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.
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 ēhe 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 āhinengaro. Ka rongo koe i ngā kōrero engari kāore tonu koe e tino whakapono.

I te wā tuatahi ka whakamōhioia 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 tangi tangi koe, ka pāpōuri rānei mō te hia o nga wiki. Tērā pea ka āhua noho pōro, ka mānatunatuna anō hoki koe ki te kīte, 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,
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 āhuatanga pērā ki a koe.
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

“...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

- 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.
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

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

“Making decisions about treatment.

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

Te whakatau ko tēhea maimoatanga pai

I ētahi wā, ua ua 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 kī te āta whakaaro i ngā ahu tanga 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 whakaaro o 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 a kī 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](http://www.cancernz.org.nz)).

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.
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 kaiwhakawhihi 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 whakahirihi i tō ngengetanga

- Āta whakarite mahere mō tō rā. Whakaritea he whāinga pakupaku, māmā hoki te whakahaeare.
- Kaua e mataku ki te tono āwhina: toenā 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.
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.

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.

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 haparapara, 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.
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.
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.

Te makeretanga makawe

Ka puta te makeretanga makawe nā runga i te mahi a ngā whakapōaua hahau ki te whakaruhui ngā ruahuratanga. Ka tīmata pea te makere makawe mai i te rā tuawhitu, ki te rā 21 whai peke i te tīmatatanga o ngā maimoaatanga. Mutu mai ana ngā maimoaatanga, ka tipu anō ō makawe, tērā pea mō te roa tonu o ngā marama. Hāungā te maimoa iraruke ki te āpoko, tērā pea, ka makere ngā makawe mō ake tonu atu.

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

Ngā raruraru puku hamutia

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

Mōhioāia, 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.
**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 māhi 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 māhi hei whakakaha ake i ngā ua o te papa o te witiwiti papatoiake. Tērā pea ka tohua koe kia haere ki tētahi kaikōmiri. Mō te roanga ake o ngā mōhihoio, waea atu ki te New Zealand Continence Association Helpline, 0800 650 659. Whai tapuhū mate mīmi ētahi o ngā hōhipera, hei āwhina i a koe ki ngā raruraru tōngāmimi.
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.

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 mainoatanga te mamae, pērā ki te mahi hahau, te mainoa iraruka, ngā hātepe hāparapara, hātepe ā-ongoā 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 pāhaoaha, mate kaiponapona me ngā mate riaka ua. He pai ake te whaikiko o te mainoa mēnā ka moata te whai mainoatanga.

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

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).

“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
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 tau tokō 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 tau tokō 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 tohotohaina ki te motu. Uiitia 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.

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.
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.

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

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).

Atawhai i te kāinga
Tērā pea ka taea he atawhai tapuhi, he taputapu rānei mai i ngā ratonga hauora haporī. 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 māimoa. Whakapā atu ki tō tauwhiro, tō ratonga tapuhi a-Takiwā ki tō hōhipera ā-rohe rānei mō ngā mōhihioio e pā ana ki ngā āwhina kei te wātea.
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 kaiwhakawhihi 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 tīka tō kaiwhakawhihi 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.
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](http://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 ā 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.
- Mehe mea 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 tāŋgata 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 korikori 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 tapuhī 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 ārāi mate ki ētahi atu mahi haumanu. Whakaatu mai ai ngā tānga o nāiane, 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.

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.

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

Sue
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 mātepukupuku. Ko ētahi atu, ka whakarite ki te ako ki te pārore, ki te whakamanatu rānei, i te wā ka puta te whakataunga mātepukupuku 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).

### 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.
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).

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)**.

---

“*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*
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).

“In 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

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