

CANCER

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Introduction

The immune system helps the body protect itself from getting an infection. Cancer and Chemotherapy damage this system, reducing the numbers of white blood cells and making it harder for the body to fight infections.

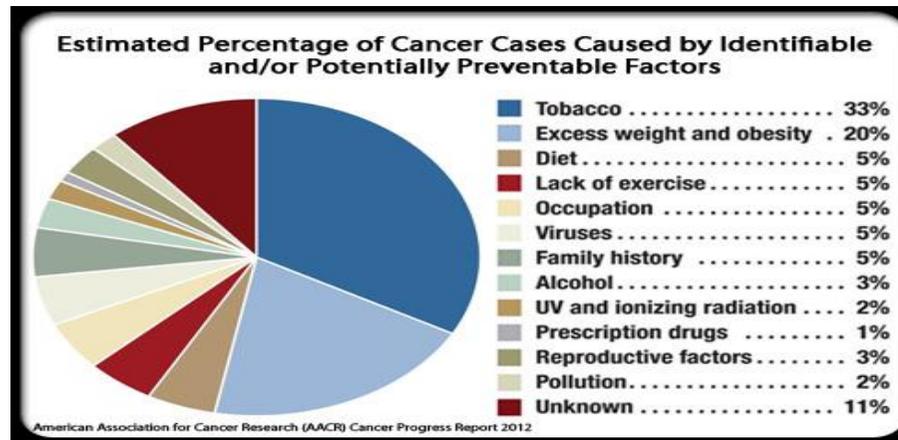
This project will explain what cancer is and what causes this disease. It will be explaining about how cancer patients feel and what can be done to help them cope with cancer.



What is cancer?

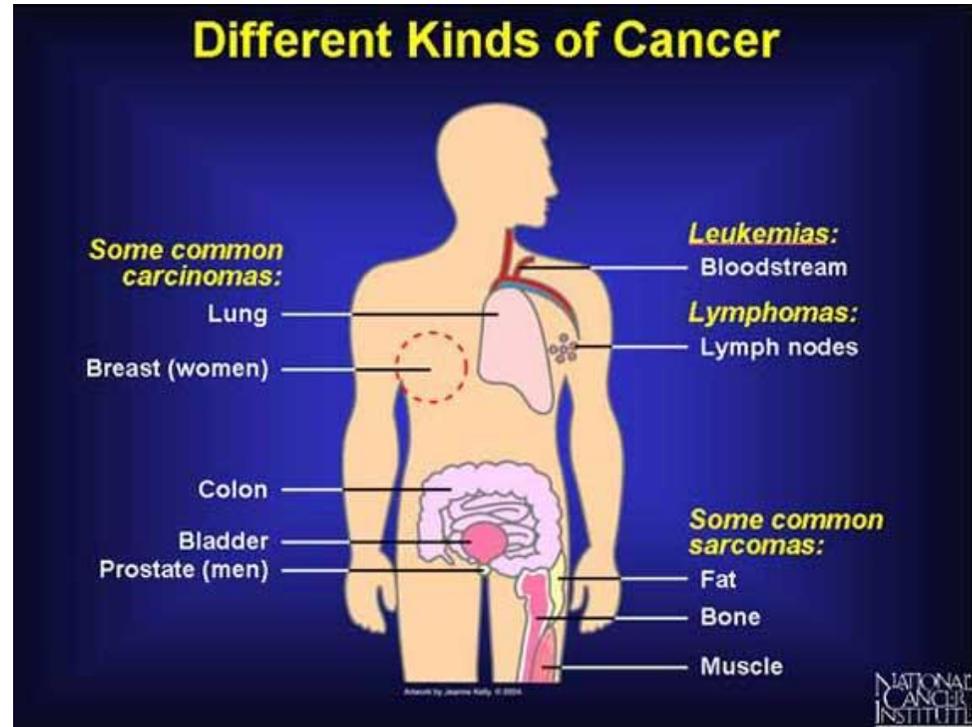
Cancer is a group of diseases involving abnormal cell growth with the potential to spread to other parts of the body. Not all tumours are cancerous; there are benign and malignant.

Tobacco use is the cause of cancer deaths. Obesity, lack of physical activity and drinking alcohol can also contribute to cause cancer. Other factors can be certain infections such as (hepatitis B and C, Human papillomavirus), exposure to ionizing radiation environmental pollutions and some cancers are just inherited from the parents.

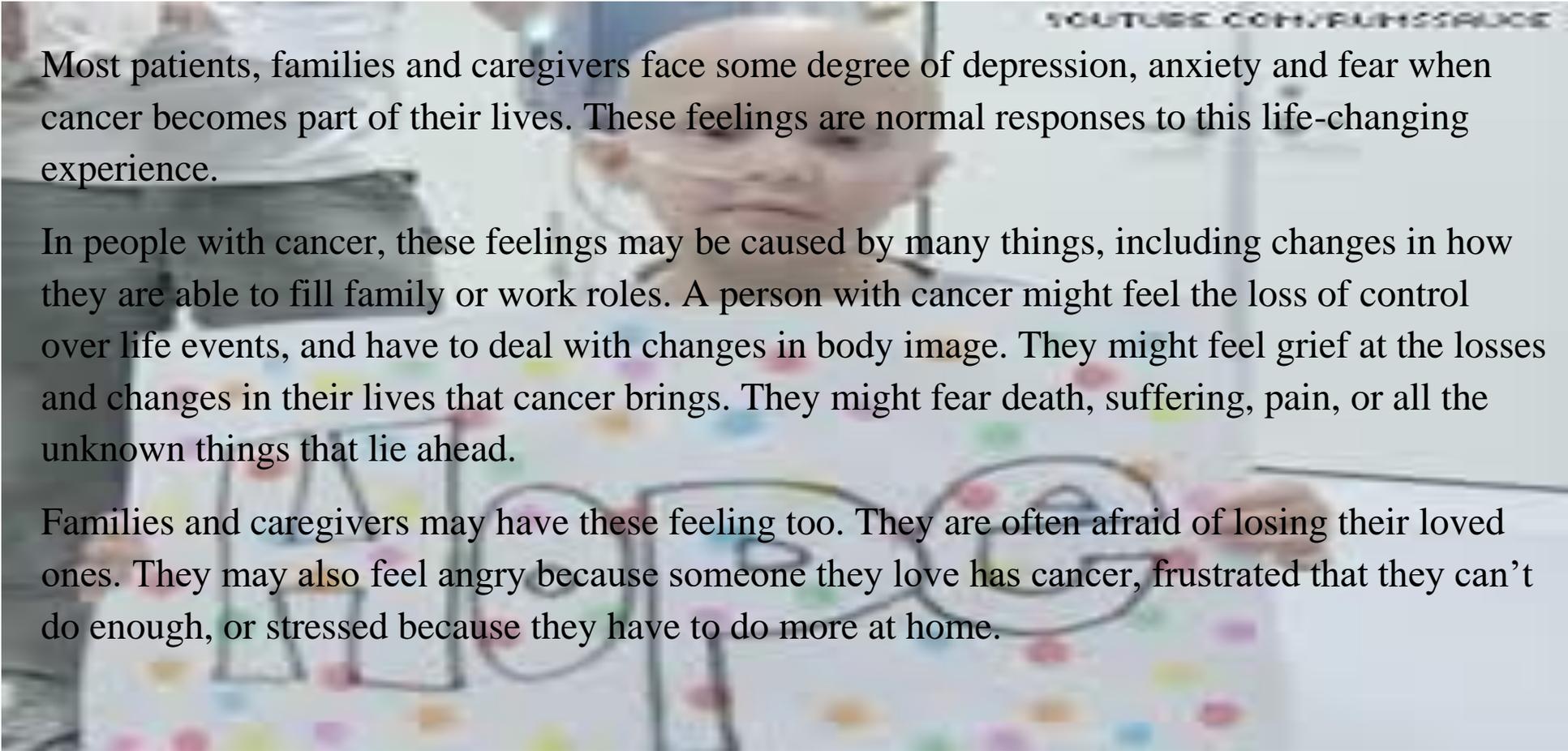


There are different types of cancer such as:

- Breast cancer
- Leukaemia
- Thyroid cancer
- Lung cancer
- Prostate cancer
- Cervical cancer
- Brain tumours
- Bladder cancer
- Bone cancer
- Eye cancer
- Stomach cancer
- Skin cancer



How patients and the family cope

A young child with a medical mask is shown in a clinical setting. The child is holding a drawing of a person with a large, colorful, abstract shape on their chest. The background is slightly blurred, showing a white wall with a YouTube URL watermark: 'YOUTUBE.COM/ALHSSPACE'.

Most patients, families and caregivers face some degree of depression, anxiety and fear when cancer becomes part of their lives. These feelings are normal responses to this life-changing experience.

In people with cancer, these feelings may be caused by many things, including changes in how they are able to fill family or work roles. A person with cancer might feel the loss of control over life events, and have to deal with changes in body image. They might feel grief at the losses and changes in their lives that cancer brings. They might fear death, suffering, pain, or all the unknown things that lie ahead.

Families and caregivers may have these feelings too. They are often afraid of losing their loved ones. They may also feel angry because someone they love has cancer, frustrated that they can't do enough, or stressed because they have to do more at home.

Objectives

As cancer patients feel

- Anger
- Denial
- Fear and worry
- Hope
- Stress and anxiety
- Sadness and depression
- Loneliness



The objective is to work with at least a group of patients to help them build confidence, feel beautiful, stop feeling left out because most of them feel like they are unreliable and not able to contribute in the society because of their illness. They also lose confidence because they think that simple things like losing hair and looking physically sick will make them look ugly.

The aim is to provide female patients with wigs, a day at the spa for manicure, pedicure or massage. I can also be of help because I am a spa student. Counselling sessions could also be given to them as they are patients that need advise on how to cope in life with cancer. These sessions could help newly cancer diagnosed patients to get advice on how other patients are coping.

With the help of sponsors we could organize trips on an island for the patients to have fun and get any negative things out of their mind.

Fund raising activities can also be organised to raise money to buy anything that can be of use to them.

Conclusion

Cancer patients are like any other normal person too. Even if they are sick, there are other ways that they can prove they can help in the society. They should be given the opportunity to talk about their feelings and enjoy themselves like other people. Anyone affected by cancer theirs or a loved one might need help dealing with the emotions that result

Thank you



References

Jacobson PB, JIM HS. Psychosocial interventions for anxiety and adult cancer patients. Achievements and challenges. CA cancer Jclin. 2008;58:214-230