

Speaking from Experience Ovarian Cancer

Transcript for Chapter 6 of 6 : Hope

Deborah -

Post cancer diagnosis your view and perspective definitely changes. You no longer hold work in such high esteem. It's no longer life or death if you don't get that promotion or if you don't get a pay increase. You definitely think more of your loved ones, and if there is anything else you can do to make a difference in people's life.

一旦患有癌症，你的观点和角度一定有变化。你不能像以前那样把工作抱有崇高的敬意。如果你没有得到公司的提升，没有所为的生与死。或者没有得到加薪，而是你会更加想念你所爱的人。或者你能改变人民生活的方式。

Grace -

After thinking about and dwelling about how you get better from cancer you really appreciate, you really thank God for life. Really thank God for the things that you can do, the places you can travel to which is one of the big things for me. I wanted to travel to New York and I got to do that last year. So I am happy about that. You should approach life with a different pair of perspective. That's something that you have. And start making plans, and unfortunately but this is something real, you'll forget that you had cancer. There will come a point in time when you get well in a couple of years that you'll forget that you had cancer.

在思考如何怎么样去治好癌症，你真的要一身的感谢上帝。你能够做你可以做的事，你真的要感谢上帝。能出国旅行，是我做的一件大事，去年我去了纽约旅行。我非常高兴。你应该用不同的角度对待生活。这就是你应该有的。你开始做计划。不幸的是...但这是真的，你将会忘了你曾经有过癌症。最终你一定会康复，你会忘了你曾经有过癌症。

Karen -

I should say I live as per normal. I never think of my sickness. I am not worried of my sickness. Because the doctor told me, "You should be worried about how to carry on and not to worry about what is past." I actually am not worried about my sickness already. I will live life as per normal, as long as I can live. I will just live as per normal, a healthy life a good life.

我有一个正常的生活。我从来没有想过或担心过我的病。医生跟我说我应该担心如何继续向前看，而不是担心过去。我其实不担心我的病状。我会正常的生活。只要我能活，我会正常生活。一个健康的生活和美好的生活。

Adeline -

Well, I would tell them to, not to worry. Just to pray and listen to what the doctor tell you. And then you must take care of yourself.

我会告诉他们，不用担心，祈祷上帝。依照医生的指示。一定要照顾自己。

Chelvie -

Don't need to worry, you must be happy. If you have family problem, don't think about family problems. You must take care of yourself properly. You must smile. Ok, you must smile, you must be happy first.

不用担心。一定要开心。不要为家庭的事而操心。你一定要照顾自己。你一定要有笑容，一定要开心。

Patricia (Adeline's daughter) -

The doctor did that tell my mother that after her operation she will have good quality of life. I think she believed in that. That's why that's what she is now.

医生跟我的母亲说，手术后，她的生活质量会很好。她相信。这就是现在的她。

Karen -

Some people they are in the state of denial. They refuse to go through chemotherapy just like what I did in the initial stage, so we have to talk to them and encourage them, look there is nothing to fear because this treatment, because science is so advanced and the chemo is not that drastic like before. Because the doctor knows how to, and what medicine to give you. So these people need to have the confidence, look at me, I have gone through this and look at me, I am perfectly fine so it's gonna be fine with you.

有些人还不肯接受事实。不肯接受化疗。我们一定要鼓励他们说，不用担心，科学是如此先进。现在的化疗跟以前不一样。医生会给你对的药方。所以病人一定要有信心，看着我，我已经度过这个过程，看着我，我完全好了。你一定也会好的。

Patricia -

Think about it, in the last 15 years, this drug has very much been, has had a lot of success.

15年前，药物一直是很成功的。

Grace -

Ovarian cancer treatment has advanced a lot ever since I was sick which was 6 years ago.

在这六年里，卵巢癌的治疗技术有了极大的进步与发展。

Deborah -

I believe that the most important thing is to stay positive so that you will be strong enough for the treatment that you have to undergo and also to do your best to stay healthy in term of your eating habit because it's only through what you eat during the time of your treatments that will give your body the nourishment to fight off the negative side effect of the drugs that you are going to take so that would be the next thing that would be very important and obviously lastly to get the support of your close ones be it friends or family.

我相信最重要的事是要保持积极的态度，您将有足够能力去做治疗。您必须要有良好的饮食习惯来保持身体健康，通过你吃什么，会给您的身体充分的营养，来打击的药物的负面影响。那是最重要的。最后，获得朋友或家人的支持。

Grace -

A lot of my friends are kind of got scared talking to me because they didn't know what to say. But really, just talk about anything at all. If your friends feel like talking about their feeling at that point of time, like how scared they are about the future, let them cry and then um, and then tell them that you will be with them no matter what happens. If you want to shave your head when they are bald, that would be really nice, cause it's lonely being bald on your own.

我的朋友们感到害怕，他们不知道要说什么。就尽量谈任何东西。如果你的朋友想要谈论他们的感受，关于他们对未来的害怕感受，就让他们哭吧。告诉他们，无论发生什么，你会支持他们，如果要剃光头，一定会很很漂亮。一个人光头，会很孤单的。

Colin -

Never give up, be it no matter how bad the situation is don't ever give up because firstly you are not the victim. You have to be positive for the victim. Because you'd never understand what that person has gone through. And you'd be beside that person 24/7 and the moment that the person wake up and their eyes open is to look up to you for support.

不可以放弃. 首先你不是受害者. 你必须表现出积极的态度. 因为你永远不会明白受害者的痛苦经历. 如果你在在她的身边无时无刻的陪伴着她, 当她一醒来时, 她会需要你的支持和鼓励.

Patricia (Adeline's daughter) -

Being at 85, if she can go though this I think everyone can go through it whether you are young or old.

作为一个八十五岁的人, 她能够度过这个难关, 我相信每一个人都能够做到, 无论你是年轻还是年老.