelvic floor. You may be referred to a physiotherapist. For more information, phone the **New Zealand Continence Association Helpline** on **0800 650 659**. Some hospitals have continence nurses who can help you with bladder problems.

Ngā raruraru mate tōngāmimi

Me rapu āwhina koe mehemea he raruraru te mahi whakahaere i tō tōngāmimi. Mā tō mātanga, tō rata GP rānei e whakataunaki huarahi hei āwhina i a koe ki te whakahaere i te tōngāmimi. Tērā pea ko te kori tinana tētahi mahi hei whakakaha ake i ngā ua o te papa o te whītiki papatoiake. Tērā pea ka tohua koe kia haere ki tētahi kaikōmiri. Mō te roanga ake o ngā mōhiohio, waea atu ki te **New Zealand Continence Association Helpline**, **0800 650 659**. Whai tapuhi mate mimi ētahi o ngā hōhipera, hei āwhina i a koe ki ngā raruraru tōngāmimi.

> "When it was painful I transported myself to the fresh fruit market at home. I remembered songs that have no words that reminded me of home, like streams and natural sounds. I imagined myself at moments throughout my lifetime – special places on the beach, certain things we did as children. I took myself there."
>
> **Silei**

Managing cancer pain

If pain is present it could be caused by many things. Pain can be a side effect of treatments, such as chemotherapy, radiation treatment, surgery or a medical procedure. Pain can occur because of a tumour pressing on bone, nerves or body organs. Infection can cause pain. Pain can develop from conditions unrelated to cancer, such as headaches, arthritis and muscle strain. Early treatment is always more effective.

It is important to understand that pain does not always occur with cancer.

Te whakahaere i ngā mamaetanga matepukupuku

Tērā pea, he nui ngā take puta ai te mamae ki a koe.
Tērā pea, he pānga ki te taha o ngā maimoatanga te mamae, pērā ki te mahi hahau, te maimoa iraruke, ngā hātepe hāparapara, hātepe ā-rongoā rānei. Tērā pea, ka puta te mamae nā runga i tētahi puku e pēhi ana i te kōiwi, i ngā io, i ngā whēkau o te tinana rānei. Tērā pea, ka puta te mamae nā runga i tētahi whakapokenga.
Puta noho ai te mamae nā runga i ētahi mahi kore pānga ki te matepukupuku, pērā ki ngā mate pāhoahoa, mate kaiponapona me ngā mate riaka ua. He pai ake te whaikiko o te maimoa mēnā ka moata te whai maimoatanga.

He mea nui te mōhio, kāore te mamae e puta i ngā wā katoa puta ai te matepukupuku.

Coping with a sore mouth, dry mouth or mouth infections

A sore mouth or dry mouth and mouth infections are common problems for people having treatment for cancer. Early treatment of any resulting infections can improve sore mouths and dry mouths.

A sore mouth is often referred to as mucositis or, less commonly, stomatitis. Causes of sore mouth include:

- chemotherapy: a sore mouth may be a direct effect of some chemotherapy drugs
- radiation treatment to the head and neck region
- the cancer itself if it is in the mouth
- some medications, such as steroids and antibiotics, which can cause mouth ulcers and/or infection.

Follow the recommendations of your cancer nurse or doctor for the care of your mouth. Don’t buy over-the-counter mouthwashes – these often contain alcohol, which will dry your mouth.

He raruraru e kitea noatia ana i te hunga e whai maimoa ana mō te matepukupuku, te mamae o te waha, te maroke o te waha, me ngā whakapokenga o te waha. Mā te tere whai maimoa mō ngā whakapokenga ka puta e whakapai ake i ngā waha mamae me ngā waha maroke.

Me whai i ngā taunakitanga a tō tapuhi, tō rata matepukupuku rānei mō te tiaki i tō waha. Kaua e hoko mea mō te horoi waha i ngā toa – he waipiro kei roto ā, ka maroke tō waha i tēnei.

> “I find carbonated drinks are painful on the tongue, but the effect can be reduced by stirring the drink with a fork to release a lot of carbon dioxide. I call this the ‘forking’ technique. In the early months after radiation treatment, even a small glass of lemonade caused pain until it was ‘forked’.”
>
> **Brian**

Mouthwash recipe to use

1 teaspoon salt

1 teaspoon baking soda

4 cups water

Add lemon juice for flavour if desired (although this may sting if your mouth is tender and sore).

Cancer Society information and supportive care services

Your local Cancer Society provides confidential information and support.

The Cancer Information Helpline is a Cancer Society service where you can talk about your concerns and needs with trained nurses. Call your local Cancer Society and speak to supportive care services staff or phone the **Cancer Information Helpline 0800 CANCER (226 237)**.

Local Cancer Society centres offer a range of support services for people with cancer and their families. These may include:

- volunteer support including drivers providing transport to treatment
- accommodation while you’re having treatment
- support and education groups
- contact with other people with cancer.

The range of services offered differs in every region so contact your local centre to find out what is available in your area.

Ngā ratonga mōhiohio me te tautoko atawhai a te Kāhui Matepukupuku

Ka whakarato tō Kāhui Matepukupuku ā-rohe i ngā mōhiohio me ngā tautoko noho tapu.

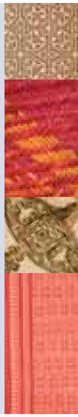
He ratonga te Cancer Information Helpline a te Kāhui Matepukupuku, e taea ai e koe te kōrero me ngā tapuhi mō ōu māharahara me ōu hiahia. Waea atu ki tō Kāhui Matepukupuku ā-rohe ka kōrero ki ngā kaimahi o te ratonga tautoko atawhai, me waea atu rānei ki **Cancer Information Helpline 0800 CANCER (226 237)**.

Ka hoatu ngā pokapū Kāhui Matepukupuku ā-rohe i te maha o ngā ratonga tautoko mā te hunga matepukupuku me ō rātou whānau. Ko ētahi o ēnei:

- tautoko tūao, tae noa ki ngā taraiwa whakarato waka haere ki ngā maimoatanga
- wāhi noho i te wā whai maimoatanga
- rōpū tautoko, mātauranga hoki
- he whakapānga ki te hunga matepukupuku.

He rerekē ngā momo ratonga kei ia rohe nā reira me whakapā atu ki tō pokapū ā-rohe ki te rapu, he aha ngā mea e wātea ana i tō rohe.

> "I needed to feel a bit more in control. I knew there would be support for me there at the Cancer Society."
>
> **Colleen**



Contact with other people with cancer

Cancer Connect NZ arranges telephone peer support calls for people living with cancer and their caregivers. Call the **Cancer Information Helpline 0800 CANCER (226 237)** for more information.

Cancer Chat is an online support and information forum to join **(www.cancerchatnz.org.nz)**.

Whakapānga ki ētahi atu tangata kua whai i te matepukupuku

Whakarite ai a Cancer Connect NZ i ngā waea tautoko aropā mō ngā tāngata kua whai i te matepukupuku me o rātou kaitiaki. Waea atu **Cancer Information Helpline 0800 CANCER (226 237)** mō te roanga o ngā kōrero.

He tautoko ā-ipurangi me te wānanga mōhiohio hei hono atu, te Cancer Chat **(www.cancerchatnz.org.nz)**.

Cancer support and education groups

Cancer support and education groups offer support and information to people with cancer and their families. It can help to talk to others who have gone through the same experience. Support groups can also offer many practical suggestions and ways of coping. Ask your hospital or local Cancer Society for information on cancer support groups in your area.

The Cancer Society has developed a programme called Kia Ora e te Iwi which is beginning to be offered around the country. Ask your local Cancer Society if this is available in your area.

Kua whakaritea e te Kāhui Matepukupuku tētahi hōtaka kua tapaina ko Kia Ora e te Iwi kua tohatohaina ki te motu. Uiuitia tō Kāhui Matepukupuku ā-rohe ki te kimi mēnā kei a rātou.

Financial assistance

Help may be available for transport and accommodation costs if you need to travel some distance to your medical and treatment appointments. Your treatment centre or local Cancer Society can advise you about what sort of help is available.

Āwhina pūtea

Tērā pea ka wātea he āwhina utu mō ngā haerenga me ngā wāhi noho mehemea me haere tawhiti koe ki ō whakaritenga hauora, maimoatanga hoki. Mā tō pokapū maimoatanga, tō Kāhui Matepukupuku ā-rohe rānei e tohutohu i a koe e pā ana ki ngā momo āwhina e wātea ana.

Financial help may be available through your local Work and Income office. Work and Income has pamphlets and information about financial assistance for people who are unable to work. Currently, as of 2012, short-term financial help is available through the Sickness Benefit and longer-term help is provided through the Invalid's Benefit. Extra help may be available; for example, accommodation supplements and assistance with medical bills.

More information is available on the **Ministry of Social Development's** website **(www.msd.govt.nz)** or by phoning **0800 559 009**.

Benefits and entitlements

If your illness is temporary and you can't work or seek work, you may be able to get the Sickness Benefit. To receive this:

- you must be over 18 years of age, or
- 16 to 17 years old and living with a partner and supporting children.

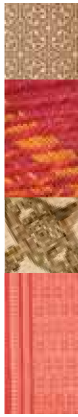
If your illness is long term and you are permanently and severely disabled or ill and can't work, you may be able to get an Invalid's Benefit. The Invalid's Benefit is paid at a higher rate than the Sickness Benefit.

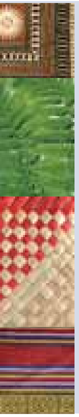
It is advisable to apply for a Sickness Benefit which can be granted quickly and then be transferred to the Invalid's Benefit if you're eligible. Hospital social workers, oncology social workers at treatment centres or your local office of Work and Income can help you with any queries.

Ngā āwhina me ngā huanga

Mehemea he rangitahi noa iho tō māuiuitanga, kāore hoki e taea koe te mahi, te rapu mahi rānei, tērā pea ka āhei koe ki te whiwhi i te Takuhe Tahumaero.

Tērā pea ka āhei koe ki te whiwhi Takuhe Hāura mehemea he noho roa tō mate, ka noho hauā koe, kei te māuiui rānei koe, ā, kāore e taea koe te mahi. He nui ake te utu a te Takuhe Hāura ki te Takuhe Tahumaero.





> “The Helpline was great. I rang and said ‘Help! I can’t do this on my own’.”
>
> **Arthette**

Home care

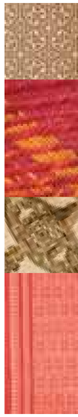
Nursing care and equipment may be available through community health services. Your doctor or hospital can arrange this.

You may be entitled to assistance with household tasks during your treatment. For information on what help may be available, contact your hospital social worker or the District Nursing Service at your local hospital.

Atawhai i te kāinga

Tērā pea ka taea he atawhai tapuhi, he taputapu rānei mai i ngā ratonga hauora hapori. Ka taea tō rata, tō hōhipera rānei ki te whakarite i tēnei.

Tērā pea ka āhei koe ki te whiwhi āwhina me ngā mahi i te kāinga i te wā o tō maimoa. Whakapā atu ki tō tauwhiro, tō ratonga tapuhi a-Takiwā ki tō hōhipera ā-rohe rānei mō ngā mōhiohio e pā ana ki ngā āwhina kei te wātea.



Interpreting services

New Zealand’s Health and Disability Code states that everyone has the right to have an interpreter present during a medical consultation. Family or friends may assist if you and your doctor do not speak the same language, but you can also ask your doctor to provide an interpreter if using family members is inappropriate or not possible.

Managing cancer in the workplace

Most people who work and have treatment for cancer find that returning to work as soon as possible stops them feeling isolated and helps to get them back to ‘normal’ again. Many people, because of financial reasons, need to work through their cancer treatment.

Some of your workmates may be unsure of what to say, or may try to protect your feelings or their own by saying nothing. Some might take the attitude, “If we pretend David never had cancer, it will go away”. Some assume that if you look well and can function, you are all right. It is often easier to get on with workmates if you can be quite open about your cancer. The Cancer Society has an information sheet titled “Managing Cancer in the Workplace” for employers and workmates that you might like to pass on to your manager to read. For more information, call the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)**.

Te whakahaere i te matepukupuku i te wāhi mahi

E ai ki te nuinga o ngā tāngata ka mahi, ā kei te whai maimoa mō te matepukupuku, ko te tere hoki ki te mahi te mea āwhina i a rātou kia kore e mokemoke ai, he āwhina hoki i a rātou ki te hoki anō ki tō rātou ao ki muri. Nā runga i te āhua o tō rātou pūtea, he rahi ngā tangata me whai mahi tonu i te wā e whai ana i te maimoatanga matepukupuku.

He mama ake te noho rata me ngā hoa mahi mēnā ka kōrero pono koe mō ngā āhuatanga o tō matepukupuku. He Whārangi Mōhiohio tā te Kāhui Matepukupuku, kua tapaina “Managing Cancer in the Workplace” mā ngā kaimahi me ngā hoamahi hei hoatu ki tō kaiwhakahaere hei pānui. Mō te roanga ake o ngā kōrero, waea atu ki ngā tapuhi i **Cancer Information Helpline 0800 CANCER (226 237)**.

Cancer: Insurance, legal and employment issues

Many employers will be supportive when an employee is diagnosed with cancer. However, if, after a diagnosis of cancer, you feel that your employer treats you unfairly or harshly, there are ways to challenge this. The Employment Relations Act 2000 protects employees and a person can file for personal grievance. You will need to seek advice from the **Department of Labour Employment Relations Service (www.ers.dol.govt.nz)** or phone **0800 800 863**.

Some people living with cancer may be able to claim, or make use of, various benefits from personal insurance policies they hold, such as life insurance, disability income or income replacement insurance. Providing your cancer is not excluded as a ‘pre-existing condition’, your medical bills for treatment and operations may be reimbursed. This is dependent on the particular policy you hold.

Matepukupuku: Ngā take rīanga, take ture, take mahi hoki

Nui tonu ngā kaiwhakawhiwhi mahi ka noho tautoko i te rangona kua puta te whakatau matepukupuku ki tētahi kaimahi. Heoi anō rā, ki te whakaaro koe kei te mahi kore tika tō kaiwhakawhiwhi mahi i a koe, kei te kaha rawa rānei ia ki a koe, he nui ngā huarahi hei mātātaki i tēnei. Ārai ai te Employment Relations Act 2000, i ngā kaimahi, ā, ka taea e tētahi te tāpae i tētahi whakamau whaiaro. Me whai tohutohu i te **Department of Labour Employment Relations Service (www.ers.dol.govt.nz)** me waea rānei ki te nama waea **0800 800 863**.

Palliative care

Palliative care is an approach to caring for people with cancer and their family that focuses on improving their quality of life and is not just about care at the end of life. This can be offered in a hospital, rest home, at home or by a hospice service.

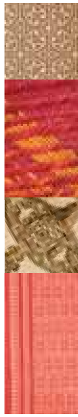
Palliative care may be used during:

- times when your illness is causing discomfort; for example, pain, shortness of breath or nausea and vomiting
- periods when your thoughts and feelings are distressing
- occasions when your illness may be having a big impact elsewhere in your life – maybe with your partner, children, family/whānau, work or, perhaps, your financial affairs.

The Cancer Society has a booklet for people with advanced cancer titled *Advanced Cancer/Matepukupuku Maukaha: A guide for people with advanced cancer*. To receive a copy, call the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)**, contact your local Cancer Society for a copy or view and download a copy from the Cancer Society's website **(www.cancernz.org.nz)**.

Atawhai taurima

He ahunga te atawhai taurima mō te tiaki tangata pāngia ana ki te matepukupuku me ō rātou whānau, e hāngai ana ki te whakapiki i tō rātou kounga oranga, kaua ko te atawhai anake mō te wā e whakamatemate ana rātou. Ka taea te whakarato tēnei i roto i tētahi hōhipera, tētahi kāinga whakatā, ki te kāinga, ki tētahi ratonga hospice rānei.



How to help yourself

Many people feel that there is nothing they can do when they are told they have cancer. They feel out of control and helpless for a while. However, there are practical ways you can help yourself.

Diet and food safety

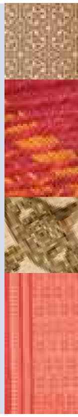
A balanced, nutritious diet will help to keep you as well as possible and cope with any side effects of treatment.

It is important that you eat well so that you will:

- feel better and have more energy
- get the most benefit from your treatment with fewer side effects
- improve your body's ability to heal, and to fight infection
- maintain a healthy weight.

If you are thinking about making a dramatic change to your diet, look at your choices closely and discuss them with your cancer doctor or dietitian.

Many unproven dietary treatments, particularly those that cut out whole food groups, such as meat or dairy, may not provide enough energy (calories or kilojoules), protein or essential nutrients. This can cause unwanted weight loss, tiredness and decrease your immune function. Your recovery and quality of life can improve if you eat a healthy diet.



> "I have five things to hope for — things to make me happy during the day (could be flowers or a great cup of coffee), five things to give thanks for ('thank you for being my friend'). I make them happen. Once you do that you can start a new life."
>
> **June**

There is no evidence to support claims that special diets, herbal products or vitamins can cure cancer. Some diets or nutrients do no harm, but there are some that are harmful and can interfere with the success of your treatment.

Nohopuku me te haumaru kai

Mā te nohopuku taurite me te kai pai, hei āwhina i a koe ki te noho ora me te ārai i ngā pānga kino ka whai i ngā maimoatanga.

He mea nui rawa atu kei te pai tō kai:

- kia piki ai te ora ki a koe, kia whai pūngao hoki
- kia puta ai ngā painga o tō maimoatanga, me te iti ake o ngā pānga kino i te taha
- ki te whakapiki ake i te kaha o tō tinana ki ngā mahi whakaora, me te patu i te whakapokenga
- kia noho hauora ai te taumaha o tō tinana.

Mehemea kei te whakaaro koe ki te tino whakarerekē i tō nohopuku, āta tirohia ō kōwhiringa ka kōrero ki tō rata ki tō mātanga nohopuku rānei.

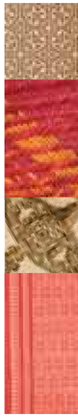
Kāore he taunakitanga hei tautoko i te kōrero, ka whakaora ngā kai nohopuku motuhake, ngā hua otaota, me ngā huaora i te tangata mai i te matepukupuku.

Food safety is of special concern to cancer patients, especially during treatment, which may suppress immune function.

To make food as safe as possible, we suggest you follow these guidelines:

- Wash your hands thoroughly before eating.
- Keep all areas and utensils you use for food preparation clean, including washing hands before preparing food and washing fruit and vegetables.
- Handle raw meat, fish, poultry and eggs with care, and clean carefully any surfaces that have been in contact with these foods.
- Keep raw meats separate from cooked food.
- Cook meat, poultry and fish well, and use pasteurised milk and juices.
- Refrigerate food quickly to reduce bacterial growth.
- If you are concerned about the purity of your water, for example, if you have well water or rainwater from your roof, have it checked for bacterial content. If you are concerned about its purity, boil it for two or three minutes.

For more information you may like to read *Eating Well During Cancer Treatment*, which is available through your local Cancer Society, is on the Society's website **(www.cancernz.org.nz)** or by ringing the **Cancer Society Information Helpline 0800 CANCER (226 237)**.



He mea tino nui mō ngā tūroro matepukupuku te kai haumaru ā, ko te wā tino nui rawa atu, ko te wā o te maimoatanga nā tōna kaha pēhi i te mahi whakaturi mate.

Kia noho haumaru ai ngā kai, me whai ngā tūroro i ēnei aratohu e whai ake nei:

- Āta horoia ō ringaringa i mua i te kaitanga.
- Kia mā tonu ngā mea katoa e pā ana ki te whakataka kai, tae noa ki te mahi horoi ringaringa i mua i ngā mahi whakataka kai, me te horoi huarākau, huawhenua hoki.
- Me tūpato i te wā nanao i te mīti, te heihei me ngā hēki, ā, me āta horoi hoki ngā wāhi i pā ngā kai nei.
- Me noho wehe ngā mīti mata i ngā kai māoa.
- Me tino māoa te tunu i ngā mīti, ngā ika me te whakamahi i te waiū pasteurised me ngā tarawai.
- Kia tere te whakamātao i ngā kai kia iti ake te tipu o te kitakita.
- Mehemea he paku raru e pā ana ki te pai o te wai, pērā ki ngā wai i roto i te puna, i roto i te taika pupuri wai rānei, whakaritea kia tirohia te nui o te kitakita kei roto.

Mō te roanga o ngā kōrero, tērā pea ka hiahia koe ki te pānui “Eating Well During Cancer Treatment/Kia Pai te Kai i te Wā o te Maimoatanga” e wātea ana i tō Kāhui Matepukupuku ā-rohe, kei runga hoki i paetukutuku o te Kāhui Matepukupuku **(www.cancernz.org.nz)**, mā te waea atu rānei ki **Cancer Society Information Helpline** i runga i te nama waea **0800 CANCER (226 237)**.

Exercise

Research has shown that people who remain active cope better with their treatment. The problem is that while too much exercise is tiring, too little exercise can also make you tired. Therefore, it is important to find your own level. Discuss with your doctor or nurse what is best for you. New research shows exercise may be helpful for your immune system. Many people find regular exercise helps recovery and reduces tiredness. Recent publications show that maintaining a normal weight and exercising may reduce the risk of some types of cancer recurring.

Phone your **Cancer Information Helpline 0800 CANCER (226 237)** for information on exercise programmes in your area.

For more information on the benefits of regular physical activity for people with cancer, phone the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)** or contact your local Cancer Society to receive a copy of our pamphlet *Being Active When You Have Cancer*.

> “Getting as fit as possible before a big surgery is a massive aid to a fast recovery. I did this before my surgery. I recovered really quickly and was able to return to work and regain my former fitness more quickly than if I had not. It also gave me an area I could control in my recovery.”
>
> **Angela**

Kori tinana

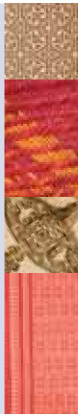
He tokomaha ngā tāngata e mārama ana, he mea āwhina te korikori tinana ki te hoki anō ki te ora. E ai ki ngā rangahau, ka pai ake koe i te wā o te maimoatanga, mehemea kei tenoho rite tonu tō korikori tinana. Ko te raruraru kē, ahakoa ka pau tō hau ki te kaha rawa tō kori tinana, ka pau anō tō hau ki te iti rawa ō korikoringa. Nā reira, he mea nui kia mōhio koe he aha te korahi o te kori tinana e pai ana mōu. Kōrero ki tō rata, ki tō tapuhi rānei mō te huarahi pai rawa mōu ake. E ai ki ngā rangahau hou kua puta, he pai ake pea te kori tinana mō te pūnaha ārai mate ki ētahi atu mahi haumanu. Whakaatu mai ai ngā tānga o nāianei, mā te pupuri i te taumaha me te kori i te tinana, tērā pea ka whakaiti tēnei i te hokinga mai o te matepukupuku.

Difficulty with sleeping

Sleep difficulties are common in times of stress or change. Sleep difficulties lead to poor concentration, tiredness and mood problems. Sleep and anxiety can be a vicious cycle. The more we worry about sleep the less likely we are to sleep. The following are some suggestions that may help:

- Relax in the evening by doing something you enjoy; for example, reading or listening to music. Try to wind down before you go to bed.
- Have a regular routine for preparing for bed and a regular time for bed.
- Exercise during the day can help you sleep well.
- If possible, do not use your bedroom as an office or study. The bedroom should be reserved for sleeping and sexual activity, so that you associate it with pleasurable feelings.
- Try not to do work-related activities too close to bedtime.
- Ensure that your sleeping environment is as comfortable as possible; for example, a pleasant room temperature, darkness, low or no noise.
- Some people find lavender relaxing. Try a lavender pillow or oil in the bath.
- Caffeinated coffee, tea, soft drinks and alcohol are stimulants. Drinking these before bedtime may keep you awake, but a warm bath and milky drink may be helpful.

> “The big thing is surround yourself with family and friends, music and quiet.”
>
> **Sue**



Relaxation techniques

Some people find relaxation or meditation helps them to feel better. Many people have already developed their own methods of dealing with anxiety and stress and these can be applied just as successfully to coping with the diagnosis of cancer. Others decide to learn to relax or meditate when they are diagnosed with cancer. There are many different relaxation techniques, such as controlled breathing exercises, yoga, meditation and guided imagery.

Relaxation exercises are usually based on the control of breathing and/or the tensing and relaxing of muscles. Here is a simple technique that you can try at home:

1. Lie, stand or sit with your feet apart. Rest your hands loosely in your lap.
2. Close your eyes and slow yourself down for a few minutes, by breathing a little more deeply and slowly than usual.

3. Be conscious of the tension in your whole body, through your toes, feet, calves, thighs, abdomen, chest, back, fingers, arms, shoulders, neck, head, scalp and face.
4. Now, each time you breathe out, allow some of the tension to go out of these areas. Let all your muscles slowly relax and enjoy the feeling of peace and calm that comes from total relaxation.
5. Sit quietly for a while and help your mind relax by thinking about the pleasant experience of complete relaxation.
6. Open your eyes and stretch slowly. Return to your day.

Allow yourself a regular period of relaxation. Ten to 15 minutes, twice a day, may be enough.

The hospital social worker, nurse or your local Cancer Society will know whether the hospital runs any relaxation programmes, or may be able to advise you on local community programmes.

> “Art feeds my soul. I follow my passion. It sustains me and feeds me. It’s all connected with whakapapa and Māori spirituality.”
>
> **Mihi**

Ngā tūāhua pāroretanga

Ki ētahi, he momo āwhina te pāroretanga me te whakamanatutanga kia pai ake te āhua. He nui rātou kua hanga kē i ō rātou huarahi hei pātū i te anipā me te kōhukihuki, ā, ka taea hoki te whakamahi angitū hei huarahi whakarite i te wā kua puta te whakataunga matepukupuku. Ko ētahi atu, ka whakarite ki te ako ki te pārore, ki te whakamanatu rānei, i te wā ka puta te whakataunga matepukupuku ki a rātou. He nui hoki ngā momo huarahi tikanga pārore, pērā ki ngā kori whakahā whakatina, te yoga, te whakamanatu me te pohewa aratohu.

After treatment

Following treatment, you will find your energy will gradually come back. You may need to have extra rest for a while. Increase your exercise and general activities as you feel able.

After the completion of your treatment, you may need to have regular check-ups. Your doctor will decide how often you will need these check-ups as everyone is different. This can make it difficult to put the experience of a cancer diagnosis and treatment behind you. For family and friends, your cancer may be a thing of the past, but check-ups may well bring it into the present for you. Finding ways of supporting yourself and taking care of yourself when a check-up is due is a part of living with cancer. Check-ups will gradually become less frequent if you have no further problems.

Many people worry that any pain or illness is a sign that the cancer is coming back. If you are worried, ask your doctor what to look for.

If your cancer returns, you will most likely be offered further treatment. It is important to report any new symptoms to your doctor without delay.

You might feel worried or depressed when your treatment is over and have time to realise what has happened to you. You may find it helpful to continue in or join a cancer support group to help you through the months ahead.

> "Cancer brings an appreciation of life into sharp focus. While still planning for the future, our family now has a greater appreciation of what we have and consciously 'create memories' by sharing opportunities as they arise rather than leaving them for another time."
>
> **Brian**

Some people feel pressure from their family and friends to get back to their 'normal life'. Everyone will eventually re-establish a daily routine, but it will be at their own pace and may be different from how things were in the past. Some people call this a 'new normal'.

Give yourself time to adjust to physical and emotional changes. You may not be fit enough to do your usual activities around the house. If you're returning to work, ease back into it slowly, rather than rushing back the week after leaving hospital.

Some people say that, after cancer, they have different priorities and see life with a new clarity. For example, you may decide to spend more time with family, start a new hobby, travel or get involved in advocacy or voluntary work.

Most side effects of cancer treatment get better within a few weeks or months after finishing treatment. For some people, these effects carry on longer (long-term effects) or may develop after treatment is finished (late effects).

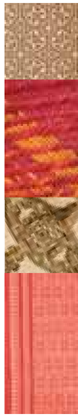
Whai muri i ngā maimoatanga

Whai muri i te maimoatanga, ka kite koe ka tīmata te hokihoki mai o tō pūngao. Tērā pea me whai whakatā nui ake koe mō te wā. Whakapikia tō kori tinana me ngā ngohe whanauikoe ina ka taea e koe.

Whai muri i te mutunga o tō maimoatanga, tērā pea me whai koe i ētahi tirotiro auau.

Ki te hoki mai anō tō matepukupuku, kāore e kore ka whakaratoa anō he maimoatanga ki a koe, He mea nui kia kakama te whakamōhio atu i tō rata mō ētahi tohumate hou.

Sexuality and cancer



Cancer treatment and the emotional effects of cancer may affect people with cancer and their partners in different ways. Some people may withdraw through feelings of being unable to cope with the effects of treatment on themselves or their partner. Others may feel an increased need for sexual and intimate contact for reassurance.

It is important to talk about your feelings with your partner. If you are having trouble continuing with your usual sexual activities, discuss this with your doctor or with a trained counsellor. Your partner may also like to seek support.

If you are without a partner, you may be worried about forming new relationships. Talking about this with a close friend, a family member, a social worker or phoning the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)** may be useful.

After you have had your check-up following surgery, check with your doctor about whether you are able to resume sexual intercourse, if you wish.

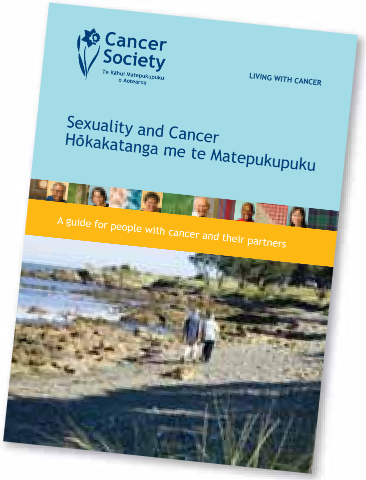
You might wish to try different positions for sexual intercourse. Everyone is different: be guided by your own feelings. You may find that, particularly near the end of treatment, you don't feel like intercourse.

> "I said to him, 'Our sexual activities are going to be affected'. He said, 'That's going to be a problem' [laughing]. We now engage in some sort of sexual activity – like in the morning – we touch each other and we like that."
>
> **Sue**

It may be some time until you feel ready for sexual intercourse and you may need to build up your confidence first. Sharing affection with your partner through kissing, caressing and touching can give you both a lot of pleasure. When you do feel ready again for sexual intercourse, you may wish to proceed slowly. Talking about your needs together is important to help you feel more confident and to reduce any fears.

Sometimes, you might be ready for sexual intercourse and your partner may be anxious about hurting you. If you find that you are having difficulty regaining your sexual relationship, you may need specialist help and advice. You and/or your partner may want to talk with your doctor or nurse about this or seek advice from them on where you might get help.

You may find the Cancer Society's booklet *Sexuality and Cancer/ Hōkakatanga me te Matepukupuku* helpful. You can get a copy from your local Cancer Society, by phoning the **Cancer Information Helpline 0800 CANCER (226 237)** or by downloading it from the Society's website **(www.cancernz.org.nz)**.



Cancer Society
Te Kāhui Matepukupuku o Aotearoa

LIVING WITH CANCER

Sexuality and Cancer
Hōkakatanga me te Matepukupuku

A guide for people with cancer and their partners

Te hōkakatanga me te matepukupuku

He rerekē te maimoatanga matepukupuku me te pānga ki te hinengaro o te matepukupuku ki tēnā tangata, ki tēnā tangata pāngia ki te matepukupuku, me ō rātou hoa.

He mea nui ki te kōrero ki tō hoa e pā ana ki ōu kāre ā-roto. Mehemea he raruraru mōu ki te whai tonu i tō āhua ai, matapakitia me tō rata, tētahi kaitohutohu kua ākonga. Tērā pea ka hiahia tō hoa ki te whai tautoko hoki.

For more information, refer to the Society's booklet *Life After Cancer* which is available from your local centre or by phoning the **Cancer Information Helpline 0800 CANCER (226 237)**.

Suggested websites

American Cancer Society (http://www.cancer.org/)

Cancer Council Australia (http://www.cancer.org.au/)

CancerHelp UK (http://cancerhelp.cancerresearchuk.org/)

Macmillan Cancer Support (http://www.macmillan.org.uk/)

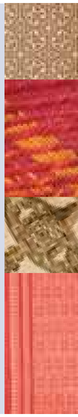
National Cancer Institute (http://www.cancer.gov/)

Using the internet for cancer information and support

Try to use sites that are updated regularly and come from a qualified author or trusted organisation. These will normally link you to other reliable sites. A good website provides a contact address and a home page clearly stating who they are and their background. Be cautious of websites that are selling products. The accuracy of their health information may be influenced by their desire to sell a product.

The Cancer Society has an information sheet titled *Using the Internet for Cancer Information and Support* that you may find useful to read. You can read it on the Society's website **(www.cancernz.org.nz)** on the "Living with Cancer" page or you can ask for a copy at your local Cancer Society or by phoning the **Cancer Information Helpline 0800 CANCER (226 237)**.

> "Some people want to study everything they can about their cancer and the options for its treatment. This can result in them being incredibly well informed or totally misled. Not everything on the internet has the same level of credibility."
>
> **Brian**



List of useful information sheets

The Cancer Society has written some information sheets that you may find useful to read. You can read and print out the following information sheets from our website **(www.cancernz.org.nz)**, receive them by phoning the cancer information nurses on the **Cancer Information Helpline 0800 CANCER (226 237)** or by calling into your local Cancer Society.

Titles

Supporting your Young Adult Children When you have Cancer

Cancer-related Fatigue

Coping with the Side Effects of Chemotherapy and Radiation Treatment: Fever, Nausea and Vomiting

Tips for Managing Hair Loss

Understanding Lymphoedema

Constipation, Diarrhoea and Flatulence: Practical Tips

Managing Cancer Pain

Coping with Sore Mouth, Dry Mouth or Mouth Infections

The Cancer Society also has a booklet titled *Got Water?/ He Wai?: A guide for people with a dry mouth*. This booklet is available from the Cancer Society's website **(www.cancernz.org.nz)**.

Benefits and Entitlements

Managing Cancer in the Workforce

Cancer: Insurance, Legal and Employment Issues

If You Have Difficulty Sleeping

Late and Long-term Effects of Cancer Treatment

Using the Internet for Cancer Information and Support

There are many more information sheets on the Society's website you may like to read.

Notes

Notes

Notes

Cancer Society of New Zealand Inc.

National Office

PO Box 12700, Wellington 6144
Telephone: (04) 494-7270

Auckland Division

PO Box 1724, Auckland 1140
Telephone: (09) 308-0160
Covering: Northland

Waikato/Bay of Plenty Division

PO Box 134, Hamilton 3240
Telephone: (07) 838-2027
Covering: Tauranga, Rotorua, Taupo, Thames and Waikato

Central Districts Division

PO Box 5096, Palmerston North 4441
Telephone: (06) 356-4011
Covering: Taranaki, Wanganui, Manawatu, Hawke’s Bay and Gisborne/East Coast

Wellington Division

52 Riddiford Street, Wellington 6021
Telephone: (04) 389-8421
Covering: Marlborough, Nelson, Wairarapa and Wellington

Canterbury/West Coast Division

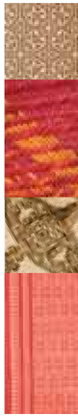
PO Box 13450, Christchurch 8141
Telephone: (03) 379-5835
Covering: South Canterbury, West Coast and Ashburton

Otago/Southland Division

PO Box 6258, Dunedin 9059
Telephone: (03) 477-7447
Covering: Urban and rural Otago and Southland

Cancer Information Service

0800 CANCER (226 237)
www.cancernz.org.nz



Feedback

Coping with Cancer

We would like to read what you thought of this booklet, whether you found it helpful or not. If you would like to give us your feedback, please fill out this questionnaire, cut it out and send it to the Information Manager at the address at the bottom of the following page.

1. Did you find this booklet helpful?

Yes ☐ No ☐
Please give reason(s) for your answer.

____
____
____

2. Did you find the booklet easy to understand?

Yes ☐ No ☐
Please give reason(s) for your answer.

____
____
____

3. Did you have any questions not answered in the booklet?

Yes ☐ No ☐
If yes, what were they?

____
____
____

4. What did you like the most about the booklet?

____

____

____

5. What did you like the least about the booklet?

____

____

____

6. Any other comments?

____

____

Personal information (optional)

Are you a person with cancer, or a friend/relative/whānau?

____

Gender: Female ☐ Male ☐ Age ____________________

Ethnicity (please specify): ____________________

Thank you for helping us review this booklet. The Editorial Team will record your feedback when it arrives, and consider it when this booklet is reviewed for its next edition.

Please return to: The Information Manager, Cancer Society of New Zealand, PO Box 12700, Wellington.

Information, support and research

The Cancer Society of New Zealand offers information and support services to people with cancer and their families. Printed materials are available on specific cancers and treatments. Information for living with cancer is also available.

The Cancer Society is a major funder of cancer research in New Zealand. The aim of research is to determine the causes, prevention and effective methods of treating various types of cancer.

The Society also undertakes health promotion through programmes such as those encouraging SunSmart behaviour, healthy eating, physical activity and discouraging smoking.

Acknowledgements
The Cancer Society would like to thank for their reviews, advice and contributions:

Health Psychologists at the Cancer Society Auckland

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Oncologist, St George Hospital, Christchurch and the Medical Director of the Cancer Society of New Zealand

Meg Biggs, Julie Holt, and Michelle Gundersen-Reid
Cancer Society Information Nurses

Sarah Stacy-Baynes
Information Manager

We also thank the people who have reviewed this booklet and offered many valuable suggestions. Some of the material in this booklet is based on information published by the Cancer Council Victoria (Australia). The Cancer Society of New Zealand acknowledges their assistance.

The Society thanks the people who have experienced cancer and reviewed this edition, and offered many valuable suggestions. We also thank the Cancer Society volunteers who agreed to be photographed for our booklet.

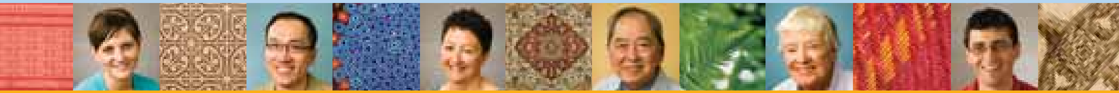
Photography
The Cancer Society would like to thank Louise Goossens and Lindsay Keats for their photography.

Cancer affects New Zealanders from all walks of life, and all regions of our beautiful country.
Cover photo: Port Nicholson Yacht Club boat sheds on Clyde Quay boat harbour.
Photographer: Michael Hall.

Cancer Society
Te Kāhui Matepukupuku
o Aotearoa

www.cancernz.org.nz

ANY CANCER, ANY QUESTION
0800 CANCER (226 237)
Cancer Information Helpline



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