

Speaking from Experience Ovarian Cancer

Transcript for Chapter 5 of 6 : Support

Deborah -

During and after diagnosis of my cancer, definitely the support of my friends and family played a vital role in helping me recover. Because doctors and nurses will tell you that 1 key aspect in increasing your chances of survival is having a positive mind set, so they were reeling around me and giving me lots of encouragement. Friends visited me quite regularly to also boost my positive mind frame so as to speak.

在之前或之后的诊断，肯定是我的家人和朋友的支持和鼓励，我才能顺利度过康复过程。医疗团队会经常说，幸存者的一个关键方面是要有一个积极的思维方式。他们给我很多鼓励和支持。很多朋友时常来探望我，来增加我的积极的思维方式。

Grace -

My family supported me by being there. My mom is a stay home mom so she doesn't need to work. And my dad because his job was overseas, and at that point of time I was having cancer he was in Singapore. He was in Singapore most of the time. So they were up... my main source of information from church was them. They updated the church on my condition.

我的家人给我的支持是，他们总是会陪在我的身边。我的母亲是个家庭主妇，他不用上班。我的父亲经常在外工作。在我诊断癌症，大多数他在新加坡陪我。教会可以提供很多关于病情的资料是因为我的父母把病情告诉了教会。

Karen -

In fact I get more support, they are more caring like family, my daughters will take turns to take leaves to accompany me to the clinic for my chemo treatment, my friends, my husband, in fact I felt quite comforted even by the hospital staff. They come and visit me and said, "How are you? Is everything ok?" They give moral support to pull me through all this treatment.

其实我得到很多人的支持和关心。我的家人，我的女儿轮流拿假陪我去做化疗。我的朋友，我的丈夫，其实我感到非常安慰。还有医料团队来探望和慰问我。他们给我精神上的支持，让我坚持治疗过程。

Chelvie -

My friend help me to cook after work, and she cleaned my house, she talked to me nicely. She'd never think about the cancer. She said don't think about the cancer. She talked to me for 3 hours then she went back. Because she finished her work at 6 and, stayed here till about 9 and went back at 10.

放工后，我的朋友会来帮我煮饭还有做家务。跟我聊天，我们没有谈癌症的事情。大概谈3个小时才回家。放工后，她大概从6点到10点才回家。

Grace -

I was helped greatly, very much helped by this...lady in another church who actually approached my pastor, and said "I have ovarian cancer before and I'd like to help this girl who is going though ovarian cancer now." So she met up with me and my family. And she was really just like my guide through the entire cancer period

我得到一位来自另一个教会的夫人的很大帮助。她找我的牧师说她也是个曾经患有卵巢癌的人，他想帮这位现在患有卵巢癌年轻女孩。他跟我和我的家人见面，她很像是我整个癌症期间的向导。

Chelvie -

Last time I work 2 years ago, my supervisor know, all the people know they took care of me. They said don't carry heavy things. If you are not feeling well, you go and see doctor.

我以前做了两年工，我的主管和同事都知道我的病情，他们很照顾我。他们不让我拿重的东西，假如觉得不舒服，必须去看医生。

Patricia -

Actually the support group was only all online. Because I am a very independent person as well, and when I was in the hospital before the chemo started in the 1st hospitalization, the counselor came and they offered me the support group and I said, "I don't think so." Because in this kind of thing I prefer more like quiet and to be by myself.

其实所有的支持组仅是来自网络。我是个很独立的人。在化疗之前，我在住院期间，辅导员来介绍支持组仅给我。我把拒绝了。因为在这种情款下，我比较喜欢清静和单独一个人。

Colin -

Firstly your attitude has to be very different because the person that whom you lived or shared your life with, is no longer the same person after she has gone through such a severe diagnosis and treatment. You have to attune yourselves to be more patient for example, may be, in term of a very practical example you want to plan for a holiday you used to be able to take long road trips but now because of her condition you have to be very mindful or perhaps every few days interval you might want to have a day of rest during the holiday so that you won't be so stressed out for her physically. So this attitude will have to stick with you as long as you are around with her so that is first and foremost you must have.

第一，你要有不同的态度。无论是你的伙伴或伴吕，当她遇到这个遭遇，她会是一个不同的人了。你必须适应自己，要有更多的耐心。一个实际的例子就像您要计划的一个假日，本来这是一条漫长的道路里程，但是现在他有这个病情，你必须非常注意到，每隔几天我们可能会安排一天的休息日。她就不会有太大的压力。您必须具有这种积极的态度，只要跟她在一起。这是你必须符合的态度。

Patrica (Adeline's daughter) -

I've got to make sure that I have a good health in order to look after my parents, and also I have to have a very positive mind, and I have to tell myself that life must still go on whether or not my parents are having some form of ailment and I always tell myself that number 1, I have to make sure I have enough rest. And I must have friends. Because if you do not have friends, you are all alone and you cannot even tell them why you are unhappy and as a caregiver I think friends are very important.

我必须确保要有健康的身体，来照顾我的父母。我必须确保我拥有一个积极心态。我一定要告诉自己，我要继续的生活下去。无论我的父母得到什么样的急病。我会告诉自己，第一，我必须好好休息。我一定要有朋友。不然，你会很孤独。你不能告诉他们，您为什么不高兴。作为护理人员，朋友也是重要的。

Colin -

Besides the attitude, you have to change your lifestyle. That is very important. Because as I mention earlier on, she used to be very active person, we used to be very active person, but because of this we probably have to cut down the activities that we used to have may be perhaps going out door, may be perhaps we go for movie which is not so strenuous or may be we can stay at home and read some books. So that in term of the lifestyle we definitely have to make adjustment.

除了有积极的态度，您还必须改变你的生活方式。这是很重要的。我已经讲过，她是一个很活泼和积极的人。我们俩都是一个很活泼和积极的人。因为这个病情，我们必须减少一些积极的的活动。去看场电影，不会那么激烈。或是呆在家里看书。所以，生活方式一定要改变。