

THE GUARDIAN

AND THE OVERCOMERS



UNC
PROJECT
Lilongwe, Malawi

THIS BOOK BELONGS TO

(Your Name)

Today's Date ____/____/____

QUESTIONS TO ASK YOUR DOCTOR

What type of cancer do you have? _____

What is the name of your chemotherapy regimen? _____

How many cycles of Chemotherapy do your doctors think you may need? _____

How many days do you receive chemotherapy with each cycle? _____ days

How far apart are your chemotherapy cycles? _____ weeks

KEEPING TRACK OF YOUR TREATMENT

Circle if you experience any of the symptoms throughout treatment

Nausea/vomiting, constipation, diarrhea, fatigue, mouth sores, pain, stomach pain,
headache, tingling in hands/feet, fever, worried/nervous, Sad/unhappy, problems
sleeping, cough, Other: _____

THE DATE FOR EACH CYCLE OF CHEMOTHERAPY TREATMENT

Cycle 1 date: ____/____/____

Cycle 5 date: ____/____/____

Cycle 2 date: ____/____/____

Cycle 6 date: ____/____/____

Cycle 3 date: ____/____/____

Cycle 7 date: ____/____/____

Cycle 4 date: ____/____/____

Cycle 8 date: ____/____/____

THE NUMBER OF BLOOD AND PLATELET TRANSFUSIONS

Blood Transfusion: _____

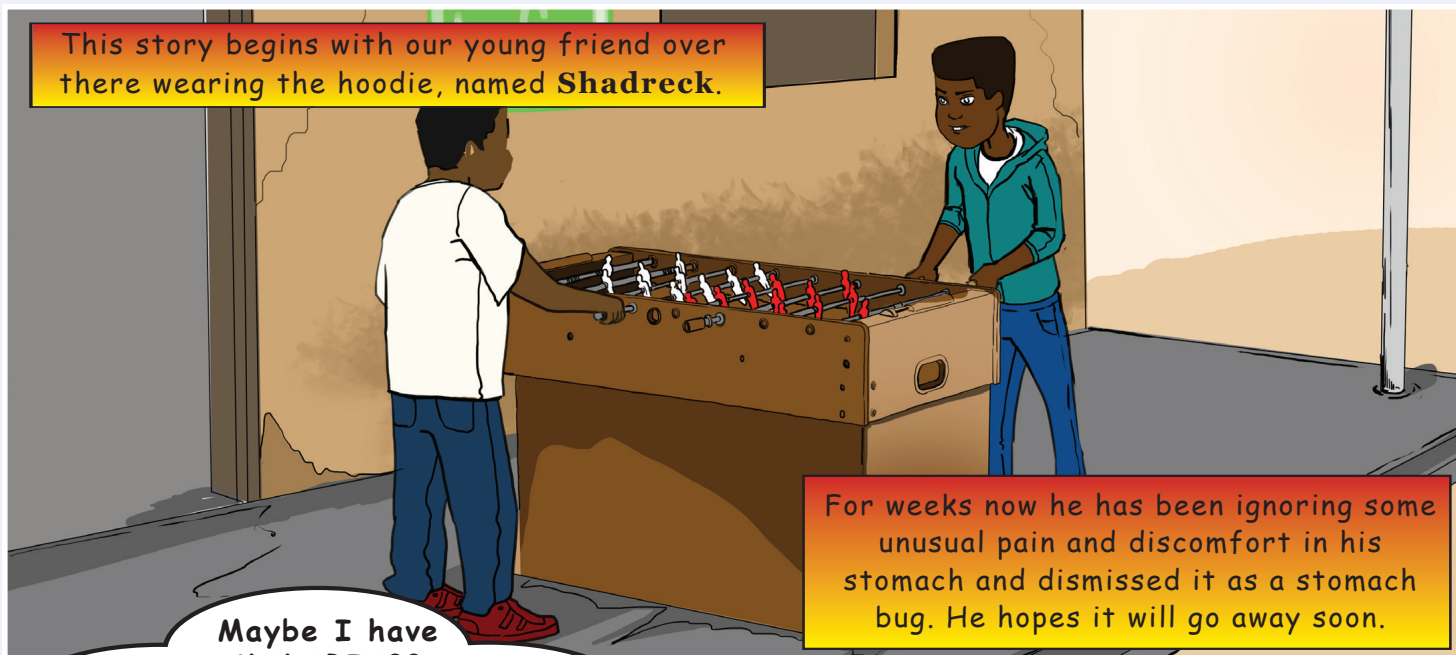
Platelet Transfusion: _____

TALLY THE NUMBER OF NIGHTS YOU SLEPT AT THE HOSPITAL

The village is always a wonderful place for children because it has a great sense of adventure! The school holidays are the best time to experience the countryside.



This story begins with our young friend over there wearing the hoodie, named **Shadreck**.



For weeks now he has been ignoring some unusual pain and discomfort in his stomach and dismissed it as a stomach bug. He hopes it will go away soon.

Maybe I have **MALARIA??**

Mmm...I doubt it.

This pain is getting in the way of my game. It feels worse than it did last week. Let me finish playing so I can go home.





Maria is Shadreck's older sister and she usually helps with remedies when he is sick. Like most people in the village, she uses traditional medicines and remedies.

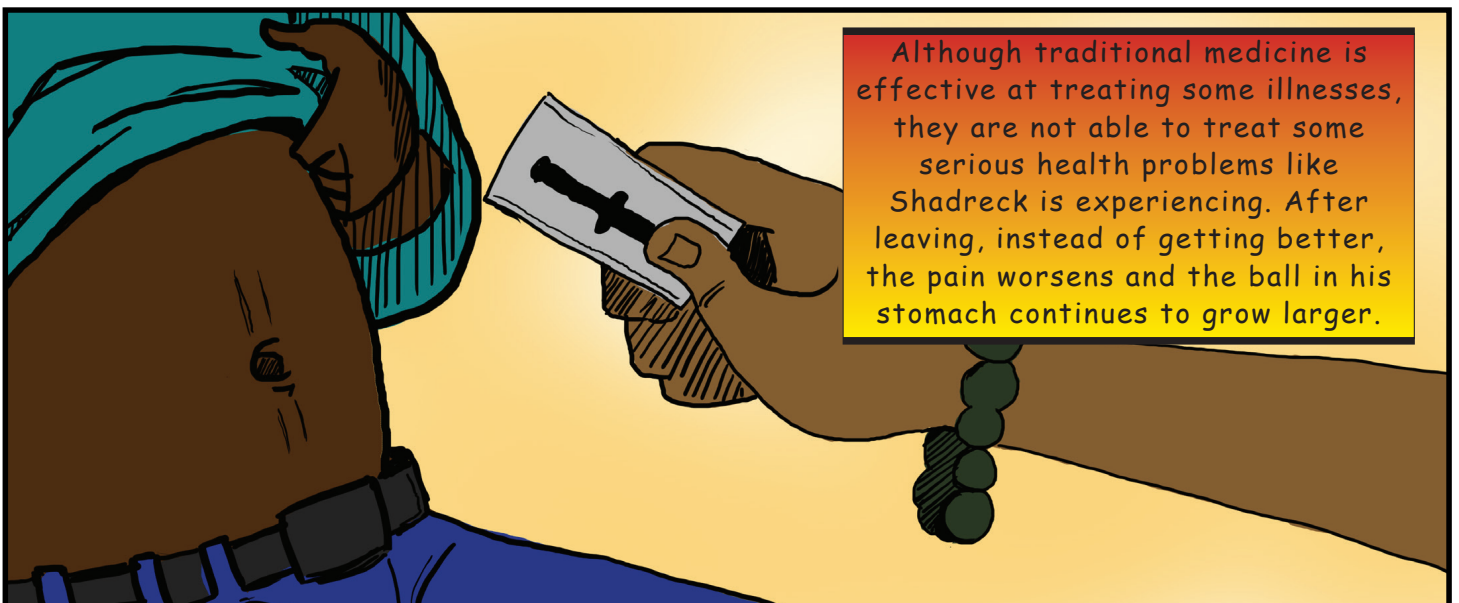
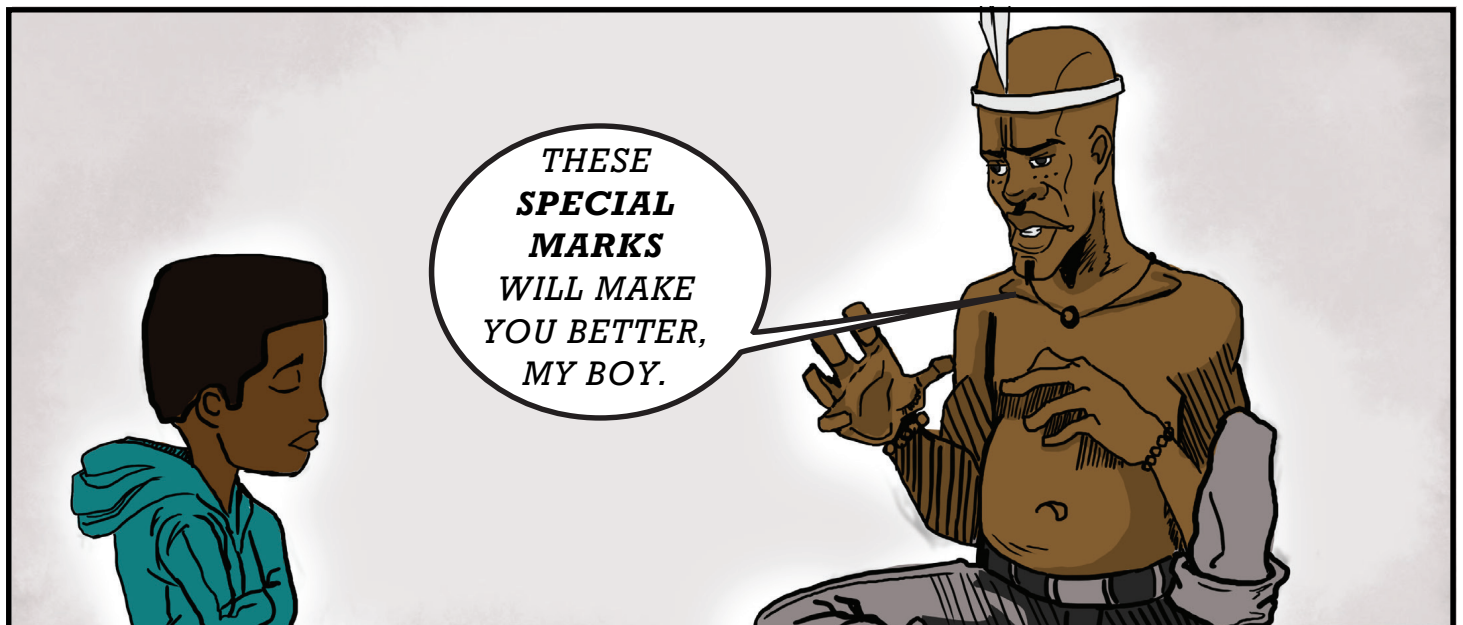
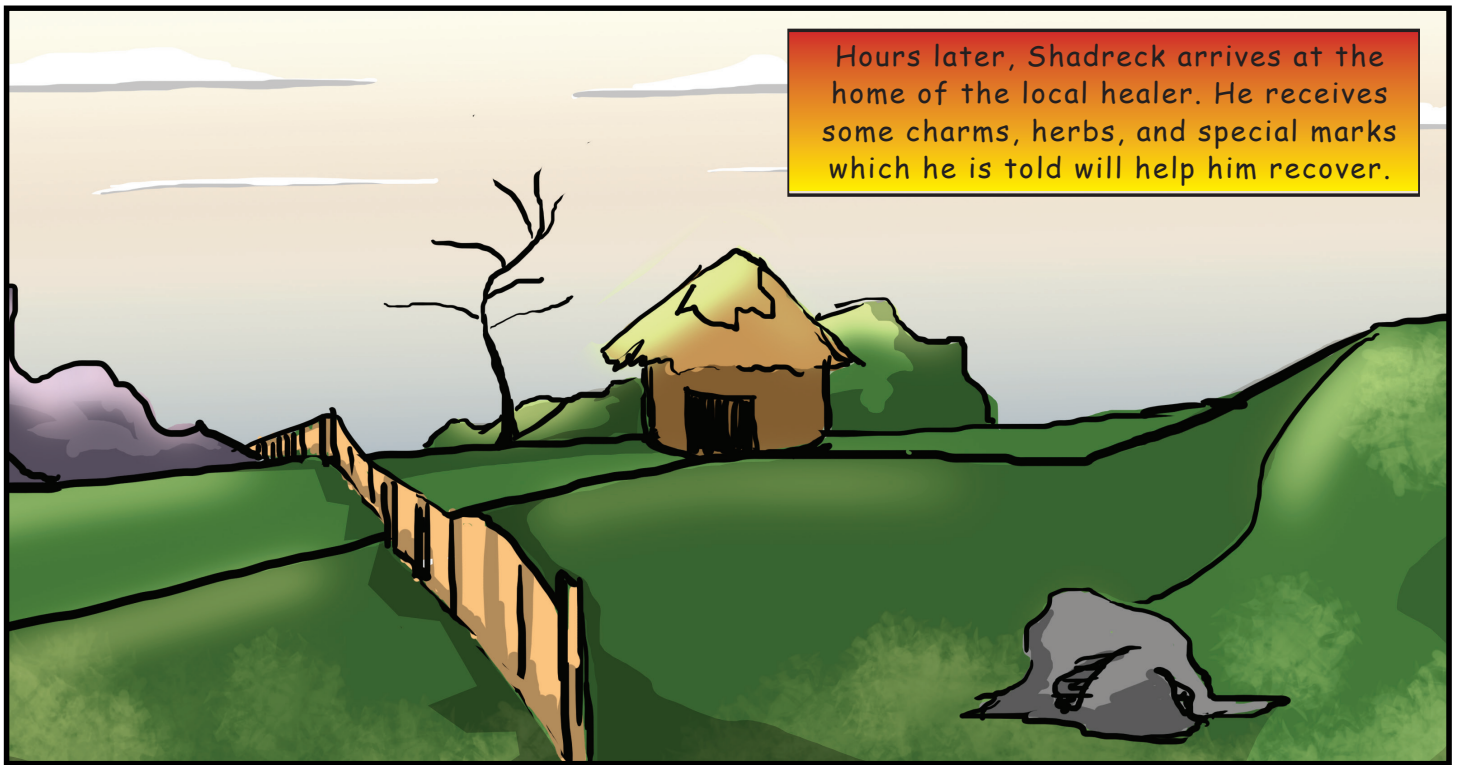


This can't be malaria. My stomach feels terrible... feels like there's a small ball inside. Let me hurry home. My sister will know what to do.



His sister is shocked when she sees him.





*The sharing of unsterilized blades also exposes Shadreck to risk of infection & HIV

A few days later, Shadreck's close friend Chimwemwe notices him walking uncomfortably near the shopping center and approaches him to find out if he's OK.

OH MY GOODNESS!

Shadreck!! You look unwell. Is everything alright??

Oh, hi Chimwemwe....

I didn't see you there. I haven't been well. I've had stomach pain for many weeks and I can feel a ball in my stomach.

TOWNSHIP SHOPPING

TUCK SHOP

A ball??!!

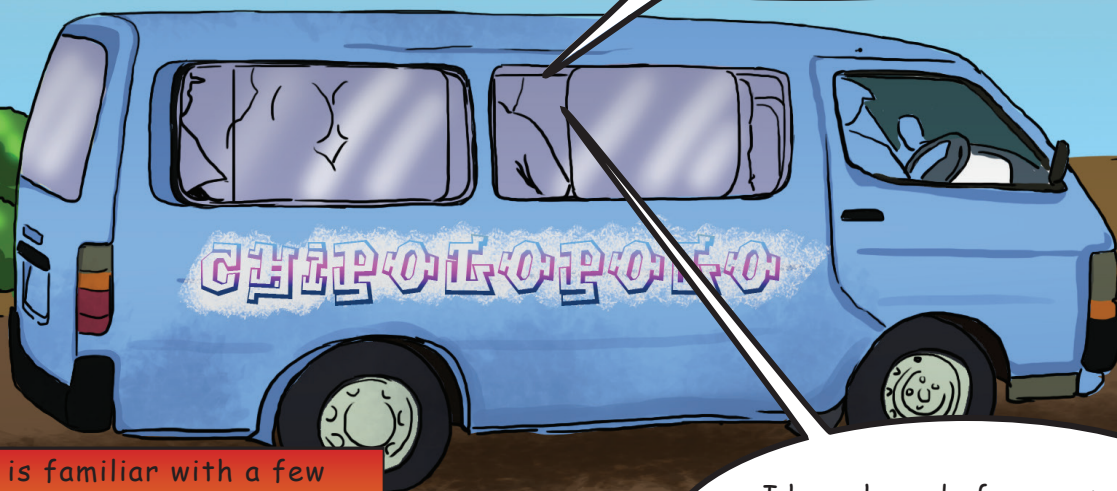
Shadreck, you need to go see a doctor! I've heard of people from our district complaining of similar things. You need to see a **doctor** today!

Let me help you get to the **hospital** nearby. We need to be sure that this is not something more serious than just a stomach ache..

It is important to talk to your friends when you feel something is wrong.

Chimwemwe convinces him to get on a minibus and travel to the nearest hospital.

We must always see a **doctor** or medical professional when it comes to our health!!!



Chimwemwe is familiar with a few young people in the village who were diagnosed with Lymphoma. Though she's not sure of the details, she has come to value the benefits of professional medical treatment.

I have heard of young people with symptoms like yours in our area and those that get treatment, **do get better**.

Chimwemwe, I don't think it's serious, but I will see the doctor because I want to get better.

Hey, young man clutching your stomach! Do you have some kind of sickness?? I hope you are getting off soon because I don't want to catch whatever you have!!

Let him be, can't you see that the boy is in pain? He is going to get help at the **hospital**.



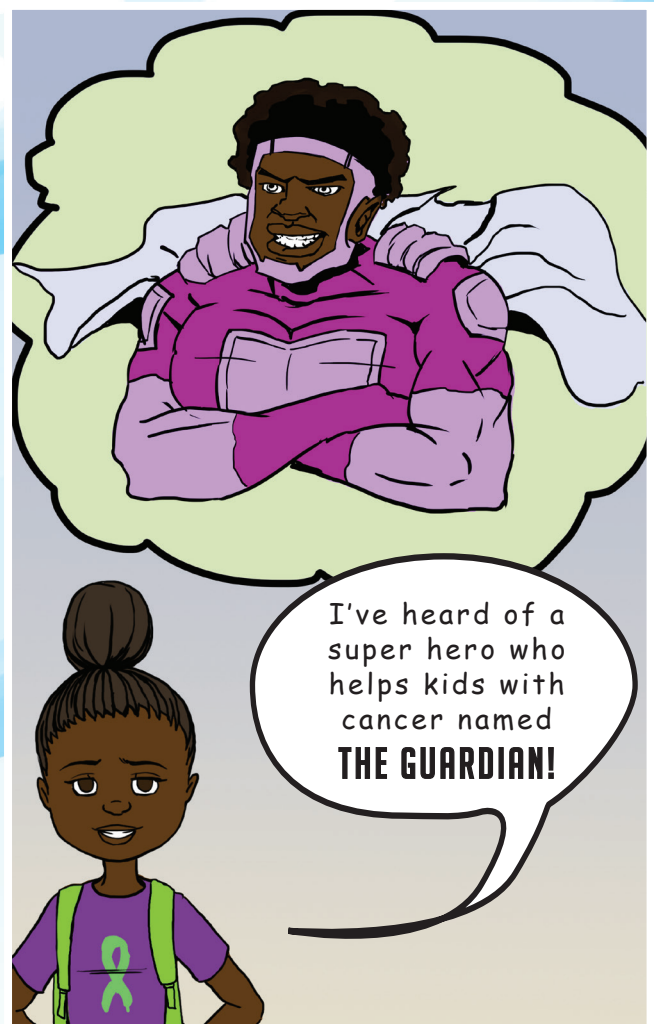
People's reaction to Shadreck being sick makes him feel even worse. This is also called stigma. You can help stand up to stigma in your community too by stopping it when you see it.

They arrive at the hospital.

I'm eager to get some help now. I already feel silly for not going to the hospital earlier. Please come in with me....

I am glad we are out of the minibus. I am sorry those people were treating you like that. I am here with you and of course I will go into the hospital with you.

I've heard of cancer...
Will I die?
Is there even a cure if this is what you think it is??
I have heard of elders in the village with cancer and it rarely ends well...



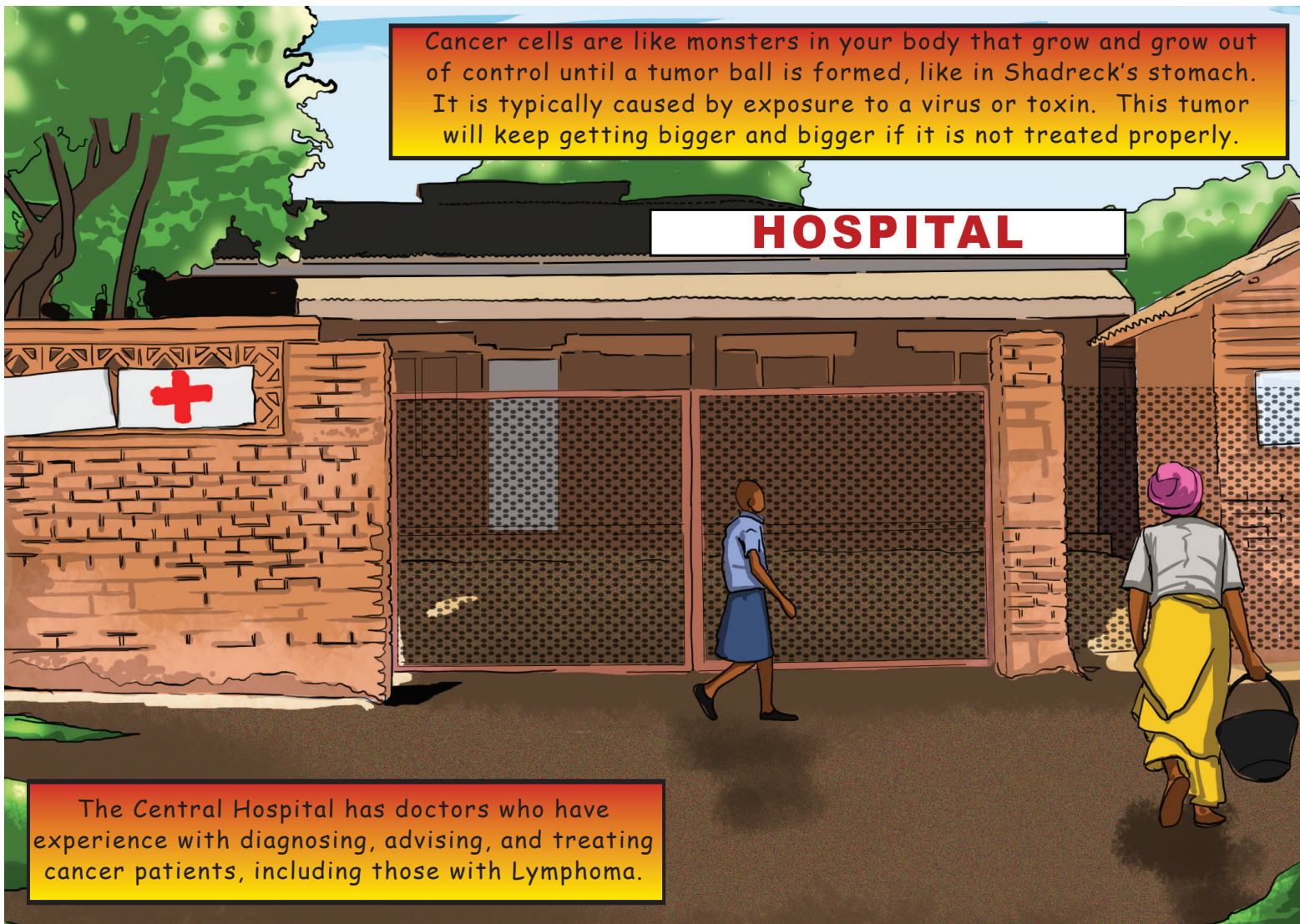
I've heard of a super hero who helps kids with cancer named **THE GUARDIAN!**



I hope **THE GUARDIAN** will help me because I hear cancer is like a monster set loose in the body.

Cancer cells are like monsters in your body that grow and grow out of control until a tumor ball is formed, like in Shadreck's stomach. It is typically caused by exposure to a virus or toxin. This tumor will keep getting bigger and bigger if it is not treated properly.

HOSPITAL



The Central Hospital has doctors who have experience with diagnosing, advising, and treating cancer patients, including those with Lymphoma.



Hope For Cancer
Foundation

After a consultation and an
examination from the doctor...

Hello Shadreck, my name is **Dr. Banda**.
You have a good friend in Chimwemwe.
She was right to bring you here
immediately. Your symptoms indicate that
you have Lymphoma.

Lymphoma is a type of cancer that
causes a tumor in your lymph nodes,
like your stomach, jaw, neck, groin,
and armpits.

Oh no! Is Lymphoma
contagious? Will my
friend Chimwewe maybe
get it now too?



BURKITT'S
LYMPHOMA
FUND FOR
AFRICA

No, do not worry.
Cancer is **NOT** contagious and
can not be given to your
friends.

The doctor brings
some hope to
Shadreck...

Good news!!!

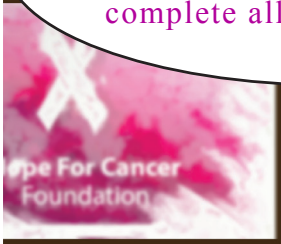
You can start your treatment now
and the cancer will hopefully
be eliminated!



What kind of
treatment will I need??
How long will it take?

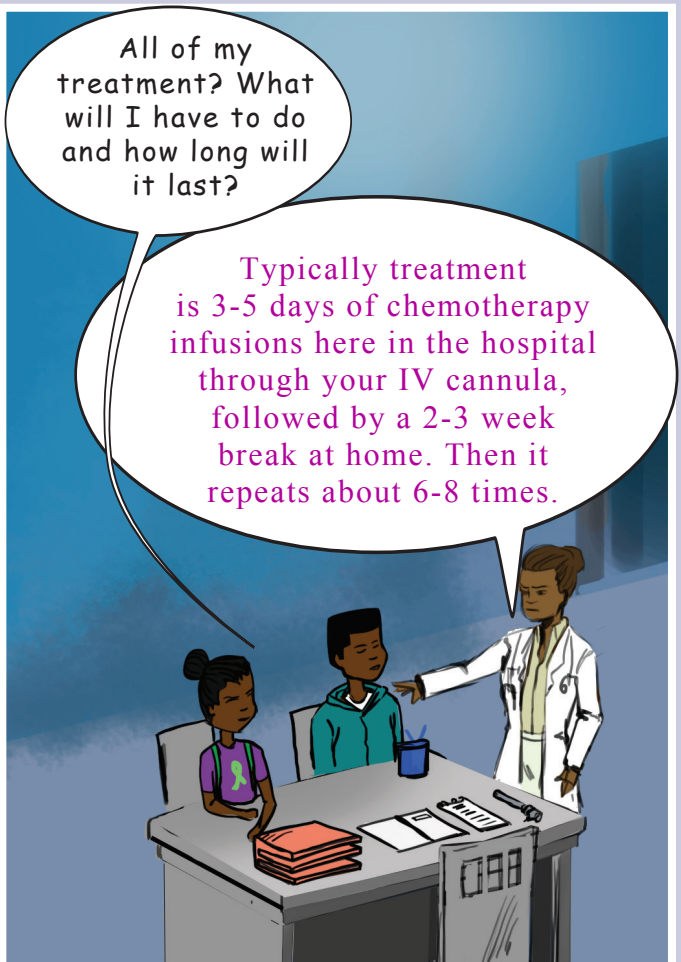


The treatment is called
chemotherapy and it is possible
to be cured but you must
complete all of your treatment!



All of my
treatment? What
will I have to do
and how long will
it last?

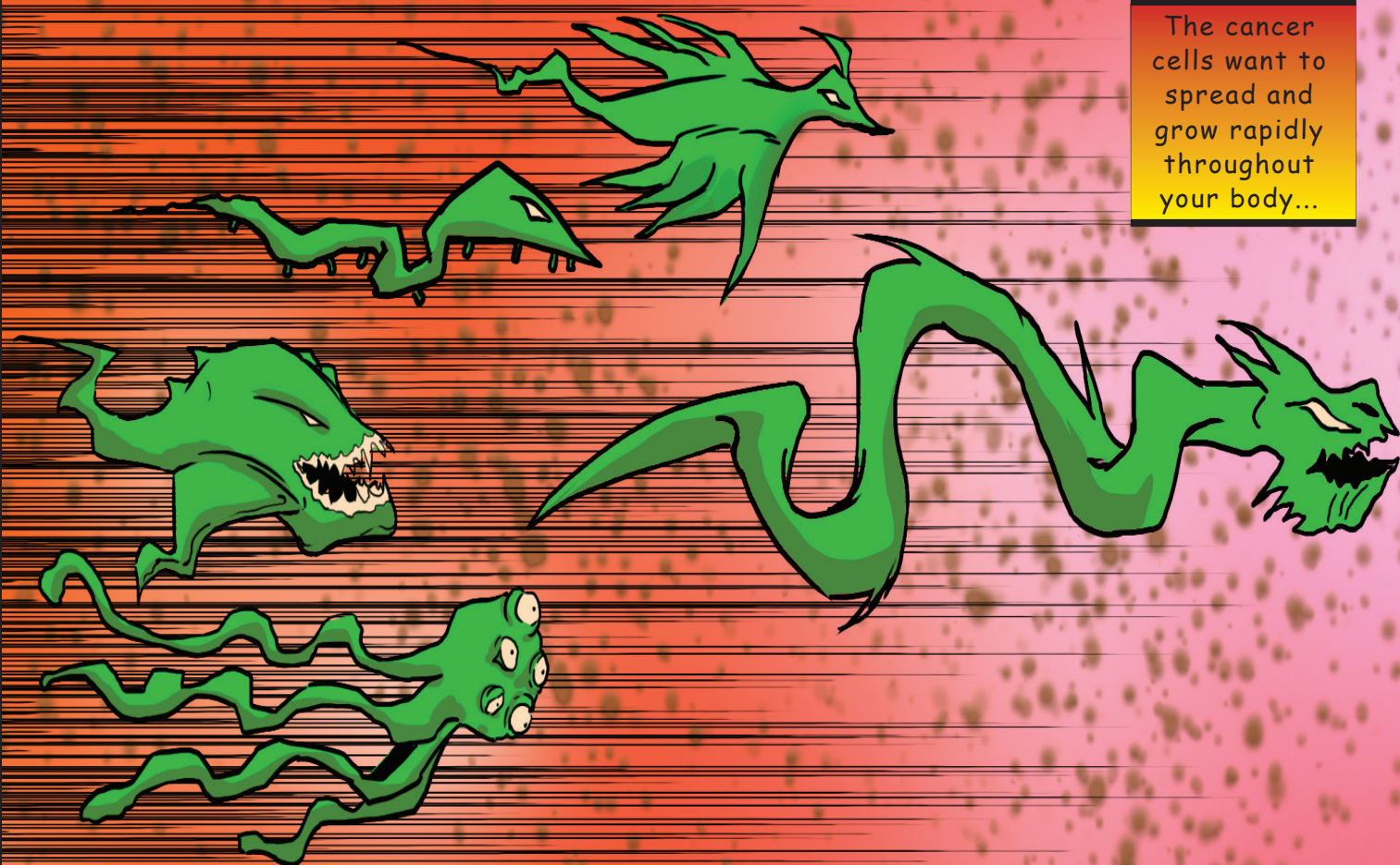
Typically treatment
is 3-5 days of chemotherapy
infusions here in the hospital
through your IV cannula,
followed by a 2-3 week
break at home. Then it
repeats about 6-8 times.



The medication and treatments Shadrack will receive from the doctors and nurses at the hospital are like **A GUARDIAN** for your health. They help to kill the dangerous cancer cells.



The cancer cells want to spread and grow rapidly throughout your body...





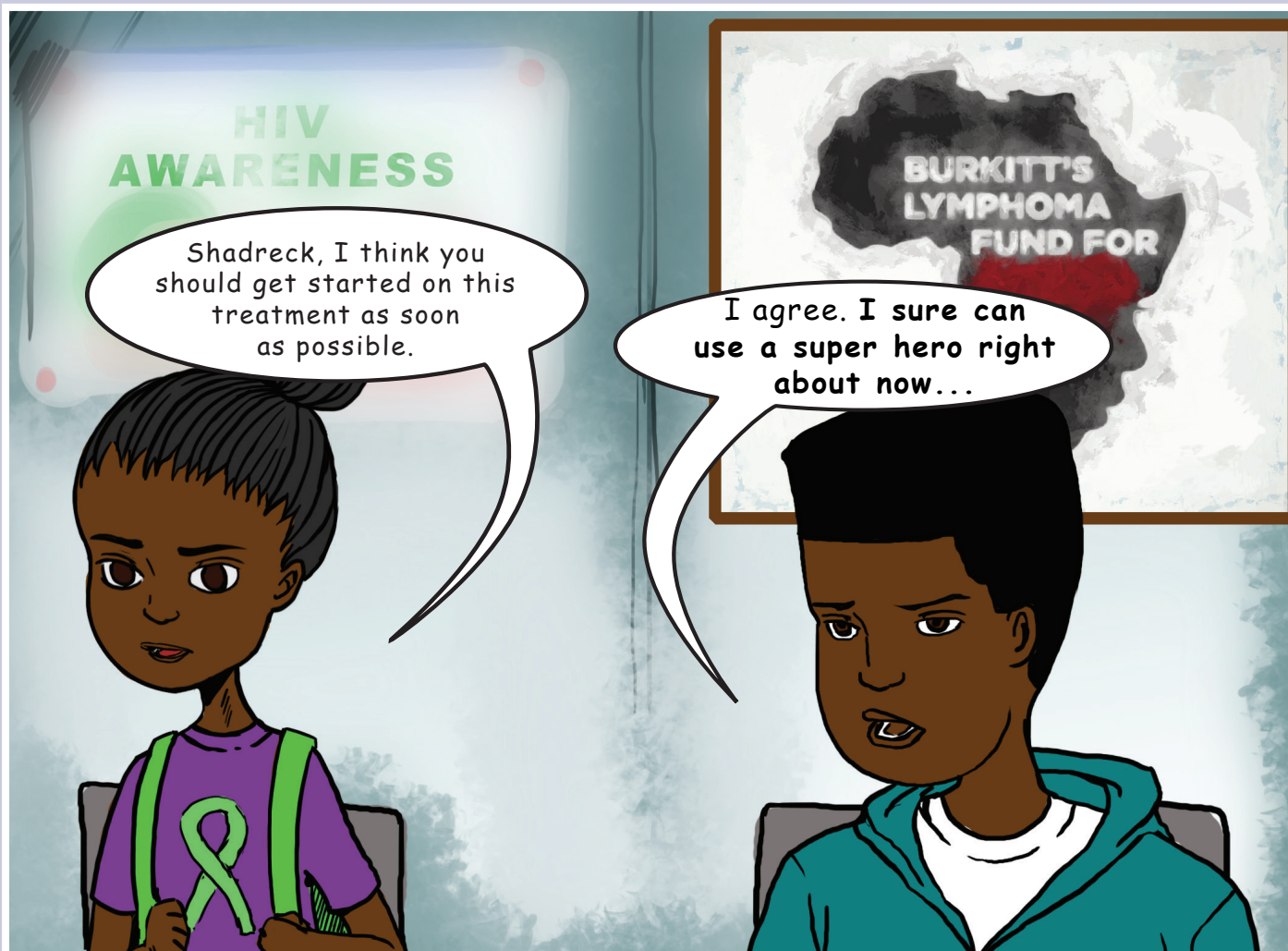
But thanks to **THE GUARDIAN** that comes in the form of a special medication called chemotherapy, along with the doctors and nurses, the cancer can be killed off.

This gives the body an opportunity to heal.



So remember, your treatment is like your body's very own **super hero!**





Shadreck, I think you should get started on this treatment as soon as possible.

I agree. I sure can use a super hero right about now...

A few days later Shadreck returns to sign up for treatment at the hospital and is assisted by a kind nurse.



I plan to complete all my chemotherapy sessions no matter what. Even if it gets really tough I will stick it out.



Shadreck then begins chemotherapy over the next few days and stays focused on getting to all of his appointments on time and getting healthy again.

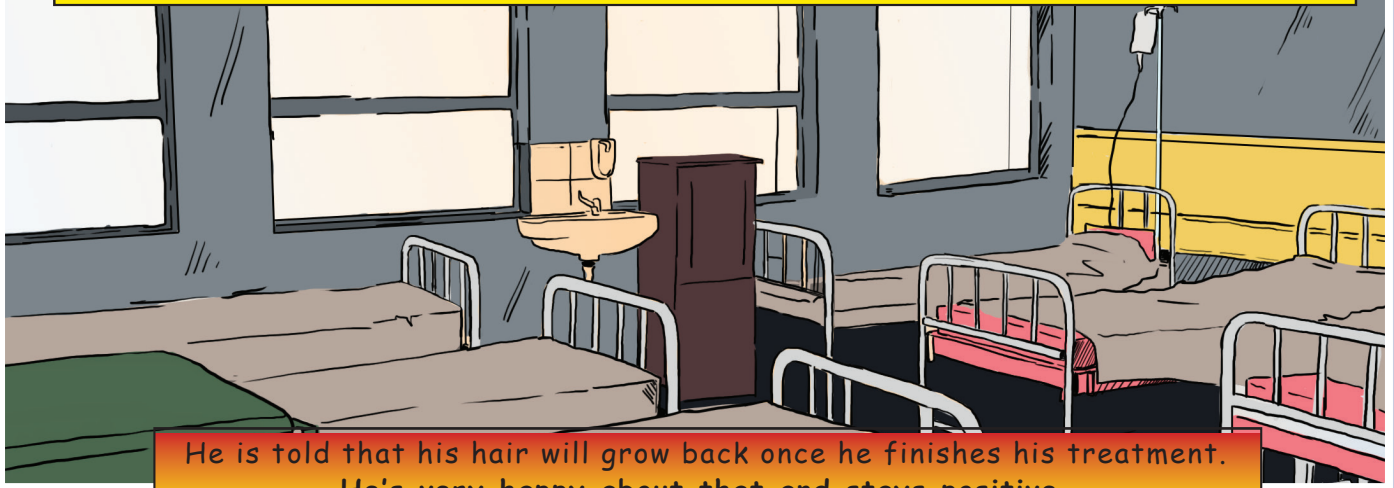
A few days later, Shadreck got sick with a fever and had to be admitted to the hospital for IV antibiotics for a few days so he could recover. The nurse reminds him that his body is weak from fighting the cancer, so it is important for him to avoid hanging out with his friends who have fever so he too does not get sick.



Sometimes it's rough for Shadreck, but he stays strong and determined!

If you have a fever or are sick when at home between treatments, come immediately to the hospital. It is important to listen to your body and tell your doctors right away when something is not right.

The central hospital has everything necessary to make sure that Shadreck has the support and care he needs. It is sometimes difficult to travel far for treatments, but only specialized hospitals are equipped to care for people with cancer.

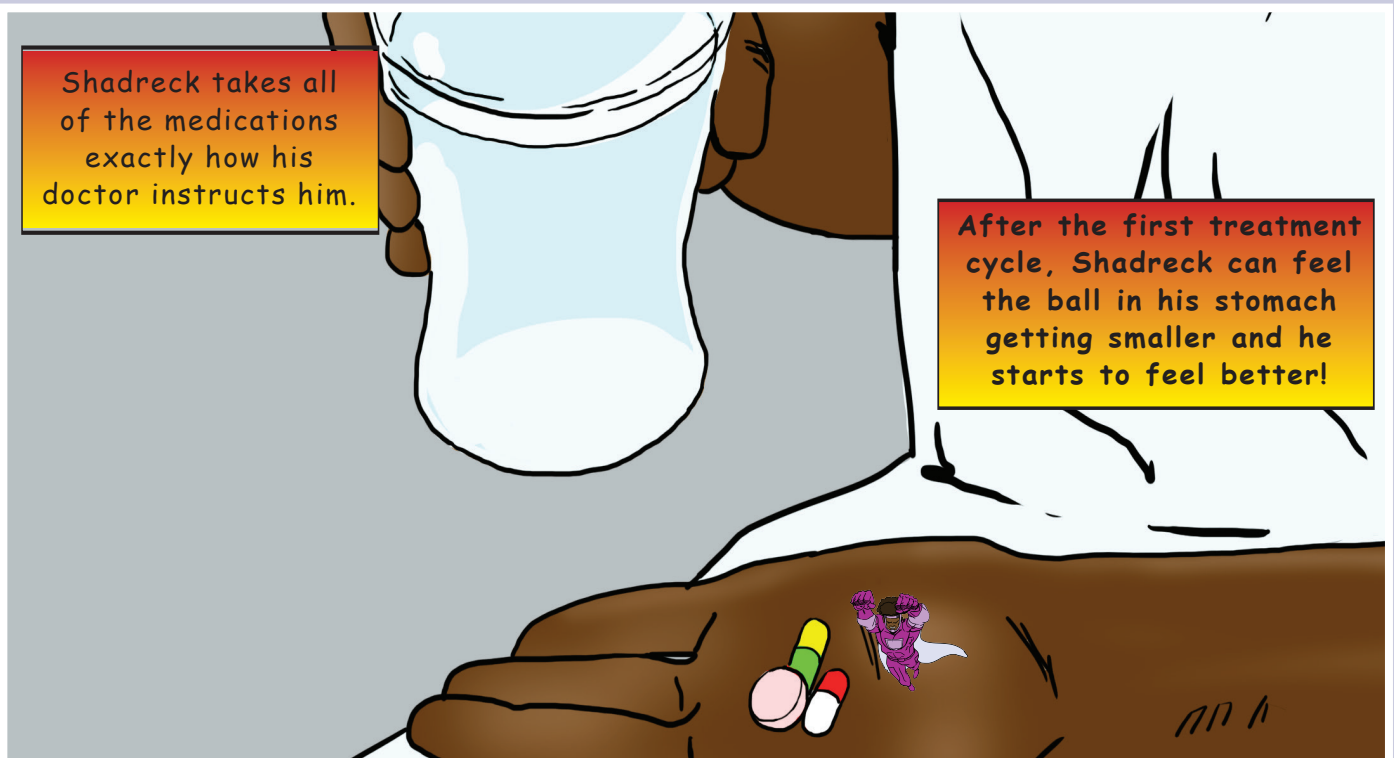


He is told that his hair will grow back once he finishes his treatment. He's very happy about that and stays positive.

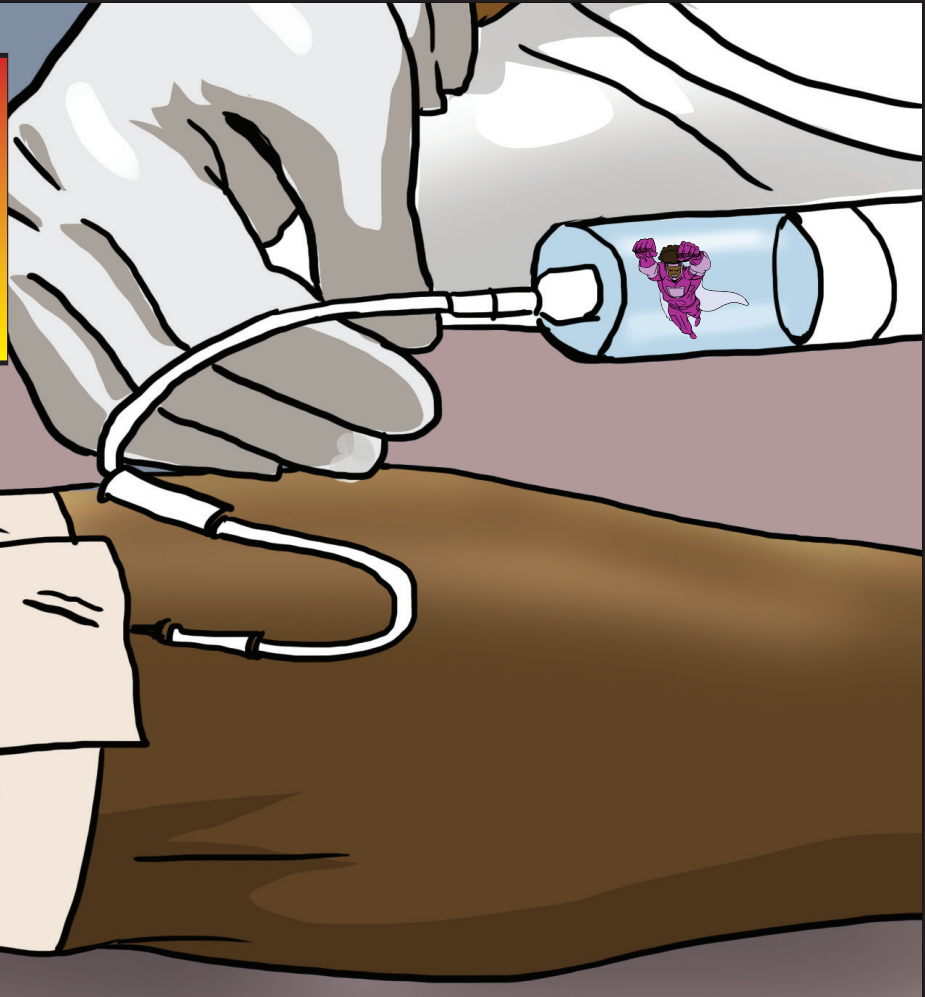


Shadreck takes all of the medications exactly how his doctor instructs him.

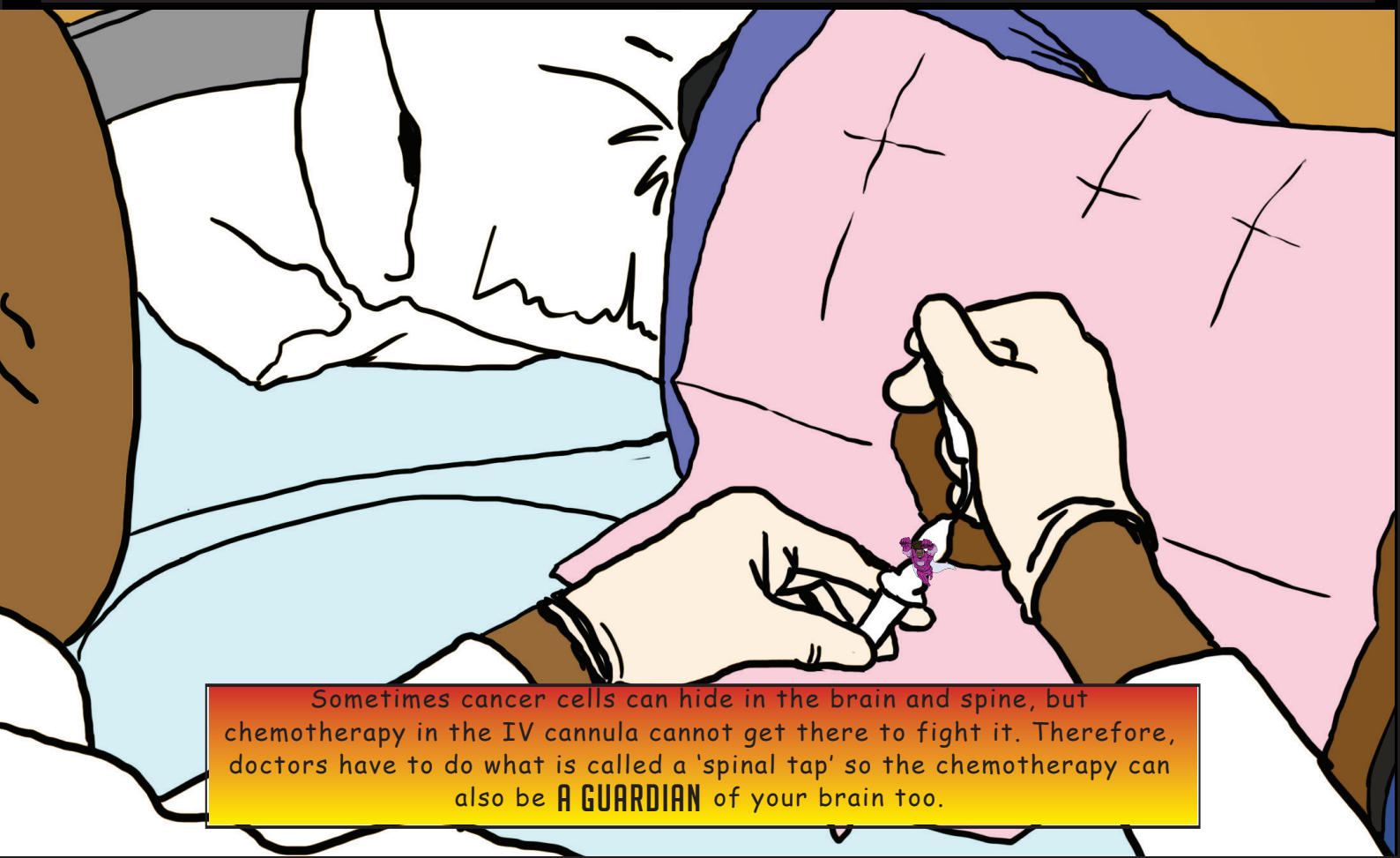
After the first treatment cycle, Shadreck can feel the ball in his stomach getting smaller and he starts to feel better!



Shadreck returns to the hospital every 2-3 weeks to get his chemotherapy infusions through his IV cannula. When he is not at the hospital, he is home catching up on his school work. He never misses an appointment. **His life and his health are his top priorities.**



Even when Shadreck can no longer feel the tumor ball in his stomach, Dr. Banda tells him that some of the cancer cells are still hiding in his body although he cannot see or feel anything anymore. **THE GUARDIAN** can find them and must kill every single invisible cancer cell so this terrible monster cancer will not come back!



Sometimes cancer cells can hide in the brain and spine, but chemotherapy in the IV cannula cannot get there to fight it. Therefore, doctors have to do what is called a 'spinal tap' so the chemotherapy can also be **A GUARDIAN** of your brain too.

THE GUARDIAN is working hard to kill every last hidden cancer cell in Shadreck's body. Sometimes when killing the cancer cells, **THE GUARDIAN** will also kill nearby healthy cells, which can cause side effects, but do not worry they are only temporary.

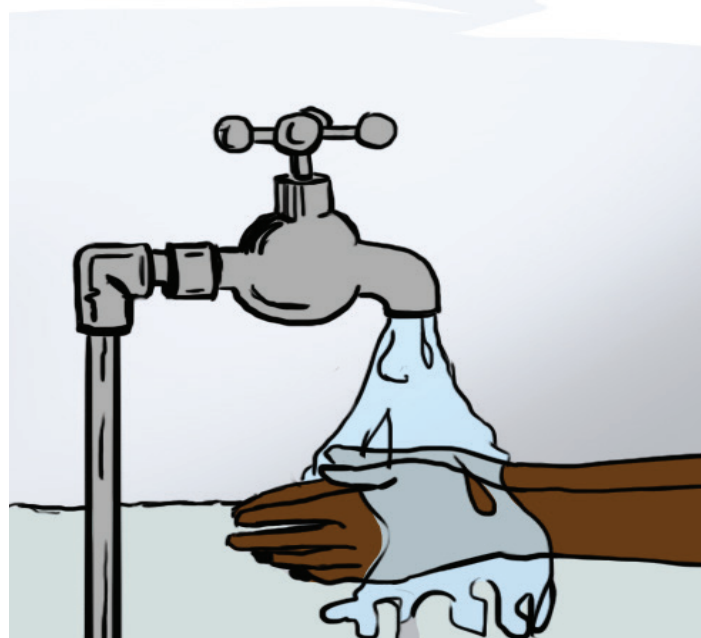
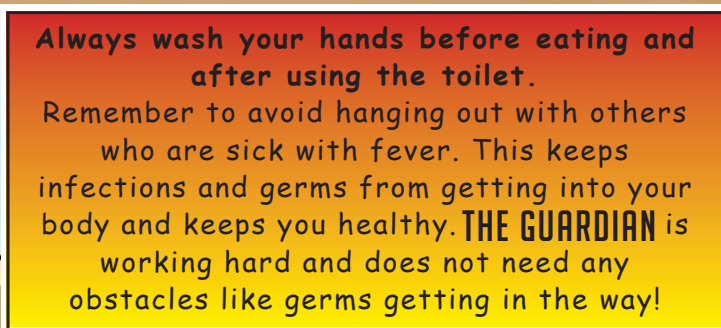
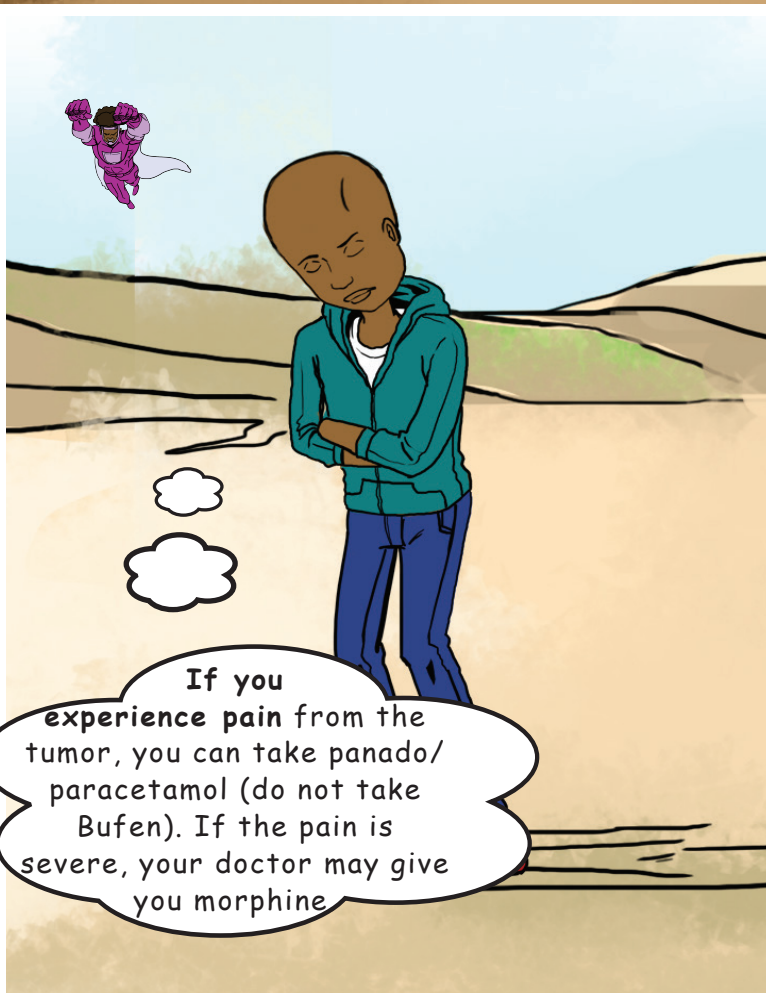


If you experience **nausea or vomiting**, there are things you can do to help! Eat smaller amounts of food more frequently. Take ginger. Also, tell your doctor because Dr. Banda gave me tablets that helped me a lot!

If you develop **mouth sores**, keep your mouth clean by rinsing your mouth with warm saltwater before and after eating and also before bed. Taking pain medication and eating soft bland foods can also help. Do not worry because they will heal within about 1 week!

Eat foods with protein to help you stay **strong**: eggs, nuts, peanut butter, lentils, beans, meat/fish. If you are losing weight, ask your doctor for Chiponde.

When experiencing **constipation**, drink lots of water. Do not be shy. Tell your doctor because there are medications that can help. **Remember to always eat lots of fruits and vegetables!**



After months of consistent treatment, Shadreck has fully recovered and is ready to return to his normal life. His hair has even started to grow back and he has his energy and appetite back, too!!!



THE GUARDIAN has done his job and protected Shadreck from cancer.

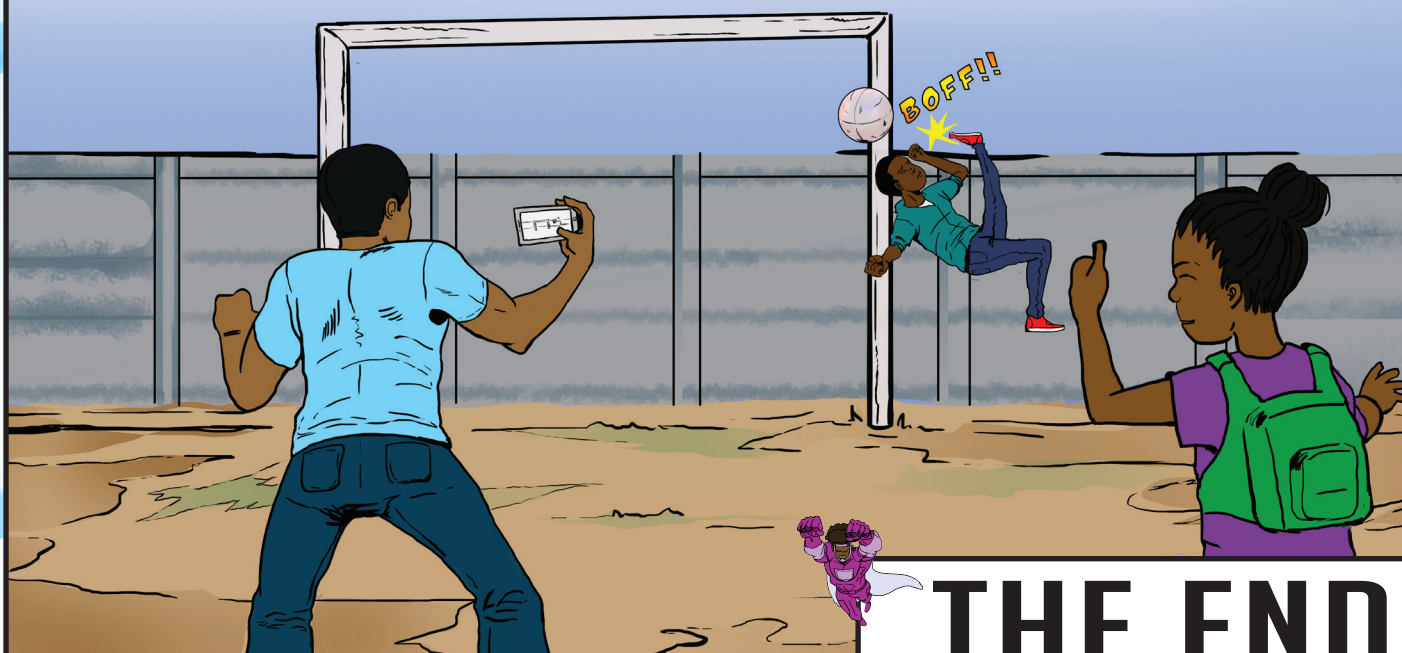
THE GUARDIAN is now flying off to join another team of doctors and nurses to save another child!!!

Shadreck is now healthy and active. Dr. Banda even gave him some pamphlets from the hospital about Lymphoma so he can teach his community about cancer.



They now know that cancer is not contagious and can be cured. Now when neighbors are diagnosed with cancer in the village, they have the support and knowledge to go to the hospital right away for treatment!

Shadreck is now back to his usual life playing with other children and enjoying his healthy lifestyle.



THE END

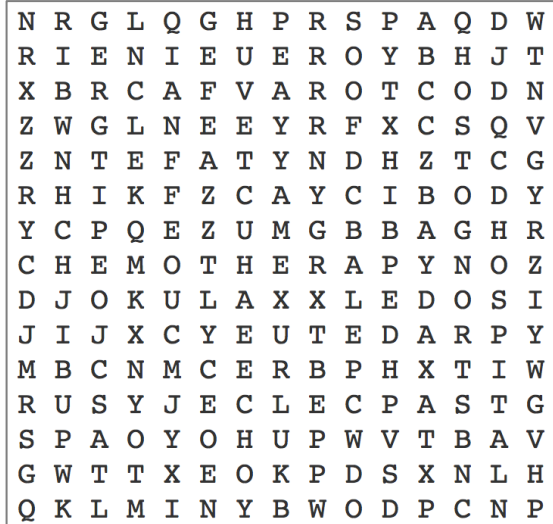
COLOR ME IN!



LET'S PLAY GAMES!

1. Find and circle the words listed below:

- Guardian
- Doctor
- Hospital
- Chemotherapy
- Cancer
- Fever
- Body
- Strong
- Healthy
- Life



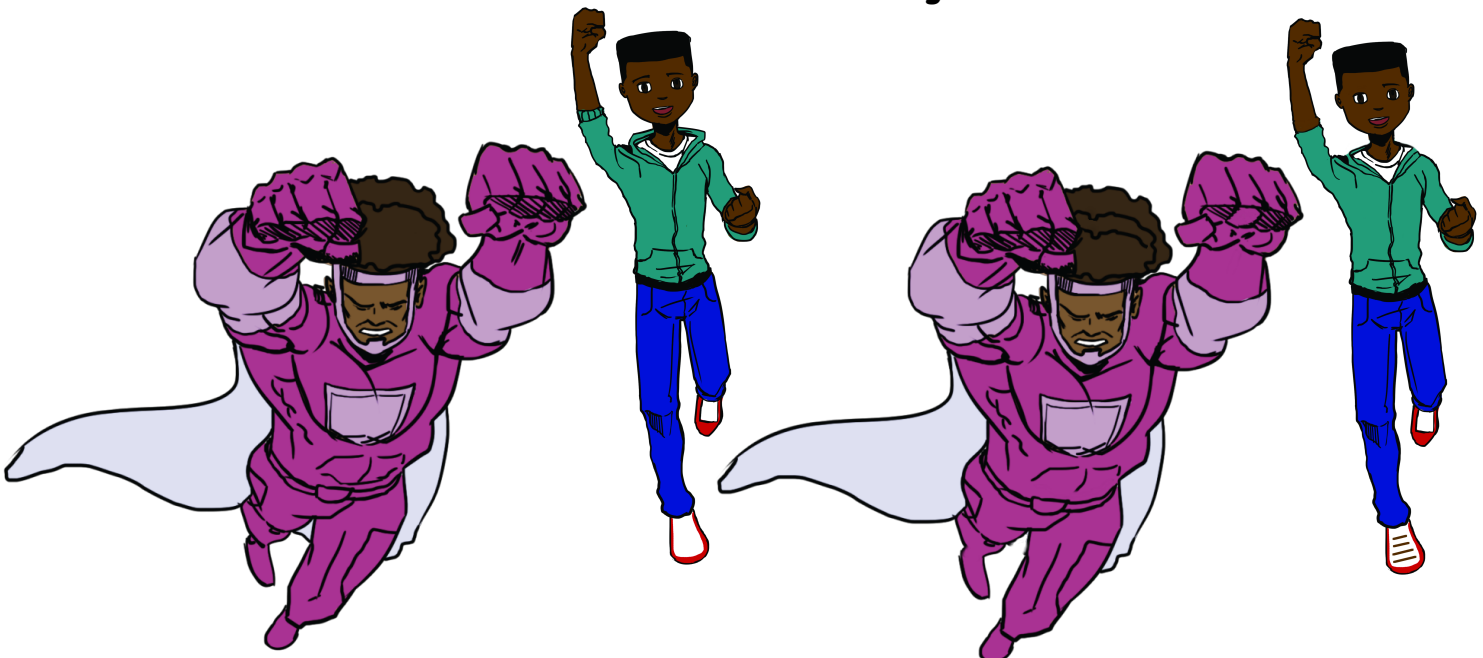
2. How many times did you see this small image of **THE GUARDIAN** in the previous pages?



3. Match the side effects of chemotherapy to the solutions:

- | | |
|-----------------------|---|
| 1. Nausea or Vomiting | a. Drink lots of water, fruits, and vegetables |
| 2. Constipation | b. Take Panado, if worse ask your doctor for morphine |
| 3. Mouth Sores | c. Go immediately to the hospital for antibiotics |
| 4. Fever | d. You may need a blood transfusion |
| 5. Fatigued & Pale | e. Eat smaller amounts of food & take ginger |
| 6. Pain | f. Rinse with warm saltwater |

4. Find the 10 differences between the drawings:



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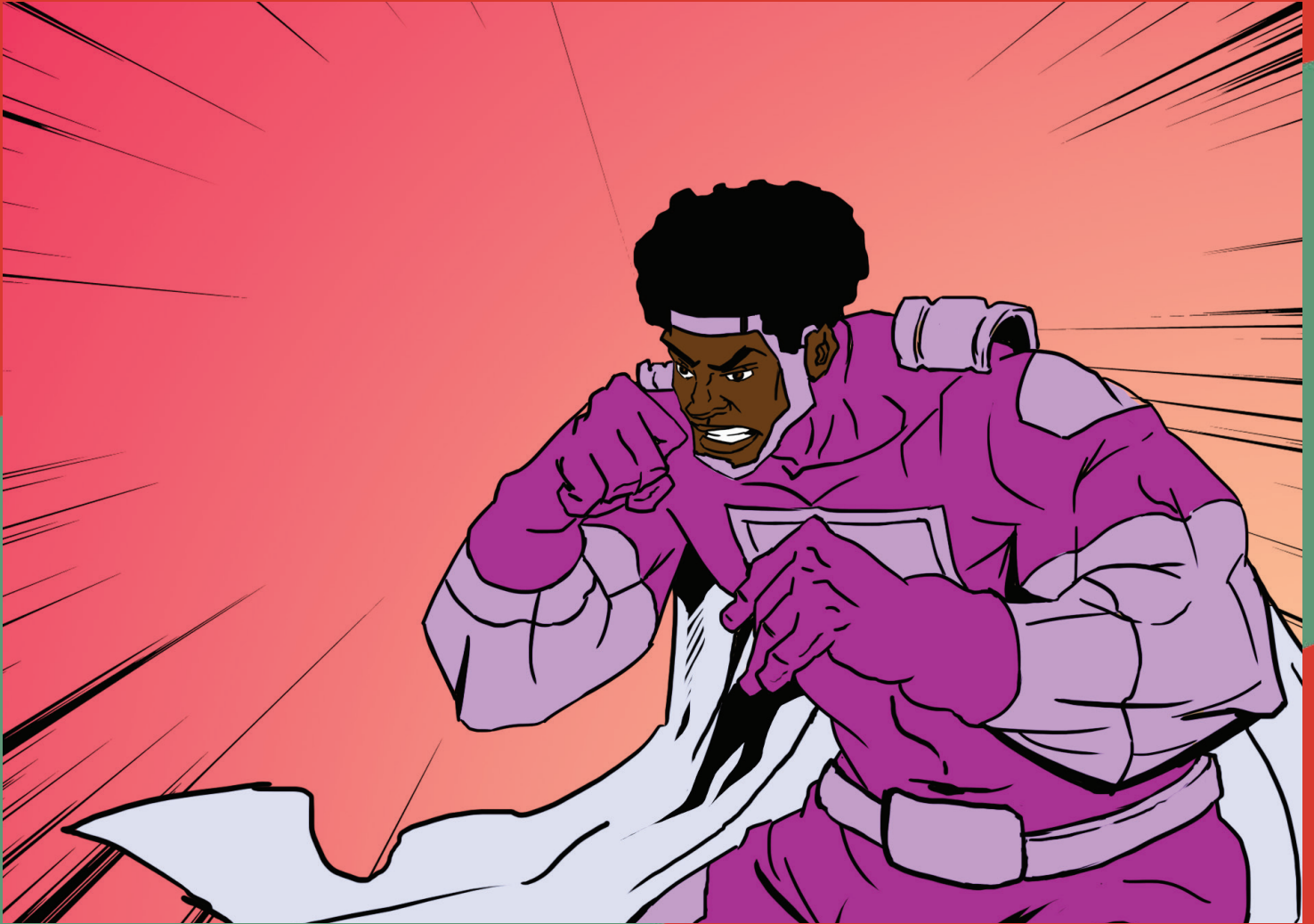
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