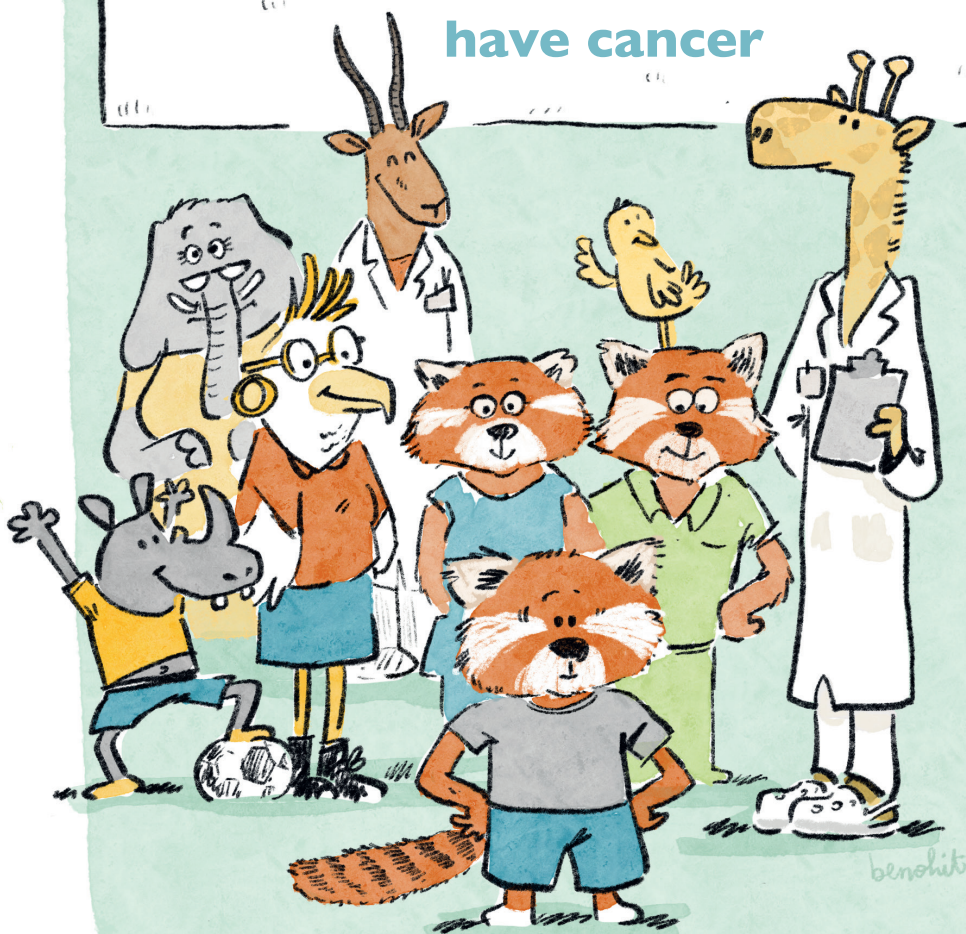


MY NEW DAILY LIFE

How life changes when you
have cancer





MY NEW DAILY LIFE

**How life changes when you
have cancer**

A leaflet written by Anouk Mévillot

Illustration : benohit

Life with my cancer

The medical team have explained to you that you have an illness which is called “cancer”. It is probably going to change your life while you are being treated.

Your daily routine

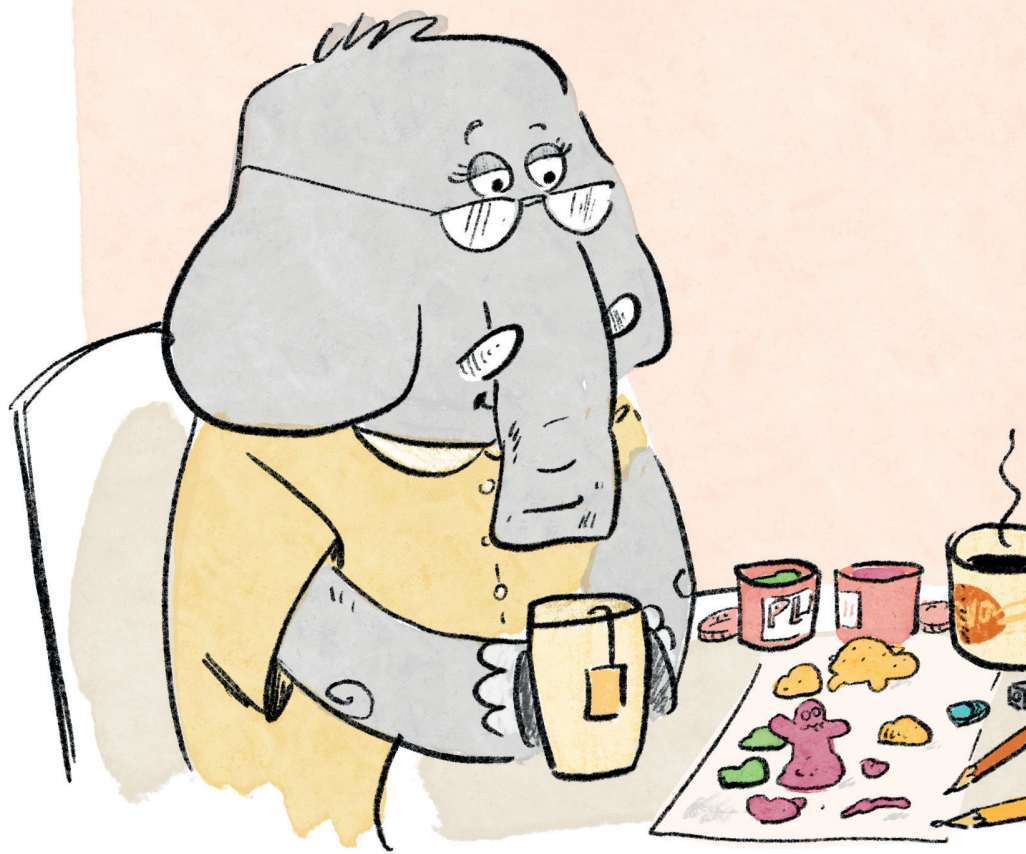
You are going to spend some time in hospital to be looked after. Sometimes, you will have to stay there for several days and sleep there. An adult in whom you can trust may accompany and support you. You can also take your favourite cuddly toy with you. You'll go to the hospital for tests and medication, then you will be able to stay at home, If you have a temperature and your body is unable to protect itself against germs, you'll have to go to hospital, even if it wasn't foreseen.





Your feelings

From the time you have been told that you have an illness, you will no doubt, have a lot of different feelings. Fear. Anger. Sadness. Maybe a combination of all three. It's completely normal. It isn't always easy to adapt to all of these changes. It is important to share your feelings. You can do this, for example, with your parents, with other members of your family or with an adult in whom you have confidence or perhaps with a child who is experiencing the same thing as yourself. The medical team can also help support you. There are specialists who help young people with their worries: they are called psychologists or psychiatrists.





benohit

Your body

The treatment can change your body a little. If you have to have operations, there may be marks on your skin afterwards. We call them scars. Some medicines can cause you to lose your hair and even occasionally your eye lashes and eyebrows. These will grow again when the treatment has finished. Other medicines may give you the desire to eat a lot or, on the contrary, reduce your appetite. The doctors will always explain to you what is happening when you take a new medicine. Don't hesitate to ask them questions.





School

You are going to spend a lot of time in hospital so that the doctors can care for you. When you are there, you won't be able to go to school. Sometimes, you will be at home but you may feel too tired to go to classes. It is completely normal.

If you have to stay in hospital for a long time, there will be a school there with teachers who will be able to help you. There are also possibilities to have distance-learning courses at home with specialised robots that various organisations can lend you.

You will perhaps miss your classmates. You can send them letters and drawings. They will certainly be pleased to reply to you.





Your family

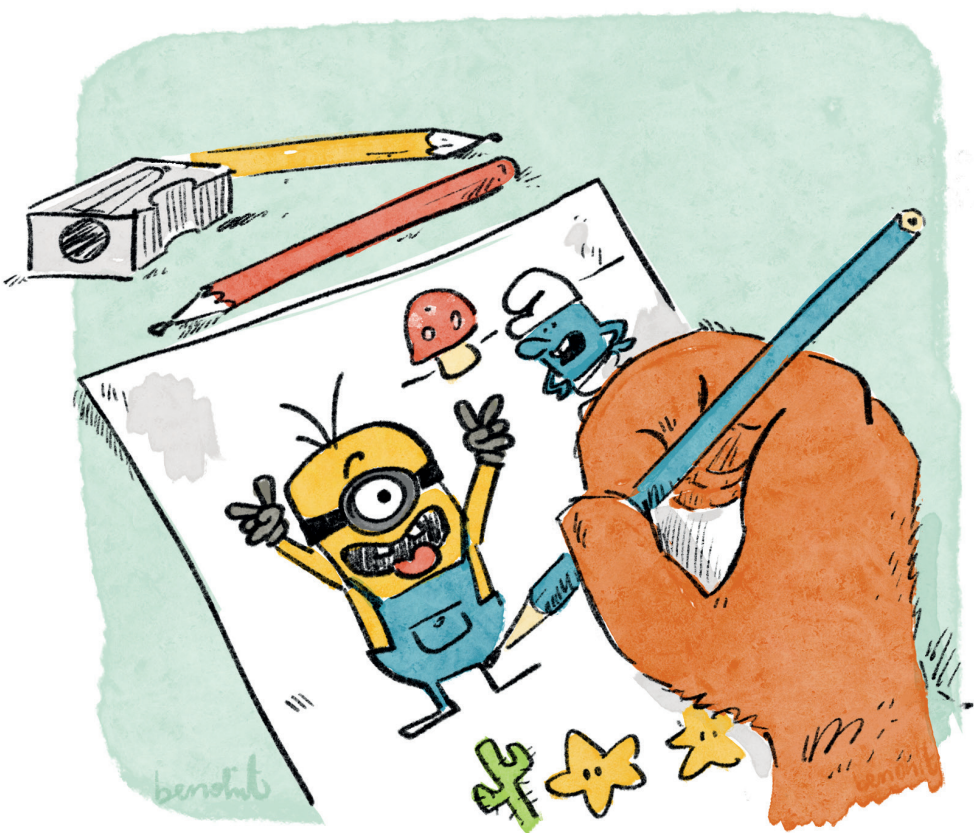
When you are in hospital, your family and your friends will be able to visit you assuming they are in good health. If they have a cold or flu, they will have to wait until they are better before seeing you. You will, of course, be able to phone them if you wish. If you have any animals, you will generally be able to spend time with them and look after them when you are at home.

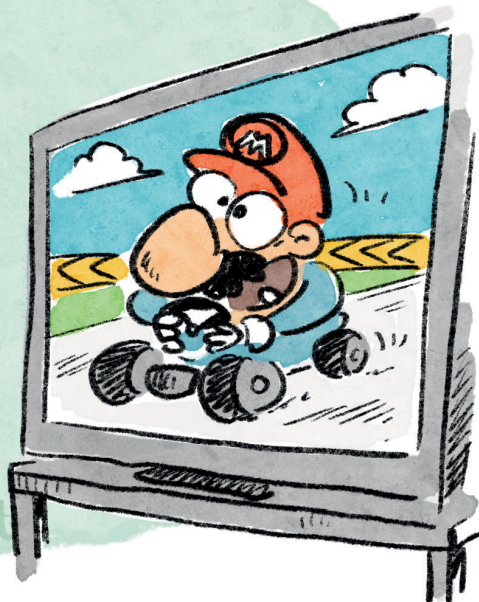




Your leisure activities

If you have hobbies outside school, you'll be able to continue them when you are in a fit state. For certain sports, if there is a risk of falling over or being knocked over, you may have to wait a while. It's important to do what you like doing as often as possible. That will enable you to feel good and to find your friends again. In hospital, there are also lots of activities organised for youngsters and an educational area where you will be able to play when you feel like it.





We are there for you

During the whole of the period of your treatment, you can obtain help and support from the medical team, from your family, your friends and also ARFEC, an association of families who have children with the same type of illness as yours. Don't hesitate to share your feelings and ask them all your questions.







Thank you!

During a work study, I had the idea to create a brochure for children who have just received a diagnosis of cancer. It seemed to me to be important that simple information should be available for them, who are the first concerned by the illness.

Several children, those also affected by cancer, helped me to write the texts. Thanks to their re-reading and their remarks, I have been able to understand the themes which are important to them. A big thank you to Felix, Eléa and élodie for their invaluable input and the time they gave to this project. And thank you as well to my daughter, Noélie, who inspired and encouraged me.

This brochure has been produced with the financial support and logistics of ARFEC, the Franco-Swiss Association of Families of Children Suffering from Cancer and the Groux Printing Works. Thanks also to Benoît Schmid, the illustrator.

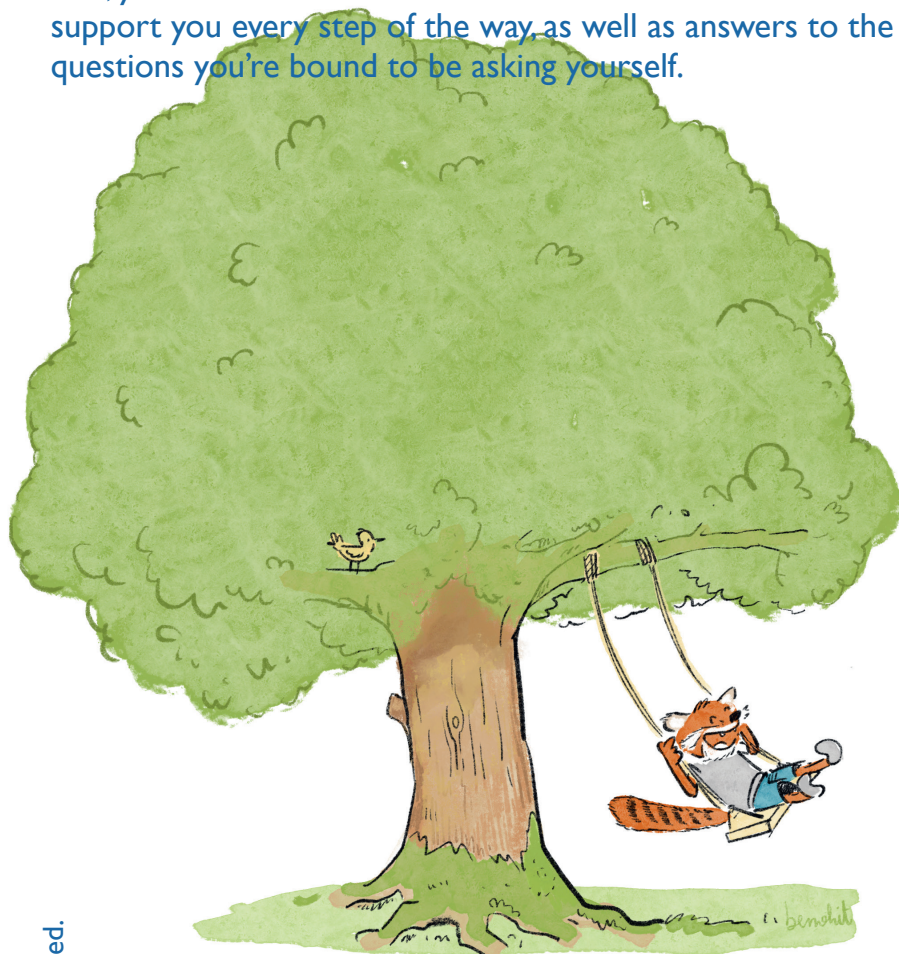
To you all, parents and children who are beginning a process of care in oncology, I wish you a great deal of strength and courage.

Anouk Mévillot

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When facing cancer, you are not alone: this leaflet will help you understand the changes you're going through and come to terms with your emotions.

In it, you'll find out about the team who will be there to support you every step of the way, as well as answers to the questions you're bound to be asking yourself.



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To download the brochure in French or another language.