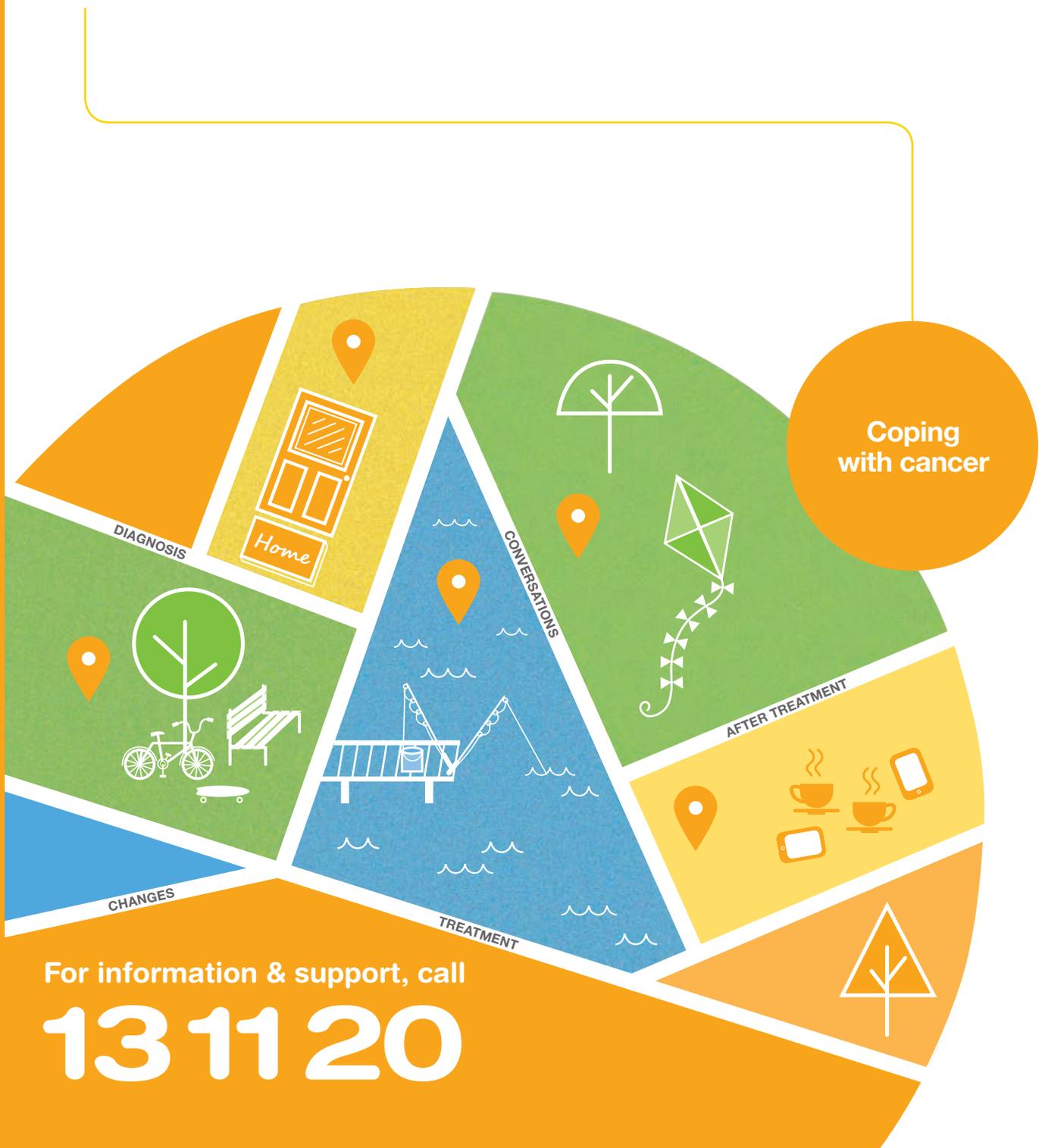


Talking to Kids About Cancer

A guide for people with cancer,
their families and friends



For information & support, call

13 11 20

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Note to reader

Always consult your doctor about matters that affect your health. This book is intended as a general introduction to the topic and should not be seen as a substitute for medical, legal or financial advice. You should obtain independent advice relevant to your specific situation from appropriate professionals, and you may wish to discuss issues raised in this book with them. All care is taken to ensure that the information in this book is accurate at the time of publication. Please note that information on cancer, including the diagnosis, treatment and prevention of cancer, is constantly being updated and revised by medical professionals and the research community. Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this book.

Cancer Council Australia

Cancer Council Australia is Australia's peak non-government cancer control organisation. Through the eight state and territory Cancer Councils, we provide a broad range of programs and services to help improve the quality of life of people living with cancer, their families and friends. Cancer Councils also invest heavily in research and prevention. To make a donation and help us beat cancer, visit cancer.org.au or call your local Cancer Council.



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About this book

Explaining a diagnosis of cancer to children or teenagers can feel difficult and overwhelming. This book is designed as a starting point for having this conversation. Talking sensitively and honestly about the diagnosis can provide children with reassurance during a time of uncertainty and change.

Talking to Kids About Cancer focuses on when a parent has cancer, but much of the discussion will be relevant for anyone who needs to explain a cancer diagnosis to children or teenagers – for example, when a child’s sibling or friend has cancer, when their grandparent or another significant adult has cancer, or when a child has cancer.

Different chapters offer tips on talking to children throughout all stages of cancer, from breaking the news about a cancer diagnosis to coping with life after treatment. The book includes quotes and stories from people who have been affected by cancer (with some names changed for confidentiality), along with examples of what a parent or carer might want to say. These are just ideas and you will need to adapt what you say to suit your children’s ages and their individual personalities – you know your children best and can judge their ability to understand things.

You may like to share this book with grandparents, teachers, school counsellors, family friends and neighbours – anyone who talks with your children – to ensure they hear a consistent message about cancer and how it may affect your family.

If you need extra copies of this book or have any questions, simply call Cancer Council 13 11 20. You can also download a digital version from your local Cancer Council website (see back cover for details).

A note about the language in this book

To avoid gender-specific references, we have used third-person plural pronouns (they, their) in place of third-person singular pronouns (he or she, his or her) throughout this book. We have used the terms “kids” and “children” interchangeably and the term “teenagers” rather than “adolescents”, as this is how families tend to speak.



How to use this book

Each chapter of this book covers a particular aspect of discussing cancer with children – for example, talking about treatment. You can choose to read the entire book from cover to cover, but you may only need to refer to one or two chapters at a given time.

Please keep in mind that some sections of the book may be particularly difficult to read, such as Chapter 5: *Living with advanced cancer*. Many people do survive cancer, so this issue may not be relevant to your situation and you may prefer not to read this chapter. However, some readers will find it useful to have this information.

Families and children have generously shared their experiences with us. Their perspectives appear throughout the book as quotations and personal stories. The page margins feature colour-coded boxes that highlight particular types of information:



Tips



More information



Personal story



Key points

If you need help with any cancer-related issue, call Cancer Council 13 11 20 or see Chapter 6: *Finding support and information* at the end of this book.



4

After treatment

For many people, the end of treatment is a time of relief and celebration, but it can also be a time of mixed emotions. Children and teenagers may expect life to return to normal straightaway, but the person who has had treatment may be re-evaluating their priorities. Your family might need to find a “new normal”.



Important days

Throughout my son Leo's treatment, it was so hard to plan. We just had to say, "Let's see what tomorrow brings." Two years of that. You think it's never going to end.

It was such a joyful day when the treatment finally finished. I had never allowed myself to look that far ahead. Leo had a "no more chemo" party at school. Leukaemia treatment is so socially isolating, and it was just wonderful to see people embrace the family and to see Leo so engaged with school and friends.

Now that treatment is over, every day matters. It may not be a good day, but all days are important. We've all learnt not to write off time – you don't put things off. It's a good life lesson.

I'm really proud of all four of my children. Despite all the hardship, there has been a lot of growth for them. They are more resilient and have developed strength and compassion. Leo's siblings pulled him through, and we all pulled through together as a family.

Genevieve, mother of four children aged 3, 5, 10 and 14

What do children need to know?

Children and young people may need to know that cancer is a life-changing experience for many people. Once treatment has finished, some people want life to return to normal as soon as possible, while others feel they need to reflect on what's happened and re-evaluate their life. This process is commonly called finding a new normal, and it may take months or years. The person who has completed cancer treatment may:

Make changes – This period can be unsettling and lead to big changes, such as making lifestyle or dietary adjustments, choosing a new career or reassessing relationships.

Continue to feel the physical impact – The physical effects of cancer sometimes last long after the treatment is over. Fatigue is a problem for most cancer survivors and can interfere with daily activities. Many people have to deal with temporary or permanent side effects, such as physical scars, early menopause, or fertility and sexuality problems.

Worry about recurrence – One of the major fears for survivors is that the cancer might come back. This is an understandable fear, which can be triggered by regular check-ups and even minor aches and pains.

Call Cancer Council 13 11 20 for a free copy of our *Living Well After Cancer* booklet, or download it from your local Cancer Council website.

How children react

Like many adults, children may find it hard to understand why things simply can't go back to the way they were before the cancer. They've had to deal with changes while their parent or other loved one was sick, and now they probably want to get back to normal. Your kids may:

Expect the person who had cancer to bounce back – Often children don't understand that fatigue can continue after cancer treatment is over. This can lead to disappointment and frustration.

Become clingy – Separation anxiety that started during treatment may continue well after treatment is over.

Worry the cancer will return – Like the person with cancer, recurrence is a big fear for children and young people. You may need to reassure your children that regular check-ups will help monitor the cancer.

Family life after treatment

Celebrate the end of cancer treatment, and acknowledge that it has been a difficult period for everyone; this is particularly important for teenagers. Encourage kids to have fun. They have lived with worry for months and may need your permission to relax again.

Let the family know how you're feeling emotionally and physically so they understand if you're not bouncing back as quickly as they expected. It may be helpful to let the family know that treatment effects are likely to last for a while after treatment finishes. Keep using the emotions thermometer if you have one (see pages 36–37). Be open about your fears, such as if you're feeling anxious before a check-up. This may encourage your kids to talk about their own fears.

Do things at your own pace, and avoid any pressure to return to “normal” activities. You may want to ask yourself: Am I doing what fulfils me? Am I doing what I want to do? What is important to me? Explain any changes to the family's lifestyle and negotiate where possible. During your recovery, you may be able to incorporate healthy lifestyle changes into family life or activities – for example, you could do light exercise together, or make healthy changes to the kids' diets as well as your own.

Focus on each day, and expect good days and bad days – for both the adults and the children in the family.

Survivorship

If you are a parent who has finished cancer treatment, you may want to focus your attention on your children, but it is important to look after your own wellbeing. These strategies can help.

- Consider joining a support group. Many cancer survivors join a group to meet people who understand what they have been through and how they're feeling. Talking with other survivors can help you cope and will therefore benefit your kids. See page 58 for more information.
- Read cancer survivors' stories. Learning how other people have made meaning of a cancer diagnosis may help.
- Take part in a survivors' event or attend a survivorship program, such as *Healthy Living After Cancer*, if there is one in your area. To find out what is available, contact Cancer Council **13 11 20**.
- Find out about Cancer Council's Cancer Connect program by calling **13 11 20**. They may be able to put you in touch with someone else who has had cancer treatment.



Key points

- People who have had cancer treatment often have mixed emotions.
- It may be difficult to settle back into how life was before cancer.
- Kids and young people might continue to have their own fears and worries about the cancer.
- Children may find it hard to understand why life can't go back to normal. It could help to explain that the family will have a new normal.
- Give your children permission to have fun and to re-establish their own new normal along with you.
- Keep communicating and sharing your feelings with each other.

Answering key questions

Q: Will the cancer come back?

You probably wish you could tell your children that everything will be fine now, but the uncertainty of cancer lasts long after treatment is over. As well as giving a positive message, this may be a chance to listen to your child's concerns about "What if?" Allowing a child to talk about their fears and concerns is important in helping them cope.

A: *"The treatment is over and we all hope that will be the end of it. We hope that the cancer won't come back, but the doctors will keep a careful eye on the cancer with check-ups every now and then. If the cancer does come back, I will have some more treatment, which we hope would make it go away again. We'll let you know if that happens."*

Q: Why are you still tired?

Cancer survivors often feel tired for many months after treatment. This can be hard for kids who want their energetic parent, grandparent or friend back.

A: *"I'm feeling a lot better, but the doctor said it might take many months, even a year, to get all my energy back."*

"The treatment was worth it because now I'm better and the cancer has gone away, but it took a lot out of me and now my body needs time to recover. This is normal for people in my situation."

Q: Can't we get back to normal now?

The person with cancer may need to take some time to process the ways that cancer has affected them, but this will probably be difficult for children, particularly younger ones, to understand. It may be helpful to explain that not everything will be the same as it was before, but that doesn't have to be a bad thing. The new normal could actually offer some benefits. Many people who've had cancer can see positive outcomes from the experience, and it may help to highlight these to the kids.

A: *"Day-to-day life will start to get more like normal as I feel better, but there may be some changes to the way we do things, like ... [the way we eat/how much I go to work/how much time we spend together as a family]. Maybe we can also find some new hobbies to do together."*

"We've all been through a lot and I know it's been hard for you too. Things might not get back to exactly how they were before I got sick, but together we can find a new way that works for all of us."

Support and information directory

Support services

<p>Camp Quality provides programs and services to strengthen the wellbeing of children aged 0–13 growing up with cancer</p>	<p>1300 662 267 campquality.org.au</p>
<p>Cancer Council provides a wide range of support and information services for people affected by cancer (see opposite page for more details)</p>	<p>13 11 20 For your local Cancer Council website, see back cover</p>
<p>CanTeen supports young people aged 12–25 affected by their own or a close family member’s cancer diagnosis</p>	<p>1800 835 932 canteen.org.au</p>
<p>headspace run by the National Youth Mental Health Foundation, provides mental health services to people aged 12–25</p>	<p>1800 650 890 headspace.org.au</p>
<p>Kids Helpline offers 24-hour telephone and online counselling for young people aged 5–25</p>	<p>1800 55 1800 kidshelpline.com.au</p>
<p>Lifeline offers 24-hour general crisis support</p>	<p>13 11 14 lifeline.org.au</p>
<p>ReachOut general information about mental health and wellbeing for young people going through tough times</p>	<p>au.reachout.com</p>
<p>Redkite offers financial, emotional and educational support for people aged 0–24 with cancer, as well as their families and networks</p>	<p>1800 REDKITE (1800 733 548) redkite.org.au</p>
<p>Ronald McDonald Learning Program provides assessment, therapy and tuition for young people whose education has been disrupted by serious illness</p>	<p>1300 307 642 rmhc.org.au/our-programs/learning-program</p>
<p>Young Carers Network provides information and support for people under 25 who care for someone with an illness, disability or mental health issue</p>	<p>youngcarersnetwork.com.au</p>
<p>youthbeyondblue supports young people aged 12–25 dealing with depression, anxiety and other mental health problems</p>	<p>1300 22 4636 youthbeyondblue.com</p>
<p>Griefline offers phone and online counselling</p>	<p>1800 642 066 grief.org.au</p>

Online information for children aged 3–13 years

Bearing Up Club

internet club for kids dealing with bereavement – once a child is registered, they can join an online chat room

bereavementcare.com.au

Kids' Guide to Cancer

Camp Quality's free educational app for children aged 8–13 who have a parent, sibling or other loved one with cancer – answers the common questions kids have about cancer

campquality.org.au/kidsguidetocancer

Online information for teenagers aged 12–18 years

CanTeen

aimed at young people aged 12–25 who are dealing with their own or a close family member's cancer diagnosis; peer community and discussions as well as access to counselling

canteen.org.au/cancer-information

riprap

UK site for teenagers who have a parent with cancer

riprap.org.uk

Stupid Cancer

US site for people aged 15–39 who are affected by cancer

stupidcancer.org

General online information

Cancer Council

reliable information about cancer by topic and by type; PDFs and ebooks of *Understanding Cancer* booklets and fact sheets; links to local programs and services

For your local Cancer Council website, see back cover

Cancer Australia

information about cancer, healthy living and clinical best practice from Australian Government cancer control agency

canceraustralia.gov.au

Children's Cancer

information about many aspects of children's cancer

childrenscancer.canceraustralia.gov.au

Victorian Paediatric Integrated Cancer Service (PICS)

information for families when a child is diagnosed with cancer

pics.org.au

American Cancer Society

detailed information about cancer types and topics from the largest voluntary health organisation in the US

cancer.org

Cancer Research UK

detailed information about the diagnosis and treatment of different cancer types

cancerresearchuk.org

Macmillan Cancer Support

information about cancer prevention, diagnosis and treatment from the leading UK cancer charity

macmillan.org.uk

Picture books

Butterfly Kisses and Wishes on Wings
Ellen McVicker & Nanci Hersh, S.N., 2006
butterflykissesbook.com

Nowhere Hair
Sue Glader & Edith Buenen,
Thousand Words Press, 2010
nowherehair.com

In the Rainbow
Tracey Newnham, 2017
intherainbow.com.au

Safina and the Hat Tree
Cynthia Hartman & Hayley O'Brien, Nomota, 2004
talesforkids.com.au

For younger readers

Because...Someone I Love Has Cancer.
Kids' Activity Book, Terri Ades, American
Cancer Society, 2006

I'm a Kid Living with Cancer
Jenevieve Fisher & Casey Huie, Isaiah 11:6
Publishing, 2010

*Beginnings and Endings with Lifetimes
in Between*
Bryan Mellonie & Robert Ingpen, Penguin, 2005

I Miss You: A first look at death
Pat Thomas, Barron's Educational Series, 2001

Big Tree is Sick
Nathalie Slosse & Rocio Del Moral,
Jessica Kingsley Publishers, 2017

The Memory Tree
Britta Teckentrup, Hachette, 2014

I Know Someone with Cancer series, 2018
bupa.co.uk/bupa-cancer-promise/i-know-someone-with-cancer

My Mum's Got Cancer
Dr Lucy Blunt, Jane Curry Publishing, 2012

For teenagers

Allie McGregor's True Colours
Sue Lawson, Black Dog Books, 2006

The Honest Truth
Dan Gemeinhart, Scholastic Press, 2015

The Fault in Our Stars
John Green, Penguin Books, 2014

My Parent Has Cancer and It Really Sucks
Maya Silva & Marc Silva, Sourcebooks, 2013

For adults

*Cancer in Our Family: Helping children cope
with a parent's illness (2nd ed.)*
Sue P. Heiney & Joan F. Hermann
American Cancer Society, 2013

*Raising an Emotionally Healthy Child
When a Parent Is Sick*
Paula K. Rauch & Anna C. Muriel,
McGraw-Hill Education, 2006

Glossary

Word	For younger children	For older children and teenagers
anaesthetic	A medicine that makes someone go to sleep so they don't feel anything when they have an operation.	A drug that stops people feeling pain during a procedure such as surgery. A general anaesthetic puts someone to sleep. A local anaesthetic just numbs one area of the body.
benign	A bump or lump on the body that isn't dangerous.	Not cancerous or malignant. Benign tumours are not able to spread to other parts of the body.
biopsy	When the doctor looks at cells in the body to see if they're healthy or not.	A test to diagnose cancer. The doctor takes small bits of tissue from the body and looks at them under a microscope to see if the cells have changed.
blood count	A test that checks how healthy the blood is.	A test that counts how many red blood cells, white blood cells and platelets there are in the blood.
cancer	Cancer is a disease that happens when bad cells stop the good cells from doing their job. These bad cells can grow into a lump and can spread to other parts of the body.	Cancer is the name for over 200 diseases in which abnormal cells grow and rapidly divide. These cells usually develop into a lump called a tumour. Cancer may spread to other parts of the body.
cells	The body is made up of billions of tiny things called cells, and each has a job to make your body work and stay healthy.	Cells are the building blocks of the body. Our bodies constantly make new cells to help us grow, to replace worn-out cells, or to heal damaged cells after an injury.
chemotherapy	Special medicine that kills the bad cancer cells.	A cancer treatment that uses drugs to kill cancer cells or slow their growth.
child life therapist	Someone who helps kids understand what is going on and how to have fun when they are in hospital.	A health professional who helps children manage the stress and anxiety of being in hospital through play and other coping strategies.
CT scan	A test that makes pictures so doctors can see what's happening inside the body.	A procedure that uses x-rays to create detailed, cross-sectional pictures of the body that show if cancer is present.
diagnosis	When the doctor works out what is making someone sick.	Working out what kind of disease someone has.
dietitian	Someone who helps people work out the healthiest foods to eat.	A health professional who supports and educates people about nutrition and diet.
donor	A person who gives blood or another part of their body to someone else.	The person who gives blood, tissue or an organ to another person for transplantation.
haematologist	A doctor who treats people whose blood makes them sick.	A specialist doctor who diagnoses and treats diseases of the bone marrow, blood and lymphatic system.
hormone therapy	A treatment that helps stop cancer cells growing.	A treatment that blocks the body's natural hormones, which sometimes help cancer cells grow. It is used when the cancer is growing in response to hormones.
immune system	The part of the body that helps someone stay well by getting rid of germs inside the body. It fights illness if somebody does get sick.	A network of cells and organs that defends the body against attacks by foreign invaders, such as bacteria and viruses, which can make people sick.

Word	For younger children	For older children and teenagers
immunocompromised	When someone gets sick very easily.	Weakening of the immune system, often caused by disease or treatment.
immunotherapy	A treatment that helps the body fight cancer.	Treatment that uses the body's own immune system to fight cancer.
intravenous (IV)	Putting a needle into a vein (where blood flows in the body).	Injected into a vein.
leukaemia	A type of cancer that starts in the blood.	A form of cancer where the cells that make blood start reproducing damaged cells at a fast rate.
lymph nodes	Lymph nodes are like filters that remove germs that could harm you. Sometimes, the germs can make some of the lymph nodes swell.	Small, bean-shaped structures that form part of the lymphatic system and help fight infection.
maintenance treatment	When someone is given medicine for a long time to help keep the cancer away.	Treatment given for months or years as part of the treatment plan. Often used for acute lymphoblastic leukaemia.
malignant	Another word for cancer.	Cancerous. Cells that are malignant can spread to other parts of the body.
medical oncologist	A special doctor who uses strong medicine to treat people with cancer.	A specialist doctor who treats cancer with chemotherapy.
metastasis (advanced cancer)	When the bad cells have travelled to another part of the body.	When cancer has spread from one part of the body to another. Also known as secondary cancer.
MRI scan	A way to take pictures of the inside of a person's body.	A medical scan that uses magnetism and radio waves to take detailed, cross-sectional, pictures of the body. MRI stands for "magnetic resonance imaging".
nausea	Feeling sick in the tummy.	Feeling as if you're going to vomit. Nausea is a common side effect of chemotherapy.
occupational therapist	Someone who helps people work out how to do things for themselves again after they have been sick.	A health professional who helps people solve physical and practical problems after illness, so they can lead independent lives.
palliative treatment	Sometimes the doctors and nurses can't stop the cancer from growing, and they will give someone medicine to make them feel better and get rid of any pain.	Treatment that reduces or stops symptoms but doesn't try to cure the cancer.
PET scan	A way of taking pictures of the inside of a person's body. The person is given an injection with a special liquid that shows up in the pictures and helps the doctors find cancer.	A scan in which a person is injected with a small amount of radioactive glucose solution. Cancerous areas show up brighter in the scan because they take up more of the glucose. PET stands for "positron emission tomography".
physiotherapist	Someone who helps a person's body get stronger after they have been sick.	A health professional who helps people recover their physical abilities after illness and surgery.
prognosis	What the doctors think might happen after treatment, and someone's chance of getting better.	The expected outcome of a disease. This helps doctors decide on treatment options.

Word	For younger children	For older children and teenagers
psychologist	Someone who helps people keep their minds healthy.	A health professional who helps people with their thoughts, feelings and behaviours.
radiation oncologist	A special doctor who uses x-rays that go into the body to kill cancer cells and make the cancer smaller.	A specialist doctor who treats cancer by prescribing and coordinating a course of radiation therapy.
radiation therapy (also called radiotherapy)	Invisible beams called x-rays that go into the body to kill cancer cells and make the cancer smaller.	The use of targeted radiation to kill or damage cancer cells so they cannot grow, multiply or spread. This is different to when you get x-rayed to see inside you (e.g. for a broken leg).
recurrence/relapse	When cancer comes back and the person feels sick again.	When cancer comes back after a period of improvement.
remission	When cancer goes away after treatment.	When cancer cells and symptoms reduce or disappear because of treatment. Remission may not mean that cancer is cured, but that it is now under control.
side effects	When a person has problems such as feeling tired or losing their hair after treatment. Some people might gain or lose weight, or have other changes. Most side effects go away after some time.	The unwanted effects of treatment, such as nausea, hair loss or fatigue. This is because treatment damages some healthy cells as well as the cancer cells. The healthy cells usually recover after a while (e.g. hair grows back).
stage	When the doctor tells the person how sick they are.	The extent of the cancer and whether it has spread from an original site to other parts of the body.
stem cell transplant	Stem cells are cells that make new blood in our bodies. Sometimes a person's cancer has to be treated with such strong medicine that their stem cells are destroyed. The person is given new stem cells to make them healthy again.	A treatment in which diseased blood cells are destroyed by high-dose chemotherapy or radiation therapy, then replaced with healthy stem cells. Stem cells are obtained from either the bone marrow or blood of the patient or a donor.
surgery	When someone has an operation and a doctor called a surgeon cuts out the cancer.	An operation to remove the cancer. Sometimes large parts of the body, such as a breast or the bladder, will be removed with the cancer.
targeted therapy	Special medicine that damages or kills cancer cells, but doesn't harm healthy cells.	Drugs that attack specific features of cancer cells while minimising harm to healthy cells.
tumour	A lump in the body that shouldn't be there. The lump may or may not be cancer.	A new or abnormal growth of tissue on or in the body. Tumours can be benign (not cancer) or malignant (cancer).
ultrasound	A test that allows doctors to look inside the body so they can work out if anything is wrong.	A scan that uses soundwaves to create a picture of part of the body. It helps show where and how big a tumour is.
x-ray	A test that takes pictures of the inside of the body.	A test that takes pictures of the inside of the body using high-energy waves.

References

1. SJ Ellis, CE Wakefield, G Antill, M Burns & P Patterson, "Supporting children facing a parent's cancer diagnosis: A systematic review of children's psychological needs and existing interventions", *European Journal of Cancer Care*, vol. 26, iss 1, 2017.
2. Australian Institute of Health and Welfare (AIHW), *Cancer in Australia 2017*, Canberra, 2017.



Cancer Council 13 11 20

Being diagnosed with cancer can be overwhelming. At Cancer Council, we understand it isn't just about the treatment or prognosis. Having cancer affects the way you live, work and think. It can also affect our most important relationships.

When disruption and change happen in our lives, talking to someone who understands can make a big difference. Cancer Council has been providing information and support to people affected by cancer for over 50 years.

Calling 13 11 20 gives you access to trustworthy information that is relevant to you. Our cancer nurses are available to answer your questions and link you to services in your area, such as transport, accommodation and home help. We can also help with other matters, such as legal and financial advice.

If you are finding it hard to navigate through the health care system, or just need someone to listen to your immediate concerns, call 13 11 20 and find out how we can support you, your family and friends.

Cancer Council services and programs vary in each area. 13 11 20 is charged at a local call rate throughout Australia (except from mobiles).



If you need information in a language other than English, an interpreting service is available. Call 13 14 50.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. www.relayservice.gov.au



How you can help

At Cancer Council, we're dedicated to improving cancer control. As well as funding millions of dollars in cancer research every year, we advocate for the highest quality care for cancer patients and their families. We create cancer-smart communities by educating people about cancer, its prevention and early detection. We offer a range of practical and support services for people and families affected by cancer. All these programs would not be possible without community support, great and small.

Join a Cancer Council event: Join one of our community fundraising events such as Daffodil Day, Australia's Biggest Morning Tea, Relay For Life, Girls' Night In and other Pink events, or hold your own fundraiser or become a volunteer.

Make a donation: Any gift, large or small, makes a meaningful contribution to our work supporting people with cancer and their families now and in the future.

Buy Cancer Council sun protection products: Every purchase helps you prevent cancer and contribute financially to our goals.

Help us speak out for a cancer-smart community: We are a leading advocate for cancer prevention and improved patient services. You can help us speak out on important cancer issues and help us improve cancer awareness by living and promoting a cancer-smart lifestyle.

Join a research study: Cancer Council funds and carries out research investigating the causes, management, outcomes and impacts of different cancers. You may be able to join a study.

To find out more about how you, your family and friends can help, please call your local Cancer Council (see back cover).



Visit your local Cancer Council website

Cancer Council ACT
actcancer.org

Cancer Council NSW
cancercouncil.com.au

Cancer Council NT
nt.cancer.org.au

Cancer Council Queensland
cancerqld.org.au

Cancer Council SA
cancersa.org.au

Cancer Council Tasmania
cancertas.org.au

Cancer Council Victoria
cancervic.org.au

Cancer Council WA
cancerwa.asn.au

Cancer Council Australia
cancer.org.au

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 To support Cancer Council, call your local Cancer Council or visit your local website.*