

Working Through Cancer

Working Through Cancer Sample Templates

Clare Evans

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Working Through Cancer by Clare Evans

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About the Author

In my day-to-day life I run my own business as a time management coach and I'm the author of *Time Management For Dummies*.

Like many others I had never considered the prospect that I might get cancer. I was young (relatively), fit and healthy. I don't and never have smoked. I rarely drink and I eat a pretty healthy diet, certainly when compared to many others. I'm by no means a fitness fanatic but I do exercise regularly. And I still got cancer.

When I was diagnosed with Stage 2 breast cancer, I decided that if anyone was going to be able to 'work through' this, it was going to be me, and that if I could do it, I could probably help others do it too.

I mainly work from home, so being flexible during my treatment wasn't going to be too much of a problem, but at that point I had no idea about how I was going to feel, what impact all the treatment was going to have or if I'd actually be able to carry on working.

After all, like me, you probably initially assume that if you've got cancer, that's it, you can write yourself off - at least while you go through treatment!

Well, that doesn't have to be the case!

If you want to carry on as if nothing has happened, you can. Obviously, it's not quite like that but a positive mental attitude will certainly get you a long way and help you get through the process.

I want to get the message out there that cancer is survivable and should be treated just like any other disease. Once you've been diagnosed, you'll have a treatment plan. Once you've gone through treatment - depending on the type of cancer, there's a pretty good chance you'll survive and the odds are getting better and better every day.

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Praise for “Working through cancer”

"In writing an account of her personal journey, Clare has managed to provide a concise overview grounded in her own experience. This book could make a real difference to other people who have been diagnosed and are going through treatment.

She offers dependable and practical advice and suggestions in an easy to read, user-friendly format. The chapters are logically constructed following the cancer pathway; diagnosis, treatment, return to normal life etc.

Clare shows that it's possible to maintain perspective and a sense of humour! Sharing her personal experience and how she coped may bring a sense of relief to people who are feeling frightened or overwhelmed. The message comes across - 'yes this is difficult but you can get through it, there are lots of things you can do to help yourself, and you are not alone!'

[Mark Craven - Macmillan Psychologist, Sussex Cancer Centre]

"I found this book heart warming and useful. Clare describes her treatment and recovery as something that is not anything out of the ordinary and quite manageable. Having had breast cancer myself the book would be a welcome read for anyone who has recently been diagnosed, and it will help to make the difficult situation less scary."

[Sarah Springford - Cancer Survivor]

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Your Diagnosis

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Templates

In this document are all the tables and checklists mentioned in the Working Through Cancer ebook.

You may print these off for your own use to keep as a separate journal or as part of your medical records for your treatment.

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Your Diagnosis	Left side	Right side
Type		
Grade		
Size		
Treatment options		

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Appointment checklist

- Reading material - books, magazines - paper based or on an e-reader.
- Bottle of water
- Mobile phone charger - especially if you use a smartphone (or at least make sure it's charged before you go out).
- Snacks/food - to keep you going.

Hospital checklist

- **Earplugs + eye mask** - there's a lot of pinging and beeping going on at night.
- **Overnight clothes** or something comfortable. You won't be bouncing out of bed and getting dressed each day.
- **Dressing gown + slippers** - if you do want to get up and about. Make sure that they're easy to put on and take off.
- **Washbag + flannel** - you'll have limited arm movement, so a flannel is useful for a quick wash.
- **Reading material** - although you won't be able to concentrate much, it gives you something to do between the constant check-ups and when you're not asleep.
- **Mobile phone + tablet charger.** Stay in touch with friends and family, send out requests for food, clothing or anything else you need.
- **Photos or personal items** to remind you of home.

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Your Treatment Checklist

Treatment Plan		
Surgery	Date:	Type:
	Where:	
	Time in hospital:	Recovery Time:
Reconstruction:	Date:	Type:
	Where:	
	Recovery Time:	
Chemotherapy	Start Date:	End date:
	No. of sessions:	Frequency:
	Type of treatment:	
	Treatment dates:	
Radiotherapy	Start Date:	End Date:
	No. of sessions:	Frequency:
Hormone therapy	Start Date:	
	Type:	Frequency:
Complimentary therapy	Dates:	Type:
Treats		

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My Support Team			
Name	Phone	Mobile	Email
Doctor			
Surgeon			
Reconstruction surgeon			
Oncologist			
Breast Care Team			
Cancer centre			
Chemo Unit			
Radiotherapy Unit			

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Chemotherapy Treatment Plan

Treatment No./Date	Lift to:	Lift from:	Overnight:
1			
2			
3			
4			
5			
6			
7			
8			

Remember - session dates and times may change and be delayed depending on your blood test results.

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Chemo Checklist:

- Sleep caps and scarves
- Anti-nausea seasickness bands
- 7 day pill pot
- Water bottle
- Antibacterial hand gel, wipes
- Ginger

Treatment checklist:

A few things to take with you when you go for your chemo or radiotherapy treatment.

- Reading material - for those inevitable waits
- Bottle of water - stay hydrated
- Mobile phone
- Snacks/food - to keep you going while you're waiting.

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Resources

Charities and support:

[Macmillan Cancer Support](#) - help and support just when you need it.

[Breast Cancer Care](#) - information and support and a useful online forum.

[Cancer Research UK](#) - facts, information and statistics on cancer.

[Working Through Cancer](#) - additional resources, blog and downloadable t

[Look Good Feel Better](#) - practical skincare and make-up workshops.

[Odyssey Challenge](#) - a 5-day residential rebuilding confidence.

[The Haven](#) - free therapies, services and support

[Local cancer support groups](#) - listed by Macmillan

[Bohemia headwear](#) - sleep caps, hats and scarves

[NHS Choices](#) - Couch to 5k a 9 week running plan for beginners.

Reading:

There's plenty of reading material around on the subject of breast and other cancers. However, don't overdo it. You don't want to scare yourself silly in the early stages and you may already be suffering from information and emotion overload.

***Breast cancer survival manual* by John Link.** Everything you need to know about breast cancer.

***Just get me through this!* by Deborah A Cohen and Robert M Gelfand.** An excellent and comprehensive book on all aspects of breast cancer with practical tips and answers to many of the questions you may have about your diagnosis and treatment.

***How to eat well when you have cancer* by Jane Freeman.** You might not decide to go vegan but there are ways you can eat more healthily and eat a few 'superfoods' that can help reduce the risk of cancer. This book contains the research behind those key foods.

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***Coping with the Psychological Effects of Cancer* by Robert Bor** - This book tackles a sensitive subject in an upfront and practical way that acknowledges the uncomfortable and painful emotions associated with cancer.

***Cancer Survivors Companion* by Lucy Atkins.** Practical ways to cope with your feelings after cancer.

Jason Vale - The JuiceMaster - Jason has a range of books on juicing not just for the short-term with his 5 and 7-day Juice 'Diets' but juicing for life.

Contact me:

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