

## Speaking from Experience Ovarian Cancer

### Transcript for Chapter 4 of 6: Challenges

#### Colin -

I think in term of our focus at the point of time was trying to get ourselves prepared for the wedding and everything. So overall I mean on the internal level of our feeling we are just generate it very positive before the whole diagnosis comes into the picture.

当时我们只是专注在准备我们的婚礼。在诊断癌症之前，我们有一个积极的心情。

#### Chelvie -

I have cancer at that time. I can't go to work for 2 years. Then I can't pay the house money. I can't pay the house money, I went to the housing board. I told them and that man said you must sell the house.

诊断癌症之后，我不能继续的工作。两年内不能工作。我给不起房租。我给不起房租。我去建屋发展局求救，建屋发展局叫我卖掉我的屋子。

#### Deborah -

It was quite heart wrenching because ovarian cancer is a cancer that effect the reproductive system so at that time knowing that my spouse would want to have children in the future, it definitely got me thinking whether this relationship could carry on or whether it was fair to him and whether it would be a better decision to just call the whole thing off the wedding, everything because there were plans set in motion. So I think that was the most painful part, and trying to get over.

这是一种痛苦的心情。因为卵巢癌会影响到生殖系统。当时我知道我的未婚夫往后很想要有孩子，我会开始想到我们之间是否能够还可以继续交往，这是对他公平吗？还是把婚礼取消，因为当时我们的婚礼也在筹备中。

#### Grace -

I was having huge plans for my 21st birthday, and those plans were being curtailed, so... to be told you might not have 5 years or might not have 2 years was something that I didn't really consider.

在我 21 岁生日，我有庞大的计划，无法进行那些计划。告知我只能活到两年或五年以内，这是我没料到的事情。

#### Karen -

Actually my first chemo was really challenging but because I have a friend with me and give me the support. You need a family member to be with you, because the nurse said you may faint or you may feel dizzy after the treatment.

第一次的化疗比较挑战性，但是我有一位支持我的好朋友。你需要有一个亲人陪在你身边。因为做完化疗，你有可能晕倒或感觉头晕。

#### Adeline -

I can't go out. Because the doctor said, "You must stay at home for 3 months and you can not carry heavy things this and that" so I said "So difficult. I don't like to depend on people. I like to do everything on my own."

我不能出去。医生叫我留在家里 3 个月。我不能拿重的东西。非常困难。我不喜欢依赖别人。我喜欢亲力亲为。

**Grace -**

The immunity was very low, so you are not allowed to leave the house, and the only time I left the house for the 5 months was to go to the hospital.

癌症病人抵抗力很低. 你不能出门. 在那五个月里, 我只是去医院看病.

**Patricia -**

The other thing that was quite awful was that to keep your blood count up you have to eat a lot of eggs, so that was quite a horrible thing, and egg white and everything. So it's something that I...and my mom would make me lots of eggs and then she would force me to eat the egg white.

有一件恶心的事是, 我必须提升我的血计数. 你就需要吃很多鸡蛋. 这是一个很可怕的事. 蛋白... 我的母亲会准备很多蛋给我. 他会逼我去吃很多蛋白.

**Karen -**

I have to be very careful with what I eat especially when my white cells has gone down very low so I have to pep up with huge amount of protein. I am eating 3 to 5 eggs a day, so I do whatever I can to support it and make sure that I go through every chemo successfully, so I really eat well. In fact after that my skin, my total well being become so good, that I don't look like a cancer patient.

我一定要很小心地选食物. 尤其是我的白血细胞已经开始下降. 所以我一定要吸取大量的蛋白质. 一天内, 我会吃三到五粒的鸡蛋. 我会尽量的调养身体来维持健康. 确保每一次的化疗成功. 我一定要吃得好. 其实我发觉到我的皮肤和状态比以前还要好. 不像得了癌症的病人.

**Patricia -**

You do feel quite good after the last chemo because it's like the whole journey for that part has ended to me it was like living life a fresh.

完成最后的化疗过程, 我很高兴. 完成整个化疗过程, 好像重新开始新的生活.