

# You can do it!





# You can do it!







# Letter to parents

This book is for children who have cancer and for their parents.  
We would like to help parents who are worried about how to tell their children about life in the hospital while they are under cancer treatments

Cancer in children is treatable but it will consume a lot of time and there are many things to keep in mind. This book will help children understand their present condition and lead them to participate actively in their own treatment.

We encourage parents to do the activities in this book together with their children. It will give the children confidence that they can overcome the difficulties that they will face.

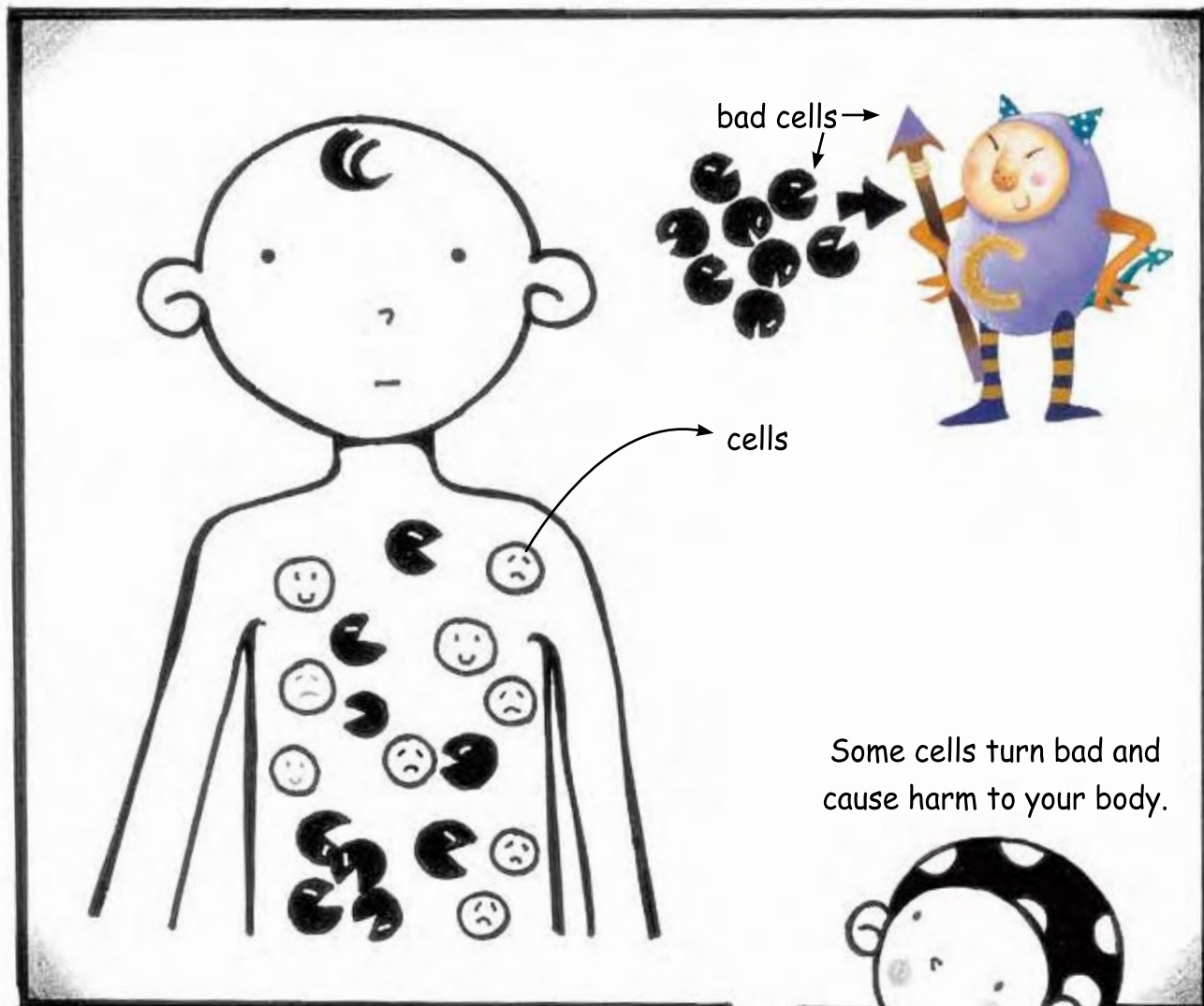
There could be some materials in this book that you feel uncomfortable talking with your children. In that case, it is best to advice your doctors in your hospital.



You can do it!



# What is cancer?



Some cells turn bad and cause harm to your body.



Our bodies are made up of many different kinds of cells. Every one of these little cells is important for our body to stay healthy. But sometimes, a few cells turn bad and cause harm to the body instead of doing good. When there are a lot of these bad cells, it becomes cancer cells and it hurts our body. We are not sure why children get cancer, but if you get the right treatment the bad cells will go away and you can be healthy again and do whatever you like to do always.



# White blood cells, red blood cells and platelets

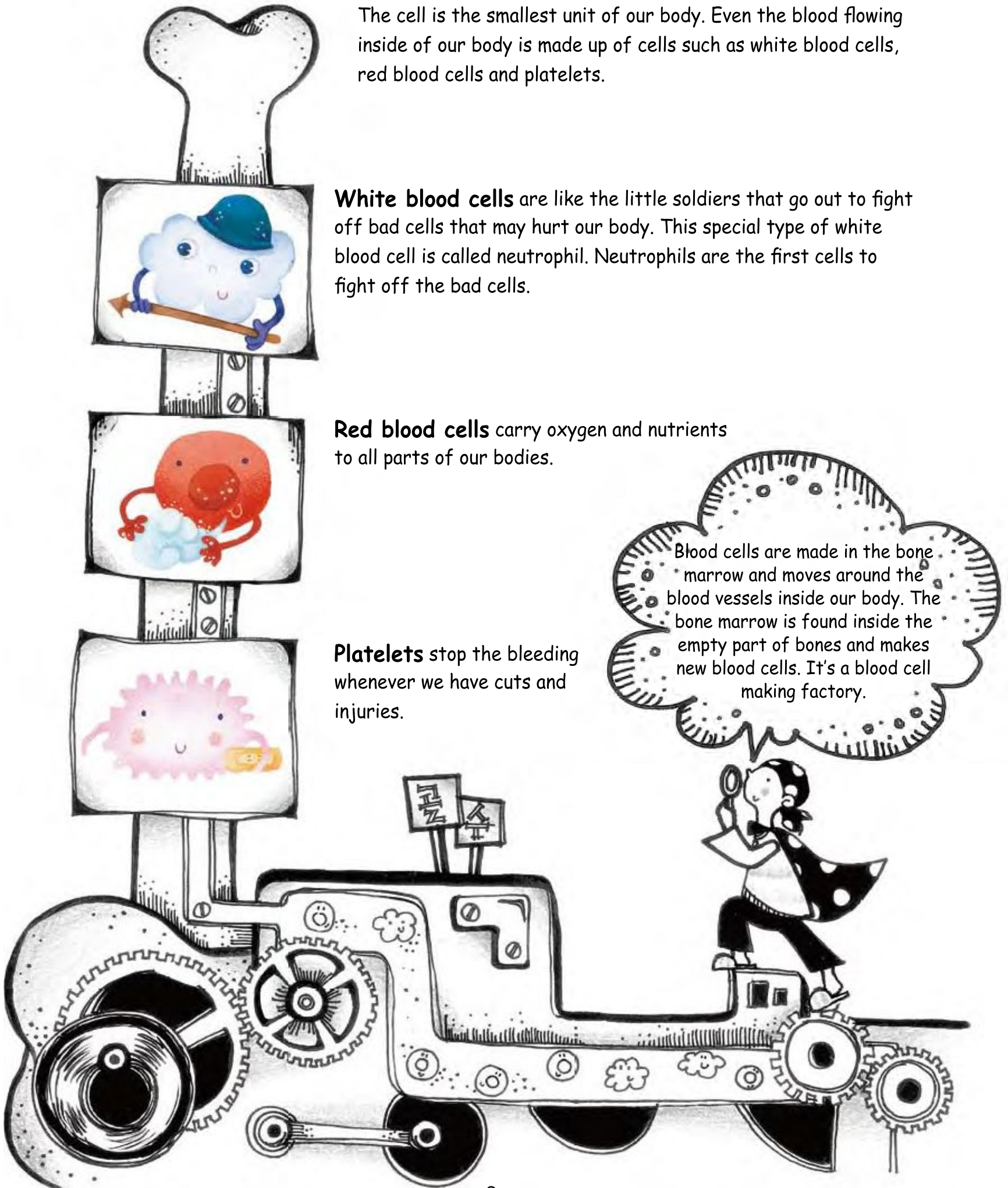
The cell is the smallest unit of our body. Even the blood flowing inside of our body is made up of cells such as white blood cells, red blood cells and platelets.

**White blood cells** are like the little soldiers that go out to fight off bad cells that may hurt our body. This special type of white blood cell is called neutrophil. Neutrophils are the first cells to fight off the bad cells.

**Red blood cells** carry oxygen and nutrients to all parts of our bodies.

**Platelets** stop the bleeding whenever we have cuts and injuries.

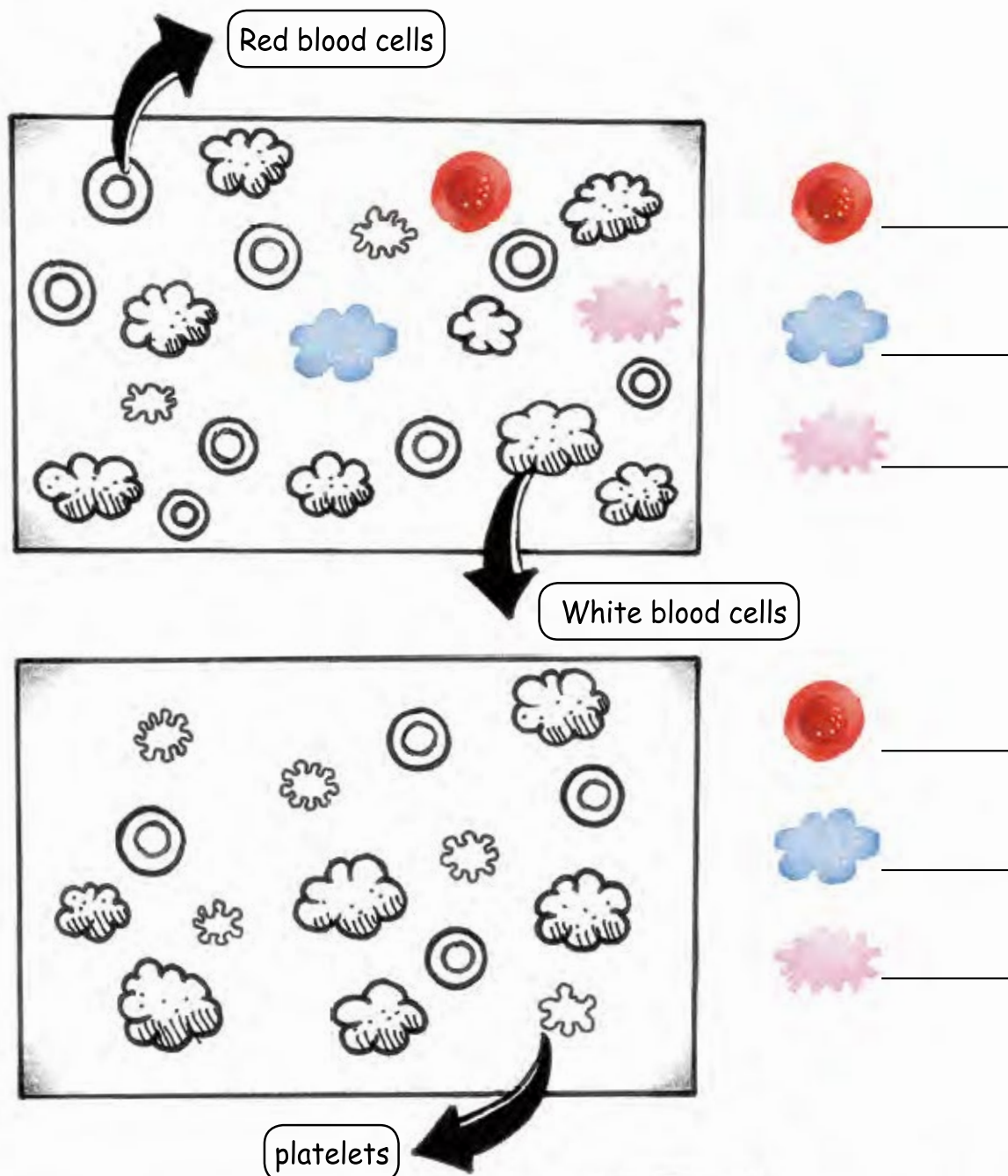
Blood cells are made in the bone marrow and moves around the blood vessels inside our body. The bone marrow is found inside the empty part of bones and makes new blood cells. It's a blood cell making factory.








# Let's look for white blood cells, red blood cells and platelets!

are shaped like clouds and red blood cells look like tiny doughnuts. Platelets are the small spiky gooey in the picture. Can you find them all?






We can count the number of blood cells after getting a sample of your blood with a needle for testing. When there is a problem with your bone marrow (blood making factory) or when you are going through chemotherapy (cancer treatment), it's hard to make new blood cells and the number of white blood cells will shrink.>




# How many blood cells do I have today?




	Good number	Their Job	It Helps you
White blood cells 	4,000-10,000	Fights against bad cells	Not to have Fever
Neutrophils (ANC) 	Over 1,500	Special force to go first against bad cells	Not to have Fever
Red blood cells (Hemoglobin) 	Male: 13-18 Female: 12-16	Delivers oxygen	Not to get dizzy
Platelets 	150,000-400,000	Stops bleeding	Not to bleed




## Blood cell count calendar

Write down your blood cell count every day!

	/	/	/	/	/	/	/
White blood cells 							
Neutrophils							
Red blood cells 							
Platelets 							
Things to be careful of							

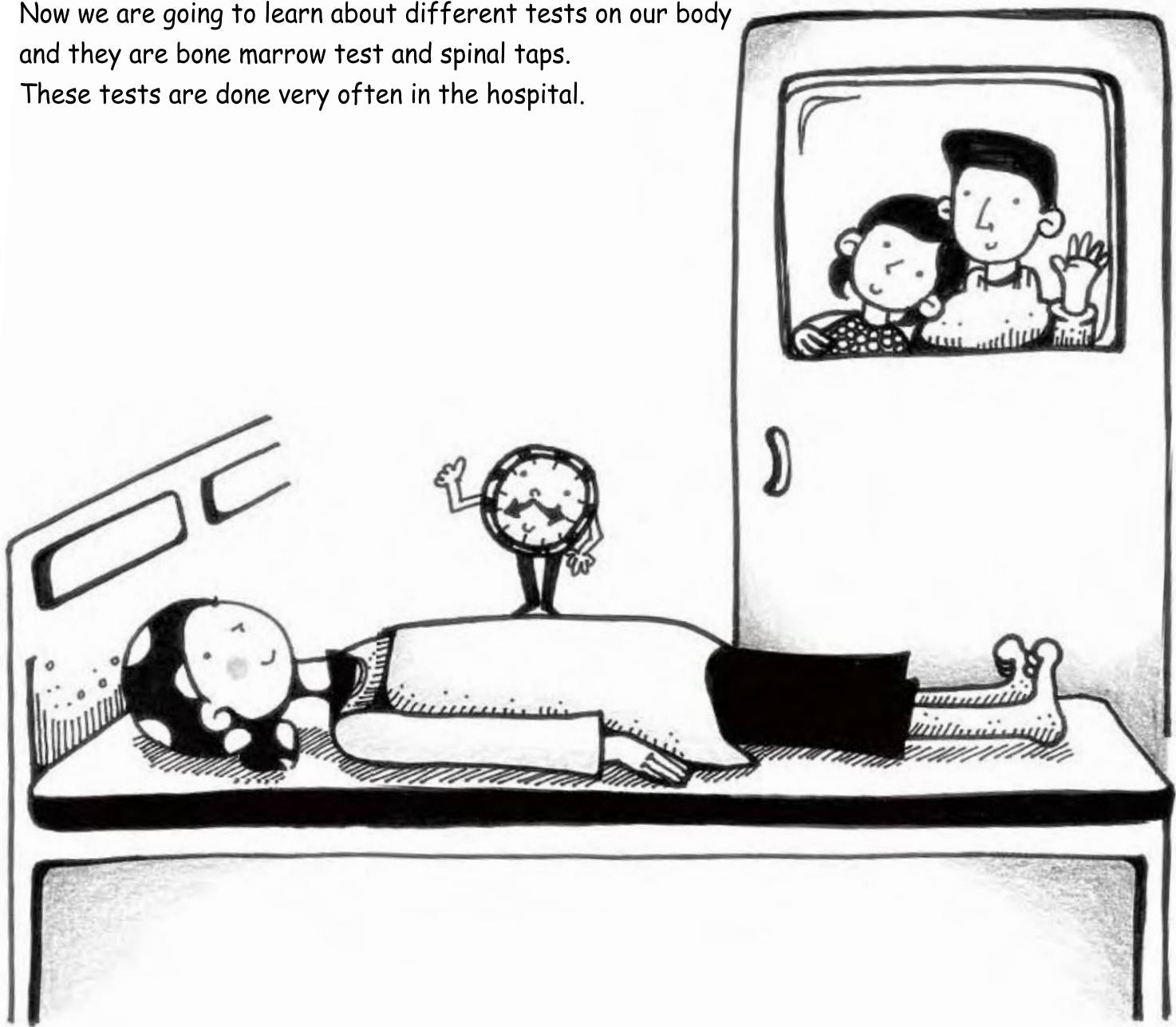
	/	/	/	/	/	/	/
White blood cells 							
Neutrophils							
Red blood cells 							
Platelets 							
Things to be careful of							

	/	/	/	/	/	/	/
White blood cells 							
Neutrophils							
Red blood cells 							
Platelets 							
Things to be careful of							

	/	/	/	/	/	/	/
White blood cells 							
Neutrophils							
Red blood cells 							
Platelets 							
Things to be careful of							

# When we get our body checked up...

Now we are going to learn about different tests on our body and they are bone marrow test and spinal taps. These tests are done very often in the hospital.



Bone marrow test checks if bone marrows are healthy.

You will lie down on your belly, and some bone marrow will be taken from your hip bone. It may hurt a little, and it might feel a little weird. Say "ouch!" when it hurts. Don't be scared to cry if it hurts too much. It will be over soon if you stay patient. Mom and Dad will be waiting just outside the door. Sometimes bone marrow will be drawn from both the right and left side, and some other tests can be done along with it. When the exam is over you will have to rest for a few hours on the bed. The doctor will run some tests on your bone marrow to see if it is healthy.

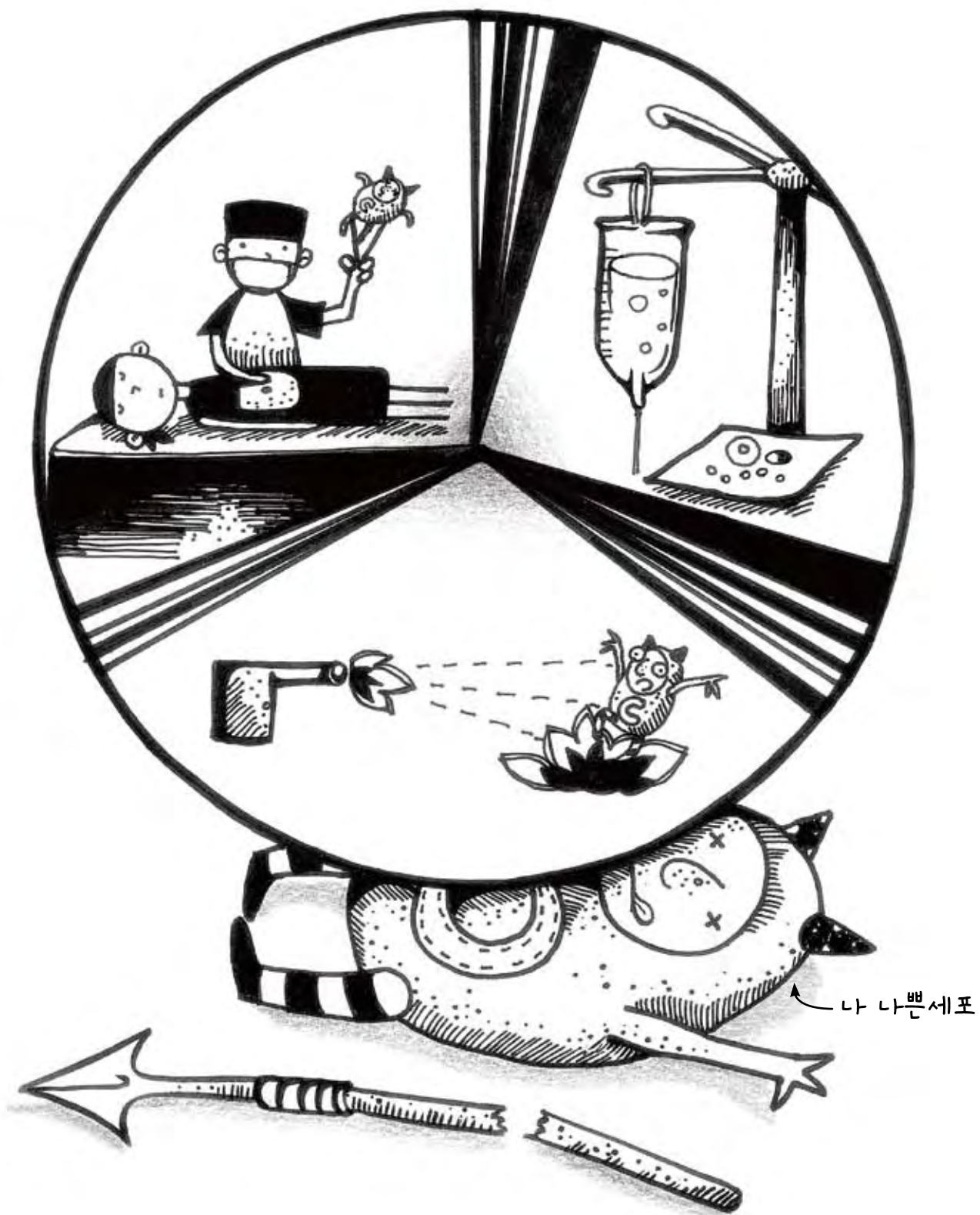


# Freeze right there!



A spinal tap is done is just like the bone marrow test, but you will have to lie down on your side and pull your knees up to your chest so that you would look like a ball. It's hard to stay still in this way, but the exam will be over soon if you can just stay put.

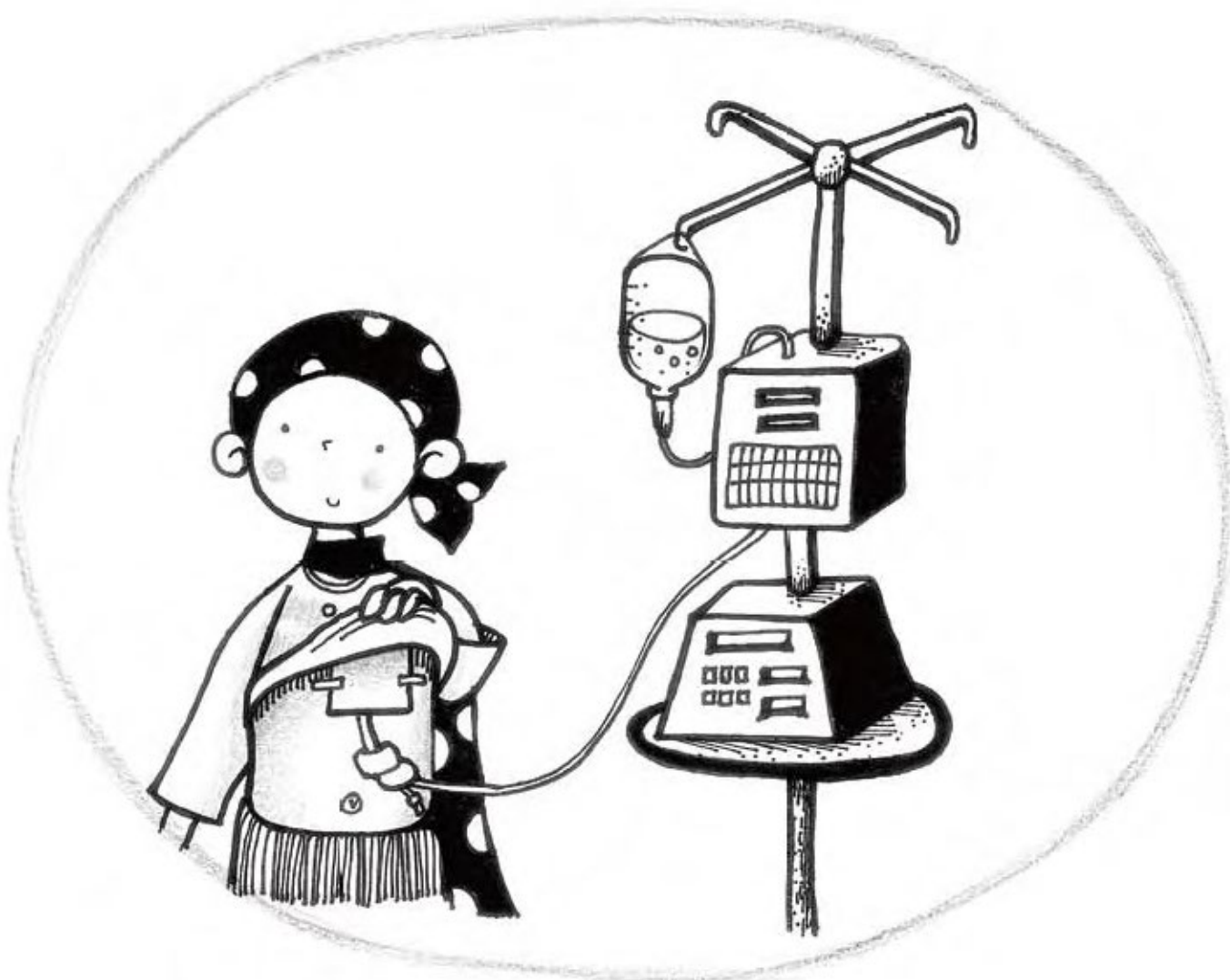
# How do we get rid of bad cells?



There are many different ways to get rid of the bad cells that make us sick. We can cut them away by having surgery, use chemotherapeutic (cancer treatment) medicines to make the bad cells weak, or kill them by using radiation (It's like a laser gun that zaps the cancer cells!)

# Special machines for our body!

Chemotherapeutic medicine or nutritional liquid is poured inside your body by poking a needle inside your vein (main blood pipe in your body). This is also called, an intravenous injection, or IV shot. Our body is hurting when we get poked with needles every time when we need IV shots. So, we use a special machine called a catheter so your body is not hurt by too many IV shots.



There are three types of catheters; chemoport, Hickmann catheter, and a firm catheter. A chemoport (a tube) is planted under the skin and is useful for getting blood samples and giving IV medication to your body. It will leave you a small bump on your chest but you don't have to worry about it when you don't use it. You can even take a shower and wipe over the bump with a towel. The chemoport (a tube that carries medicine to your body) needs to be cleaned out regularly with heparin (a tube cleaner) when you are not using. Hickmann and firm catheters are used to give many needle shots, and they collect and plant hematopoietic stem cells (helps you fight cancer cells). The catheter should always be kept clean from getting dirty, clean up pipes with Heparin (cleaner) and replace lids with a new one often.



# Changes to your body while you are getting treatments.

When you receive treatments for cancer, many changes happen to your body. The biggest change is losing your hairs on your head. But, your hair will grow back when you are done with treatment, so there is no need to worry.

Since the treatment, I've bought many pretty hats to wear and people have told me I look good with a bandanna on.

How about drawing a nice hat for yourself?





# Don't worry, you are going to be fine!

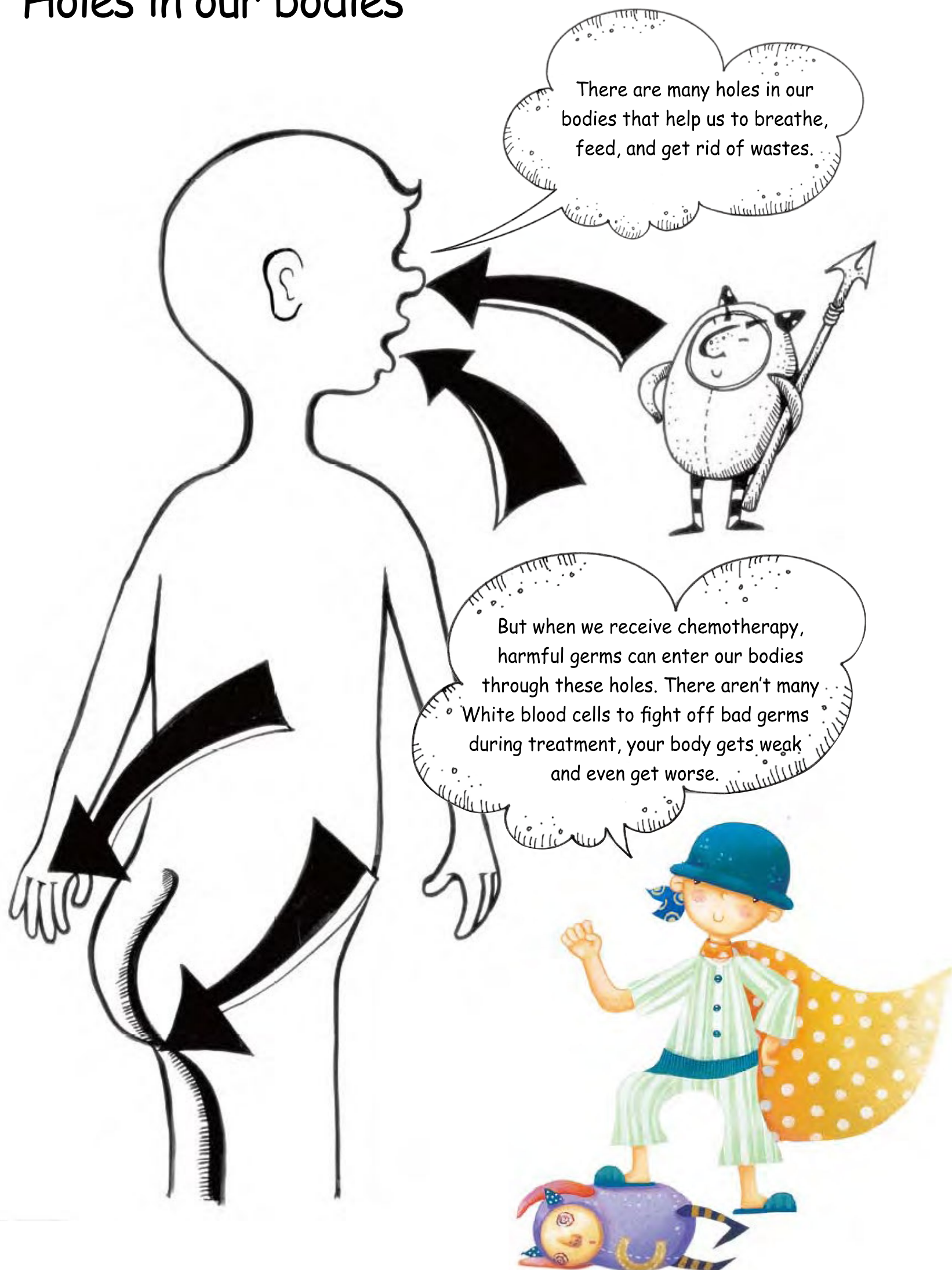


Some other changes will happen to your body while you are receiving treatments. You might not want to eat, and you might even throw up or your stomach feels bloated. Don't worry too much about these things, because these things happen naturally when you are getting treatments. You will need to listen to your doctor's carefully so he can help you feel comfortable.

Come on, you can do it!



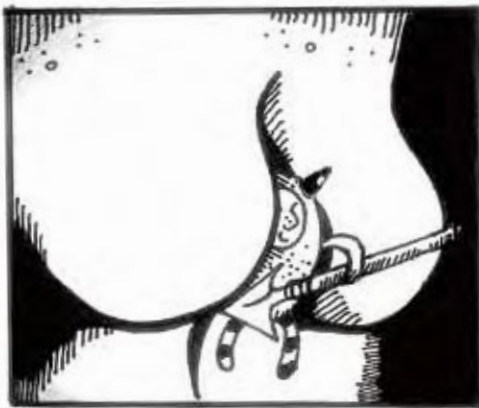
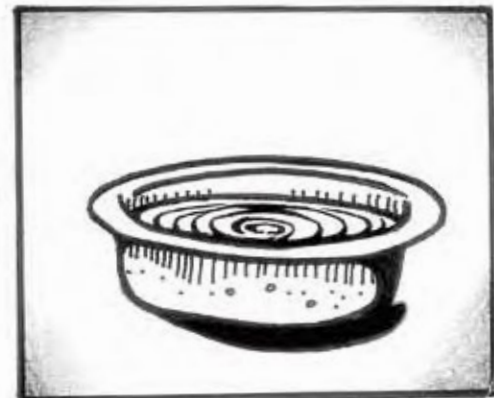
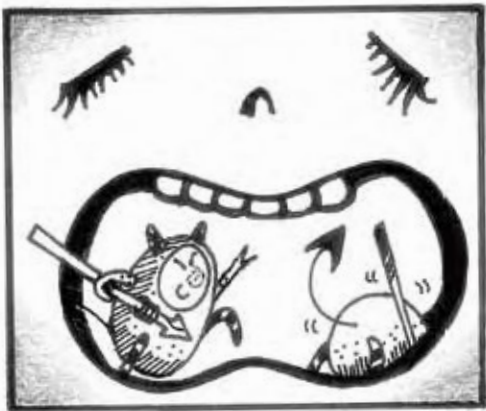
# Holes in our bodies



# What do we need to protect our body from germs?

There are harmful germs in our mouth and on our hands. These bacteria can also enter through various holes into our body and make us sick.

Match the pictures to see what we need to protect ourselves against germs.



Brushing your teeth and gargle for your mouth!

Washing your hands!

A warm bath for your bottom!



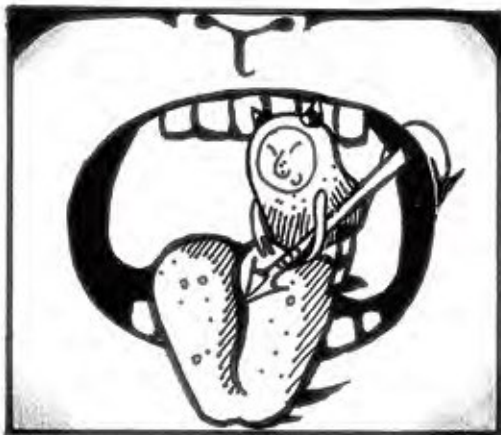
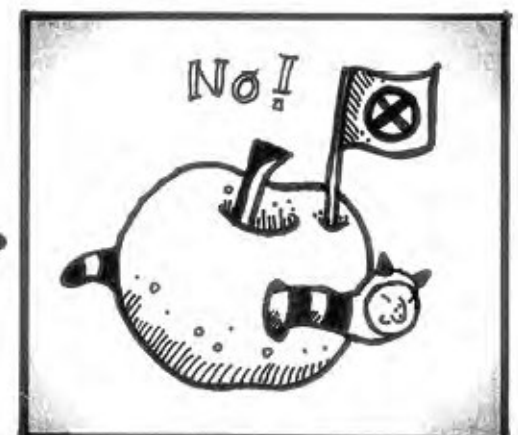
# Must do's!

Harmful germs can enter our bodies through hands, mouth, anus (bottom), and tongue.

You need to wear a mask always so germs can't get inside your body through your mouth.

Also, you need to be careful of what you eat!

You need to take a shower everyday to keep your skin clean!



# Be careful of what you eat!

You need to eat well to have enough energy for treatment. But not all food is good for you. You need to be especially careful when there aren't many white blood cells to fight off bad germs because you can get weak if bad germs on the food get inside of your body.



It's Okay to eat these:

- Boiled food(within 2 hours)
- Boiled water(within 24 hours)
- Canned drinks (for individual)
- Pasteurized milk
- Boiled or fried kimchi
- Hard-boiled eggs
- Steamed raisins, pine nuts, walnuts, peanuts
- Steamed vegetables, canned fruits





Don't eat these when white blood cell counts are low:

- Raw foods (anything not boiled)
- Foods left at room temperature for more than two hours
- Raw vegetables and fruit
- Cold juice



Don't eat these until treatment is over.

- Yogurts
- Water from a water dispenser
- Milk
- Ice cream
- Cake(fresh cream)
- Wild nuts
- Raw Kimchi, not boiled
- Raw or half boiled eggs





# Be careful!

When you don't have many red blood cells in your body, you may feel a little dizzy.  
When you have fewer platelets, it may take longer to stop bleeding. This is why we need to be very careful with our bodies especially while you are getting treatments.



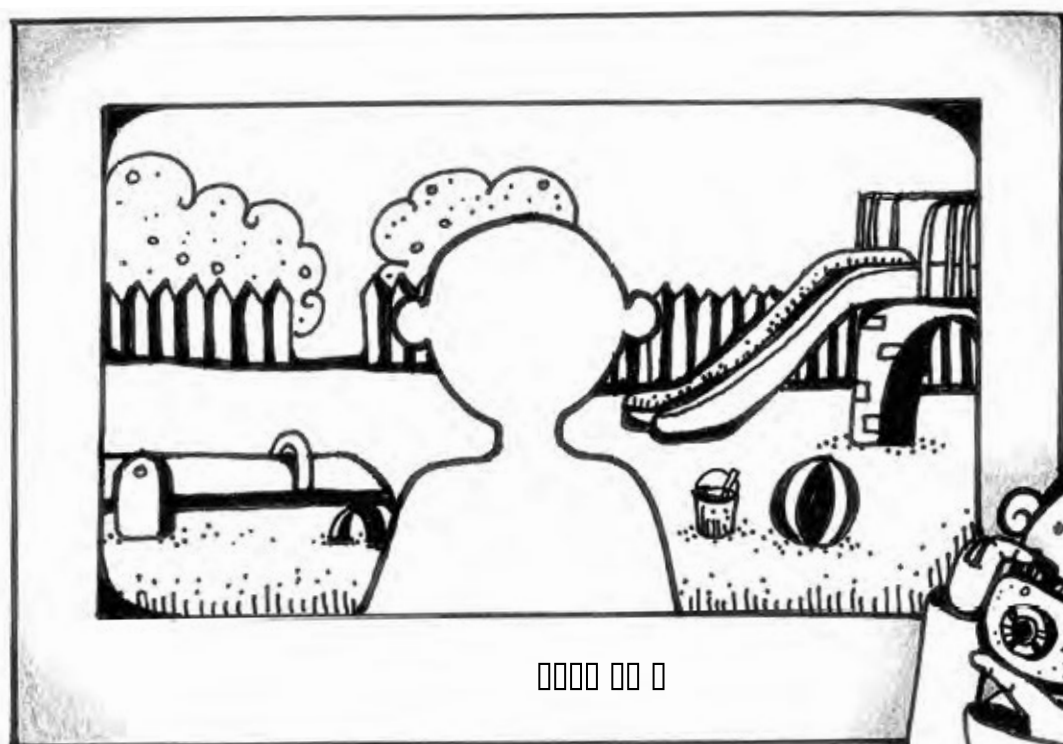
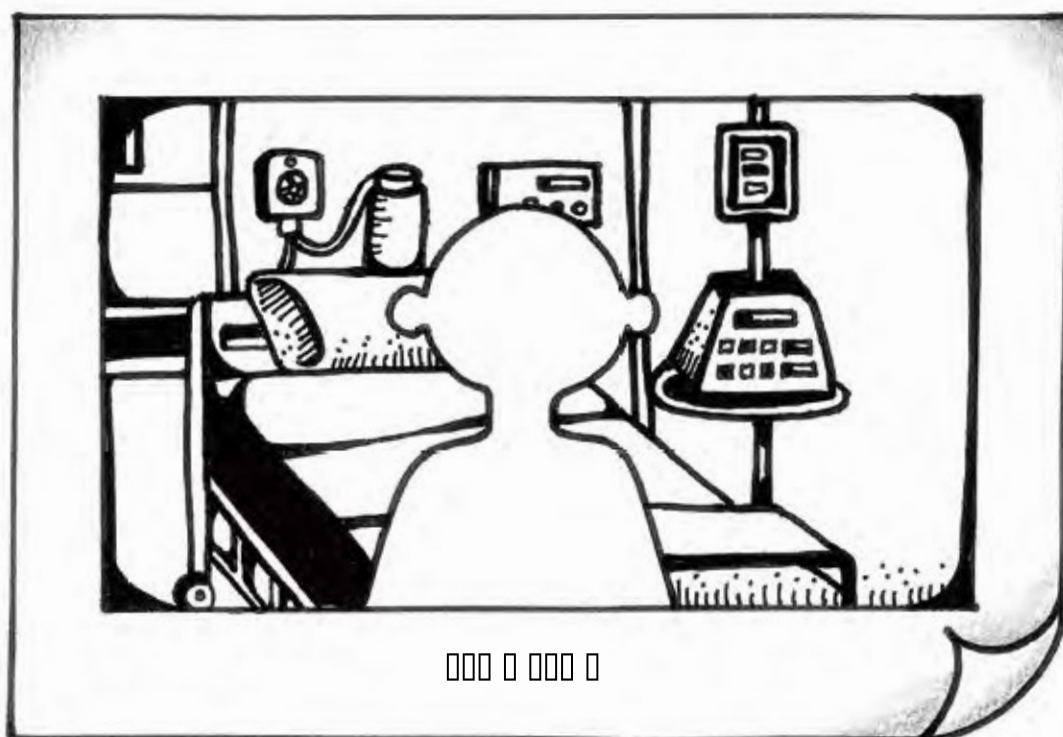
Your gums will bleed if you brush your teeth too hard. Be careful not to crash into things too. You need to be extra careful when you are dealing with sharp things such as scissors.

When your platelets are low, you should not play soccer, taekwondo and ride bicycle. Don't blow your nose too hard or even touch it because you may have a nosebleed. Standing on your hands is also bad because your head may be bleeding.



# Imagine yourself being healthy!

Aren't there just too many promises to keep while you are in the hospital?  
But when you take care of these things, you will get better soon and be healthy again. How about  
drawing yourself being healthy again?



# Talk about your feelings!



It isn't easy to be sick, is it? It was the same for me, too.

I was angry because I had to stay in the hospital and couldn't go outside to play with my friends.

I wondered why I was getting sick and sometimes I thought it was all my fault.

Friends and family helped me get through these hard times though. I knew they loved me because they were always there for me.

Doctors put in a lot of effort so that I would get better and nurses helped me when I was really scared.

You can always tell somebody when you are scared or when it hurts.

Somebody will be there for you always to tell you that it will be all right. Go on, tell us how you feel!





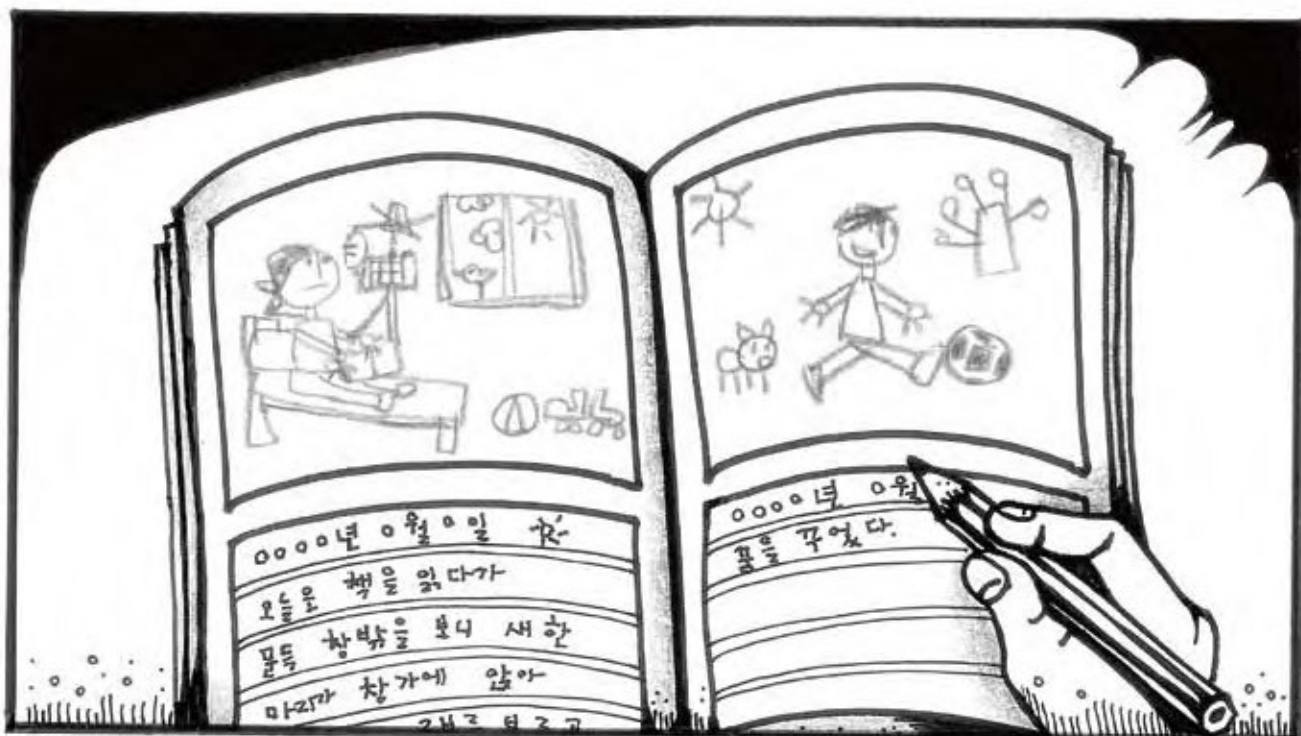
# When you are sad and tired, think about happy memories!

I could smile whenever I am thinking about the time when I was with friends at school. Smiling is a wonderful thing, because it makes you feel better. My doctor told me that I would get better faster if I keep thinking about happy things.



How about writing a diary?

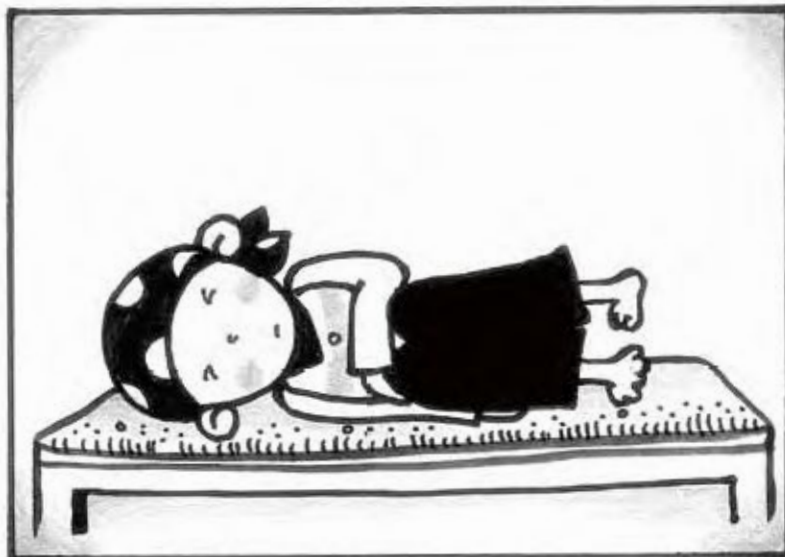
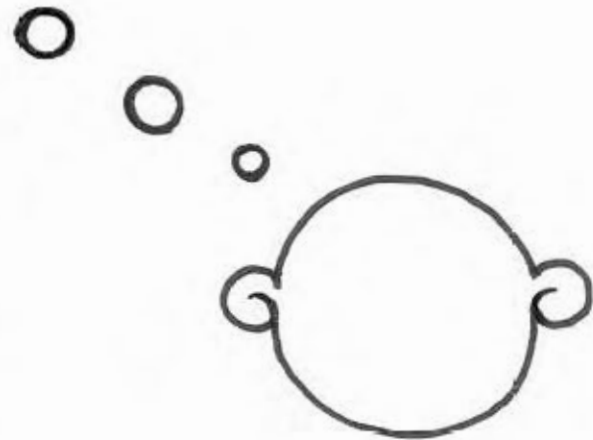
Write down things that happened in the hospital and how that made you feel. The things you have written might help other children who are sick just like you. Your brave story will be a treasure when you are healthy again.



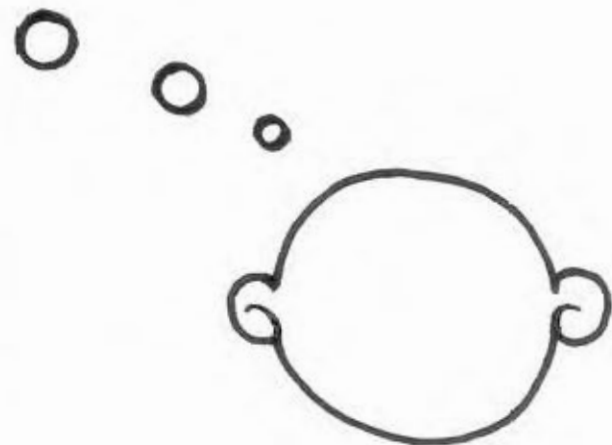
How do you feel when you are doing these things? Express yourself!



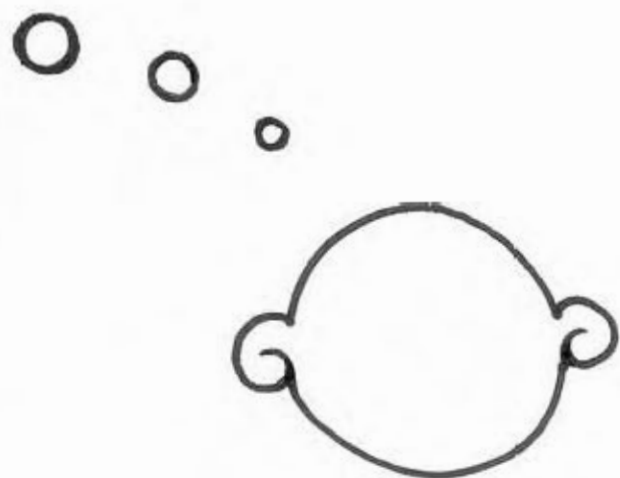
going to the amusement park



when I am getting a body checked up

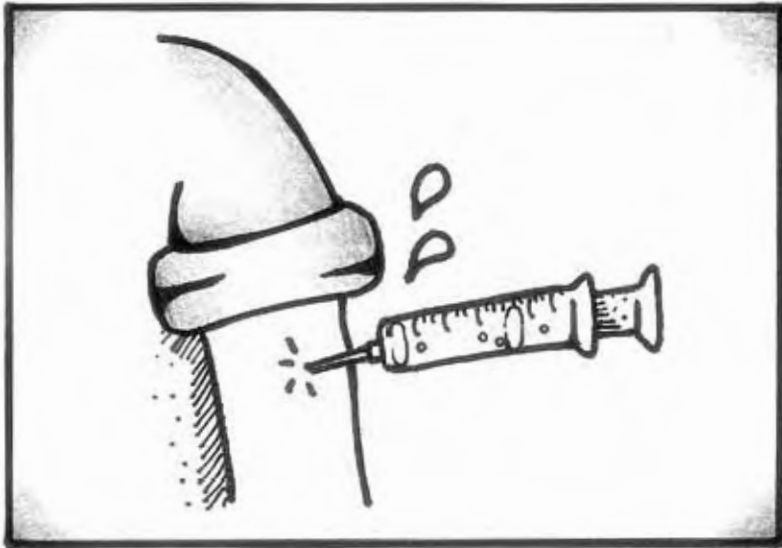


Staying in the germ-free room





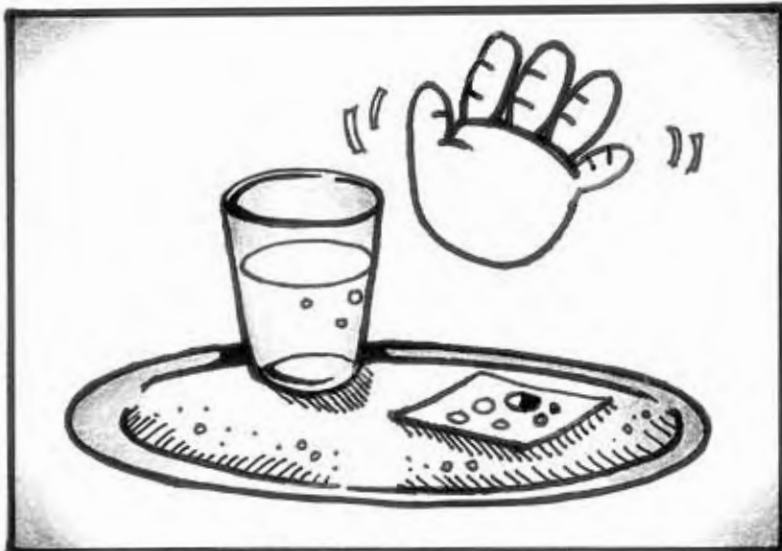
Expressing your mind will help your get better soon.



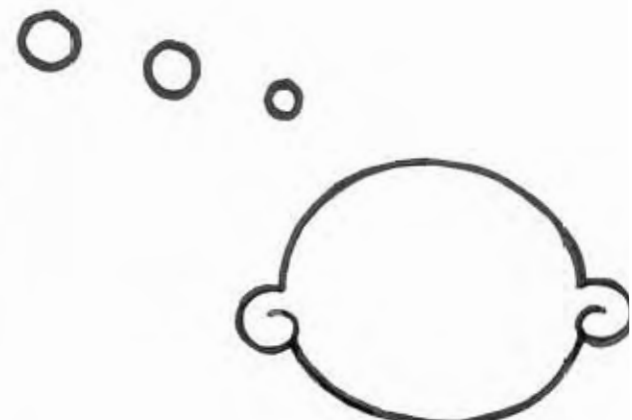
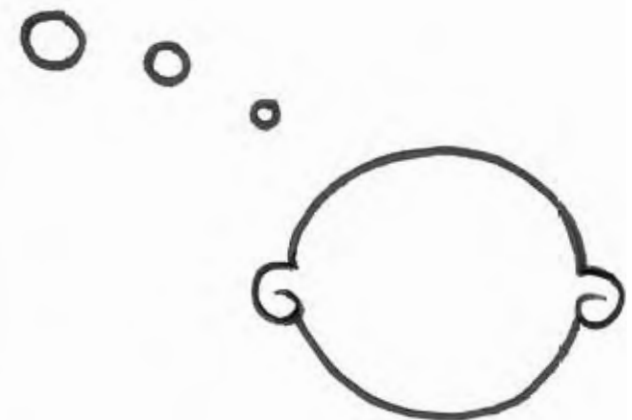
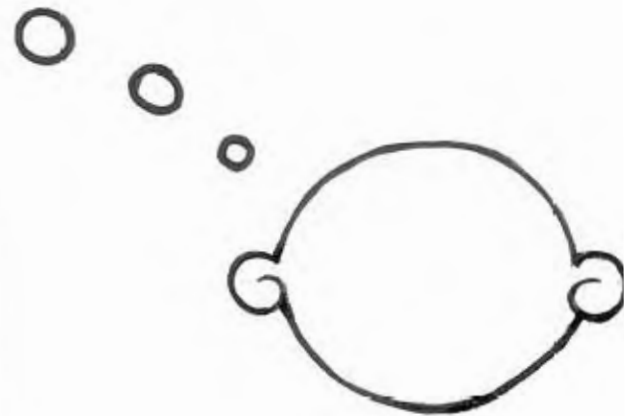
Getting a shot



Playing with friends at home



Taking medicine



# How do you feel today?

Sometimes you will feel bored or sad when you are in the hospital. Or you might feel good thinking about happy things sometimes. How do you feel today? Express your feelings using a sticker or pictures on the calendar. This will tell your feelings day by day.



Mon	Tue	Wed	Thu	Fri	Sat	Sun
월	화	수	목	금	토	일

\_\_\_\_\_ 's Mood diary

The mood diary is designed as a roll-up sheet. At the top, there are three cartoon faces representing different moods: a happy face with a yellow headband, a sad face with a blue headband, and an angry face with an orange headband. To the right of these faces is a blank line for a name. Below the faces is a grid with 7 columns and 6 rows. The columns are labeled with the days of the week in English and Korean. The bottom of the diary is decorated with a border of hearts and a crescent moon.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
월	화	수	목	금	토	일

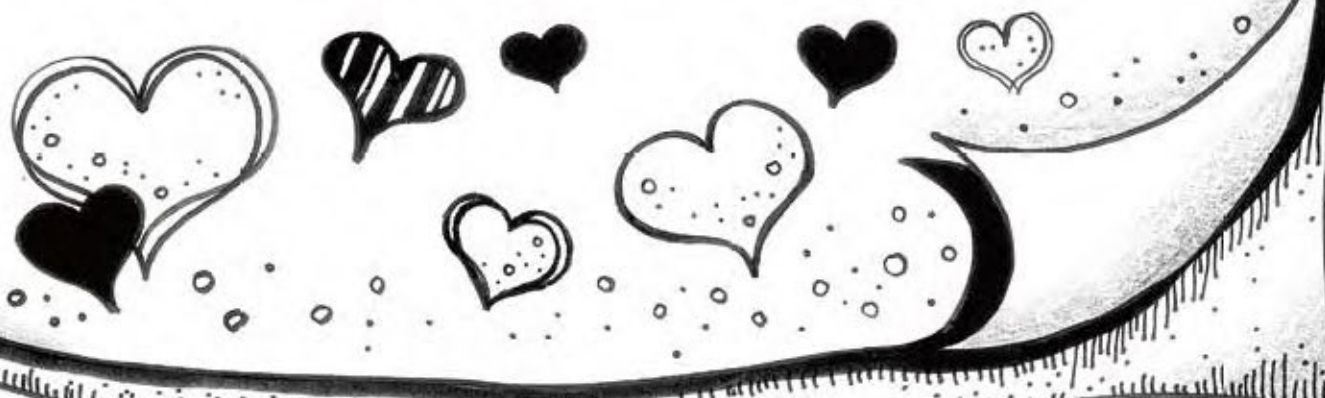
# 's Mood diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
월	화	수	목	금	토	일





# You can do it!

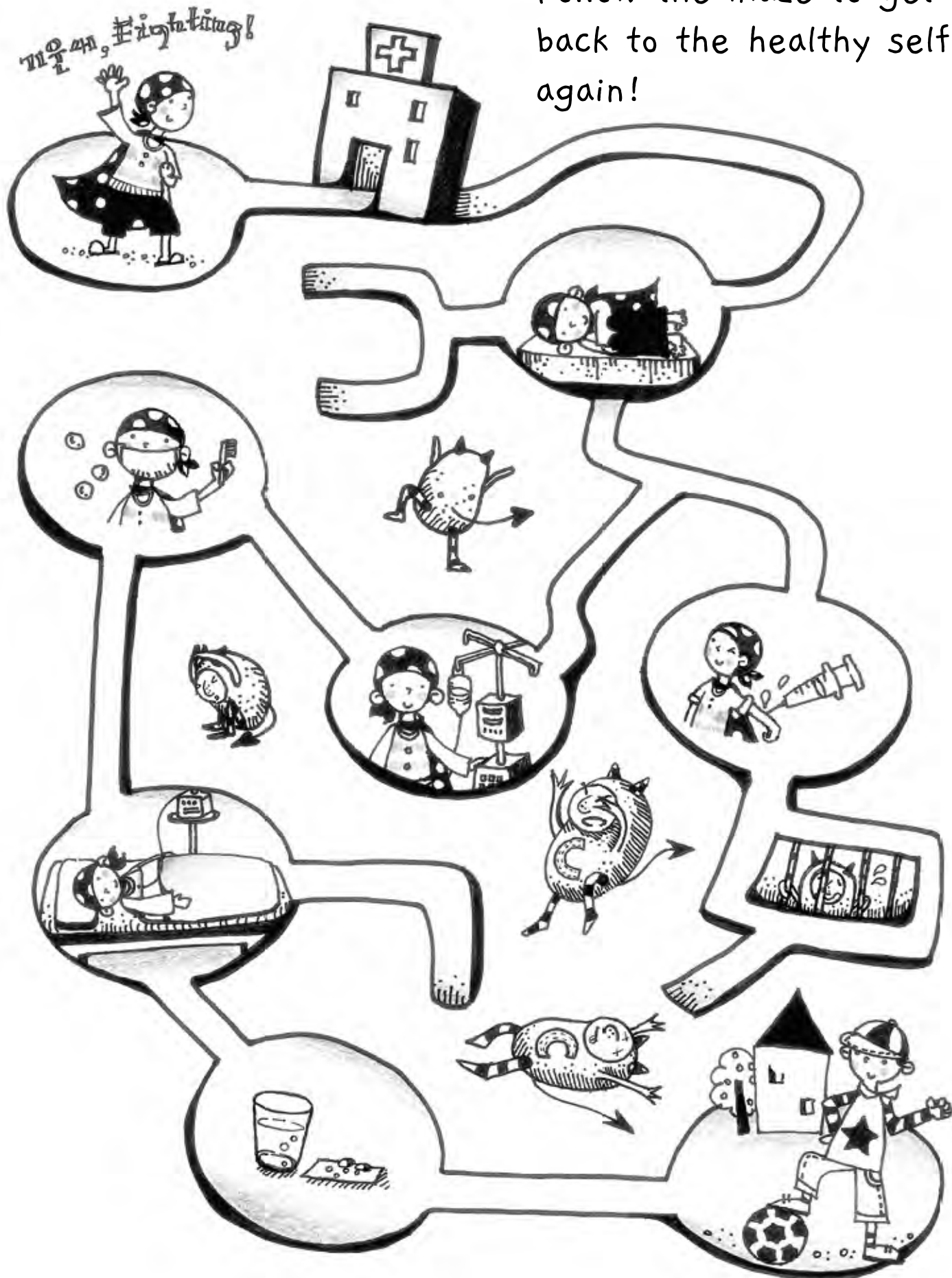
You might feel lonely while you are receiving treatments. But when you get through the hard part, you will feel better. Try to stay positive and happy. Try to give yourself a bigger smile today. We know that you are going through a rough time, but it also means that you are a very brave person! We are all so proud of you!





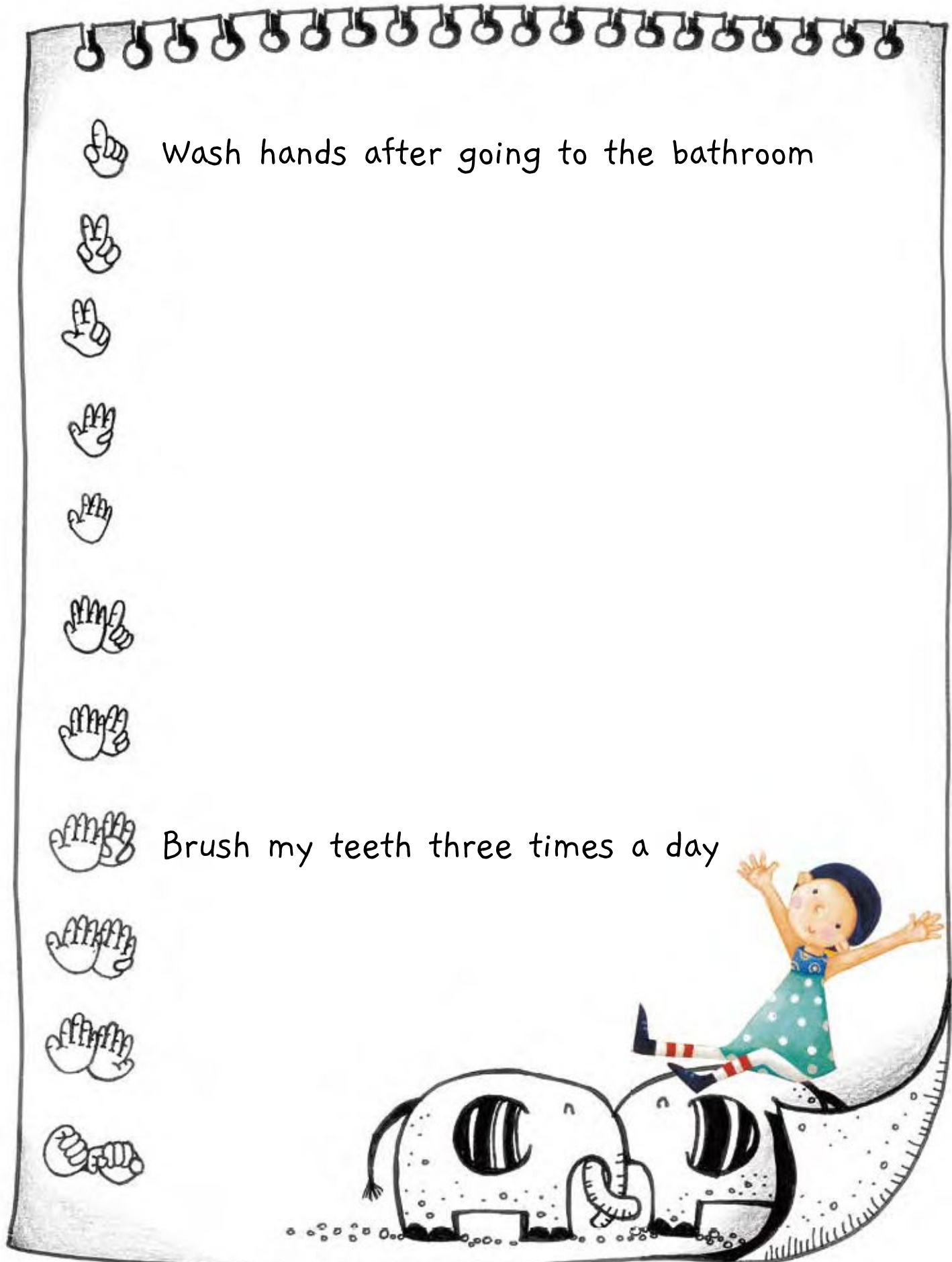
Let's become a heroic adventurer!

Follow the maze to get back to the healthy self again!



# Let's make a promise!

There are some promises to keep so that you will get better. Make a promise to yourself!



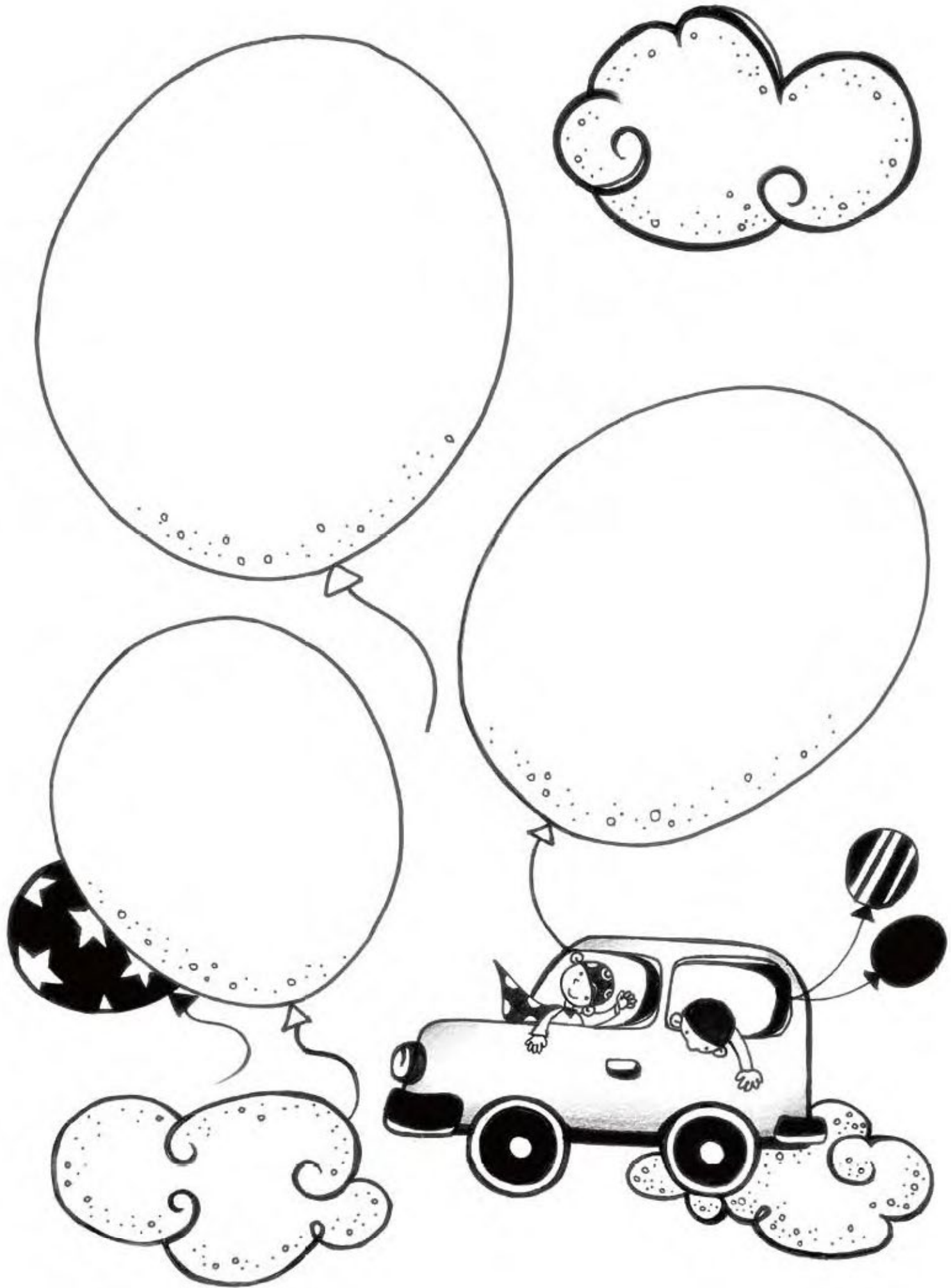
# Say 'I love you!'



There are many people who are helping you  
fight off cancer cells.  
Draw their faces and tell them that you love  
them.



Write down the things that you would like to do when you get better.



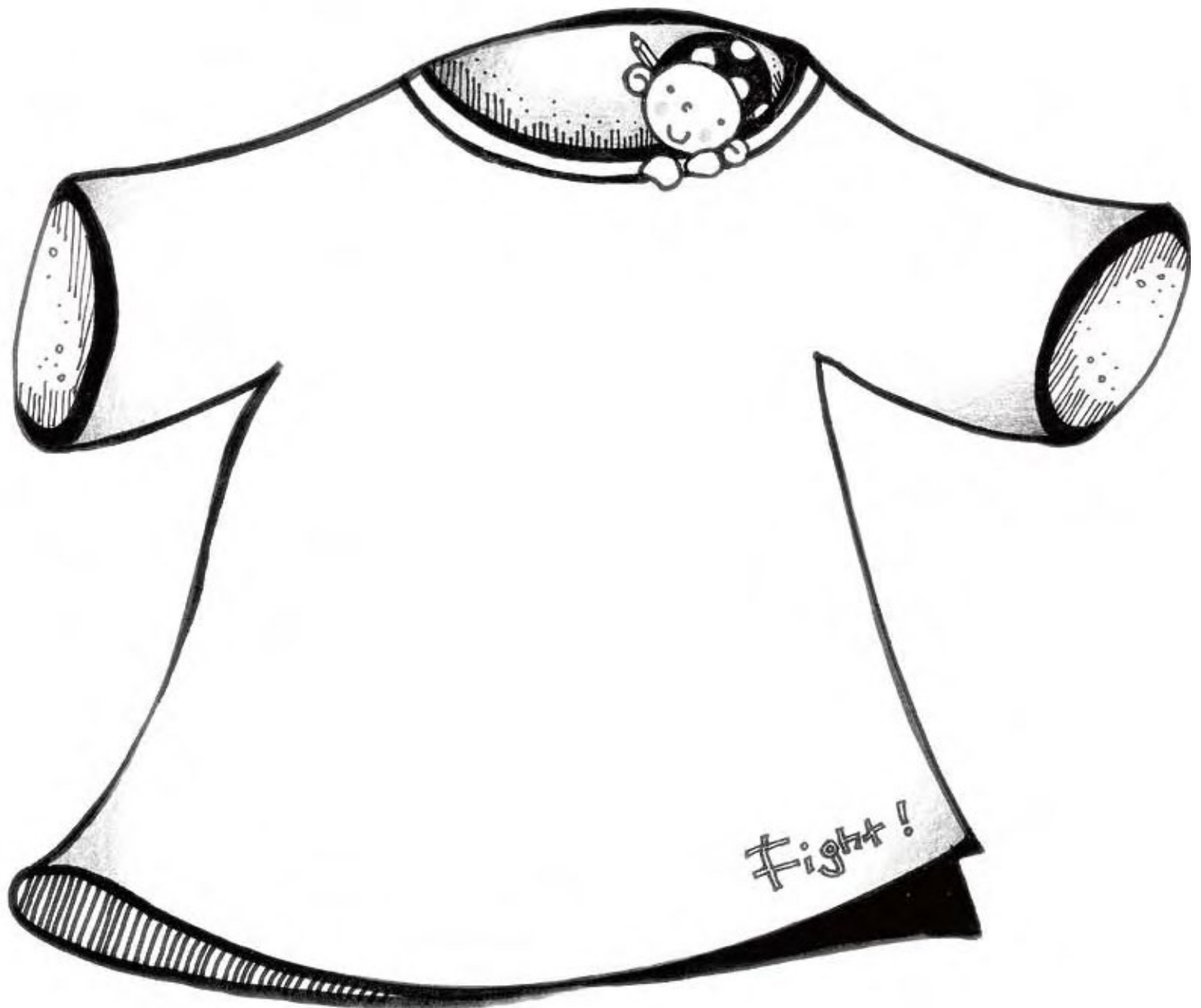
My dream is to become a \_\_\_\_\_!

What do you want to be when you grow up? Imagine yourself being that someone in the future.

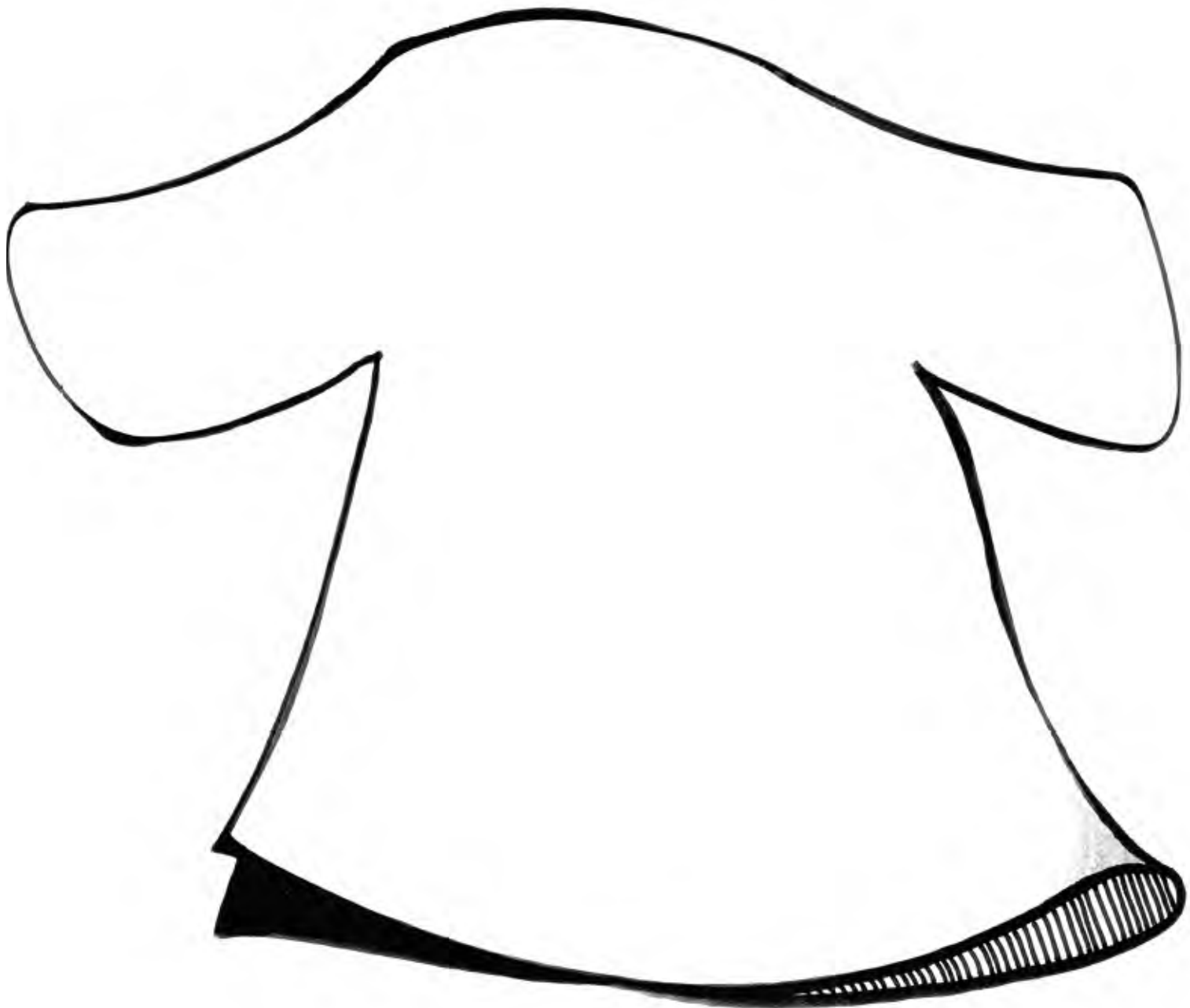


# Make yourself a nice t-shirt!

Draw what you want to wear when you become healthy again.

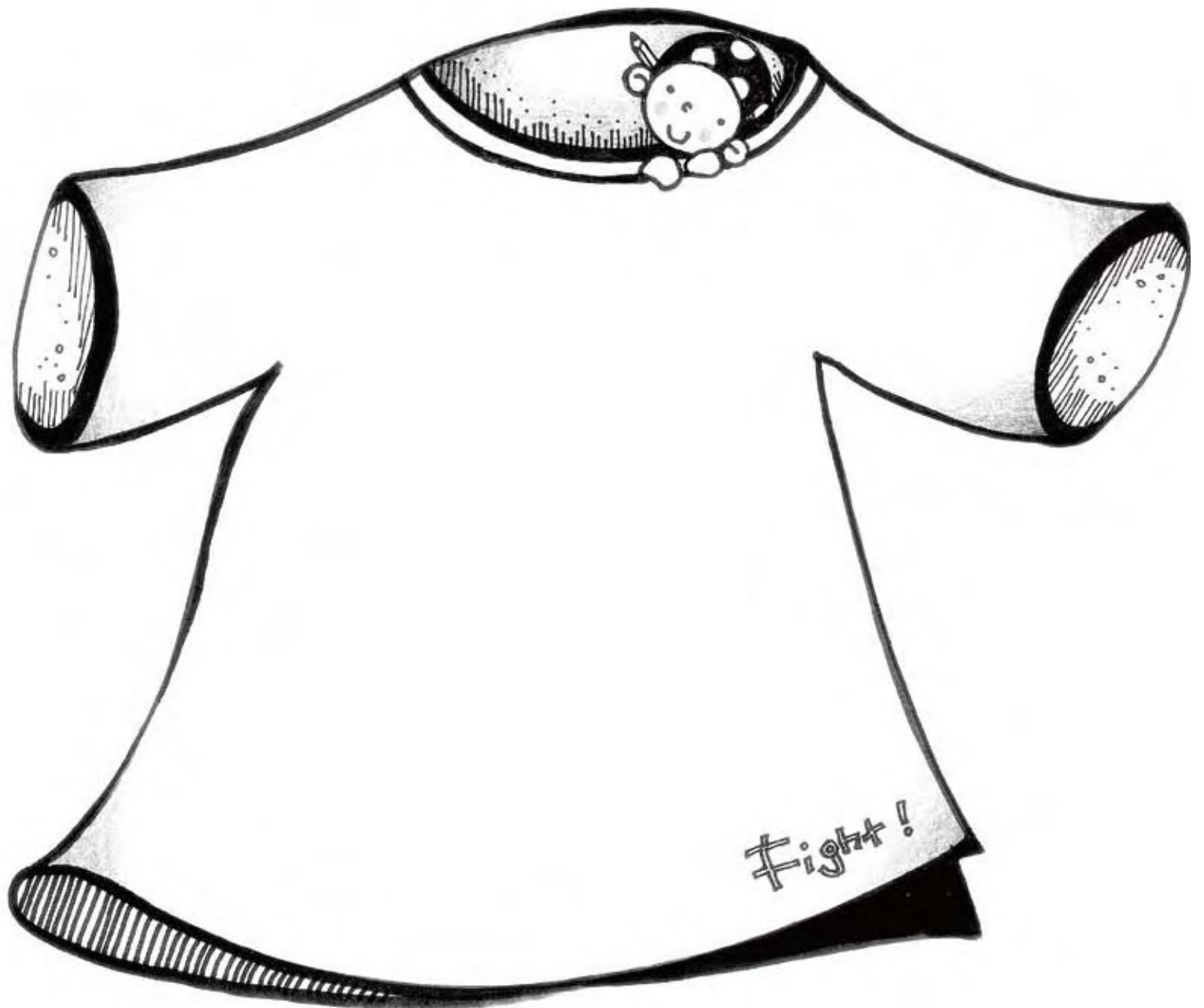


How does it look in the back?

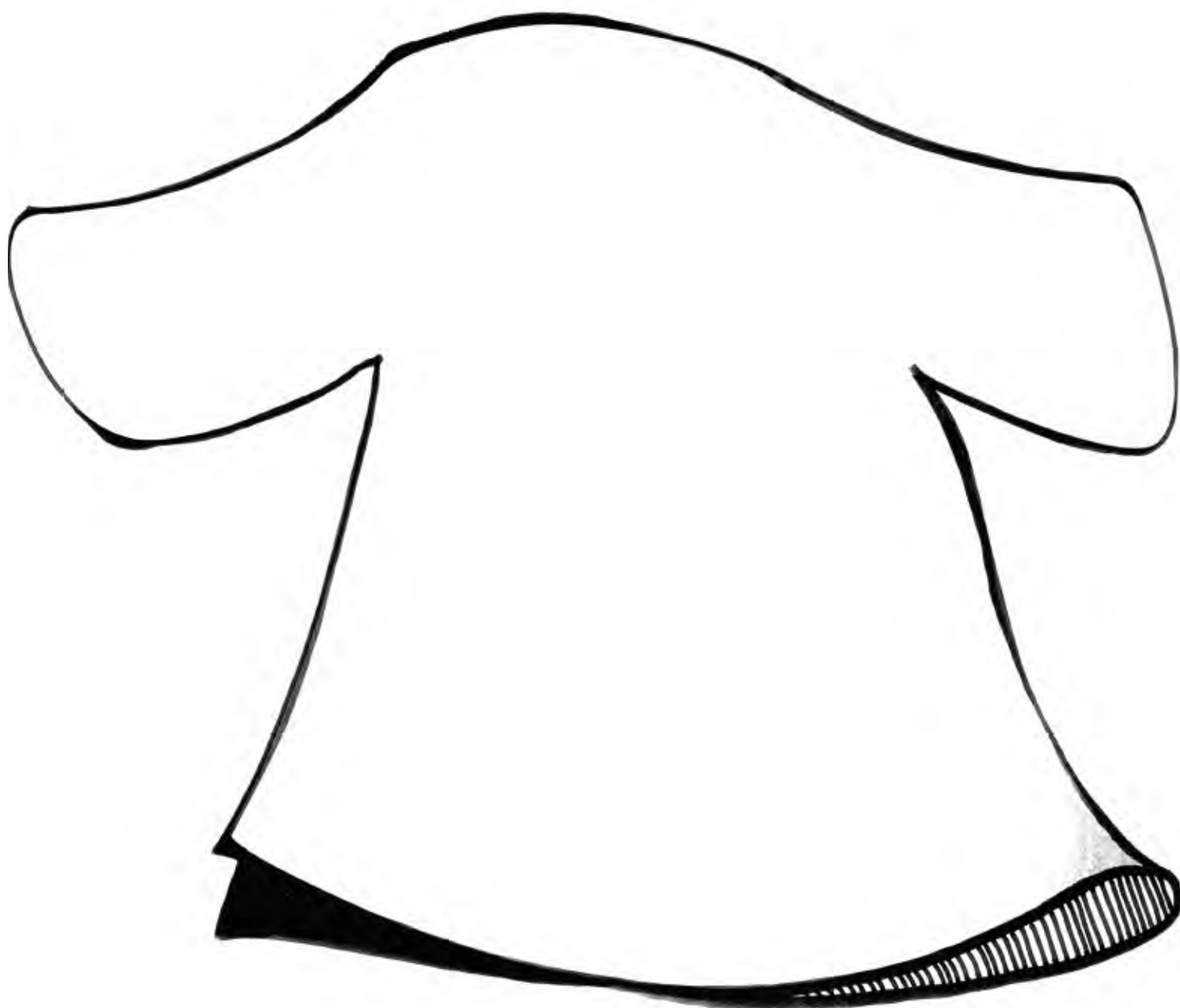




How about making one more t-shirt?  
What kind of t-shirt is it?

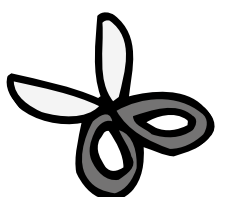
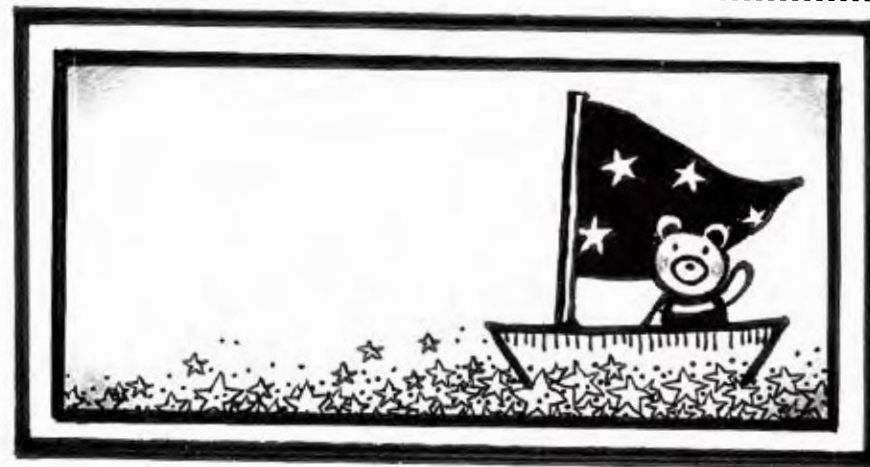
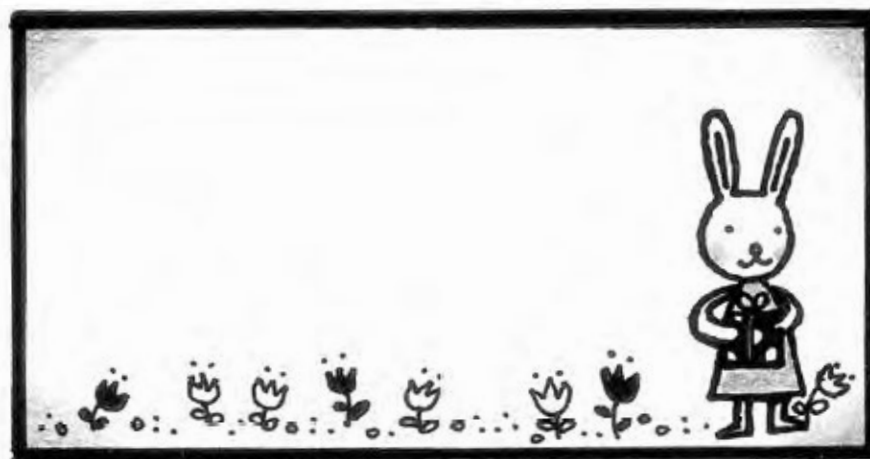
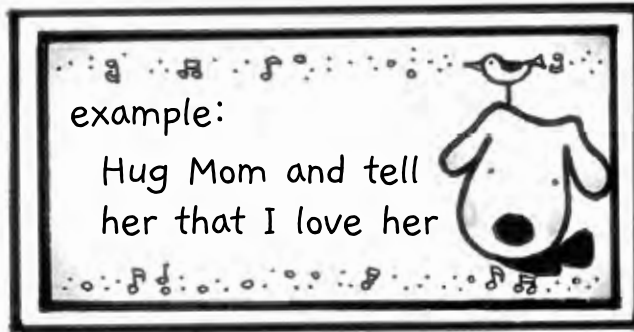


Let's make the back side even prettier!

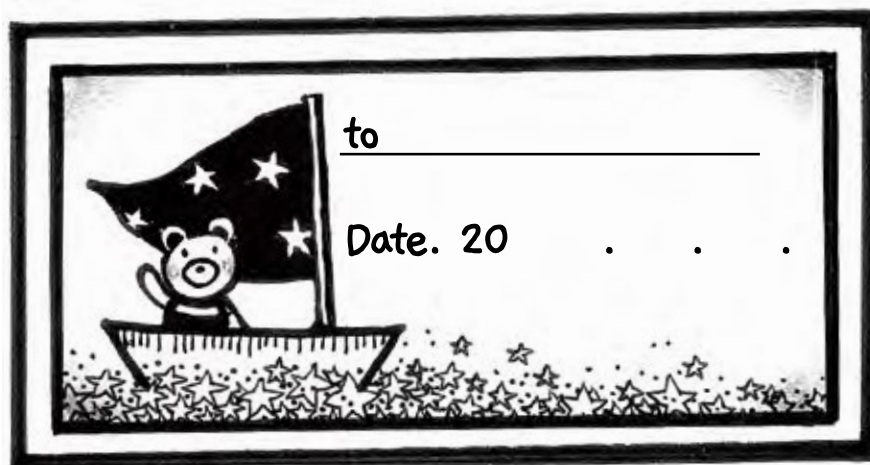
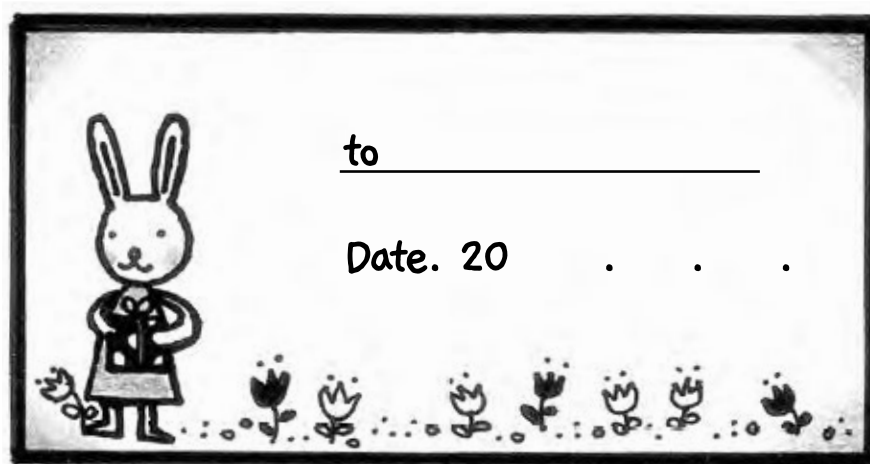


# Let's make coupons!

You may be sick, but there are still things you can do for your loved ones. Think of things you can do for them, write them down on a coupon and give them to your loved ones.

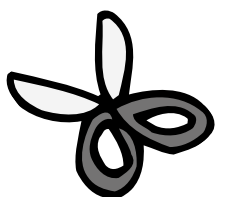
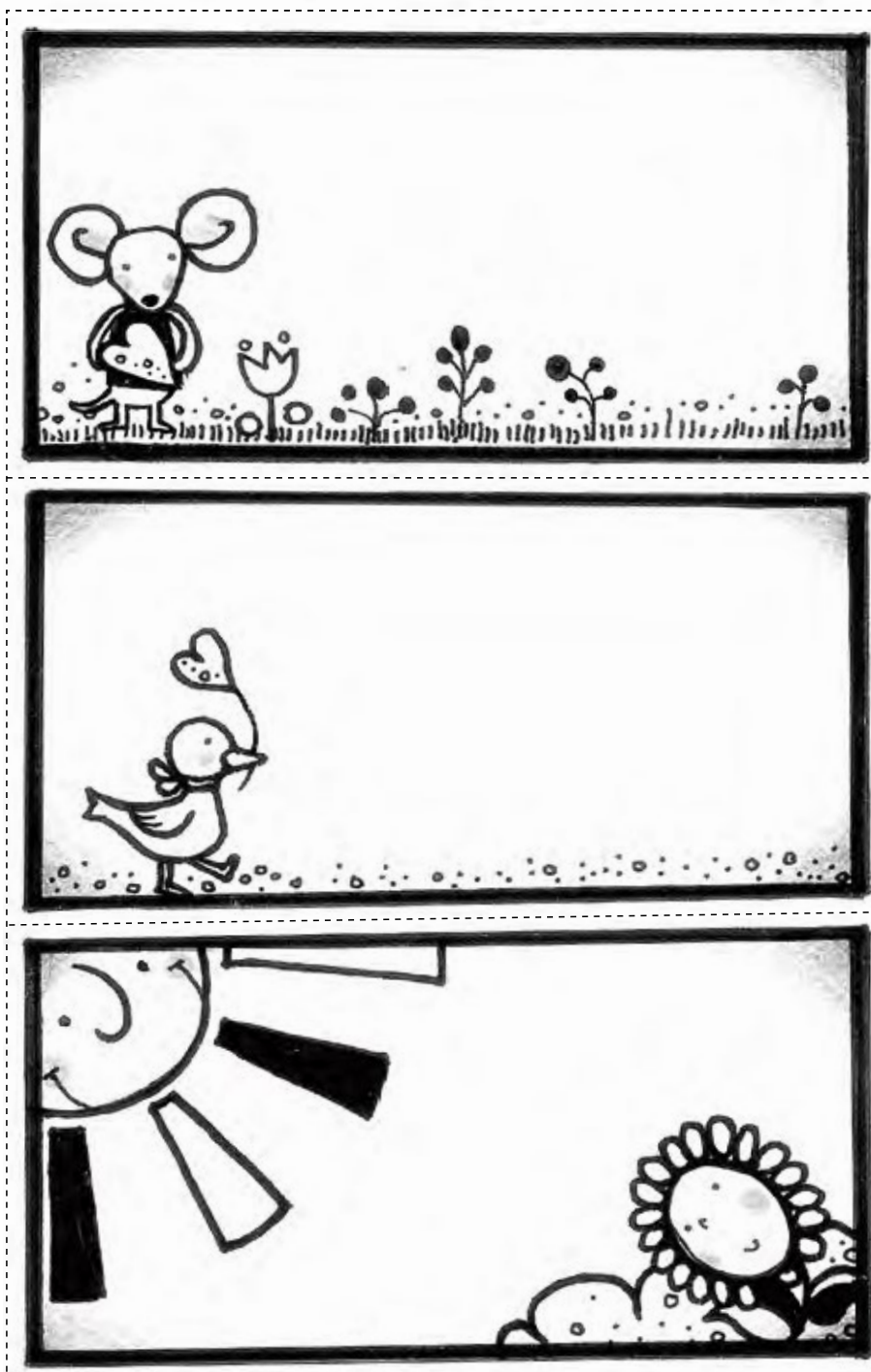


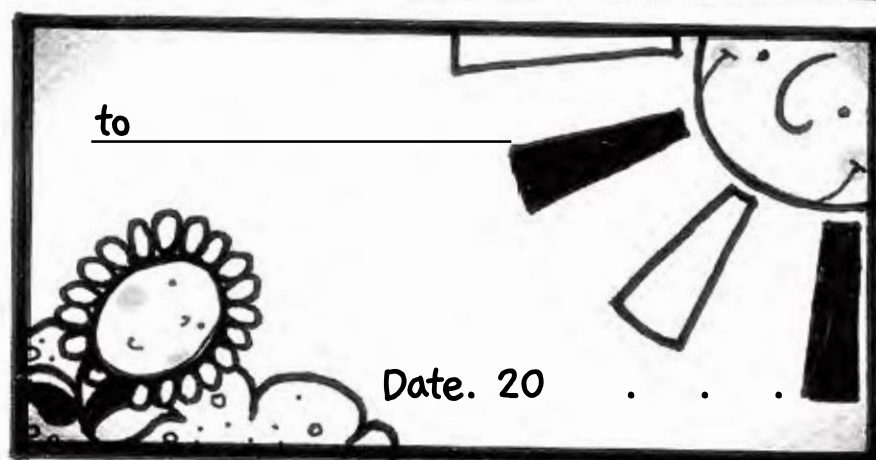
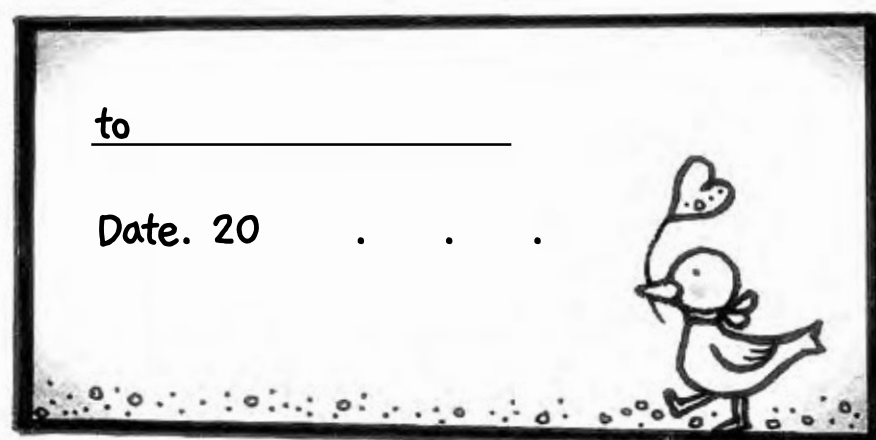
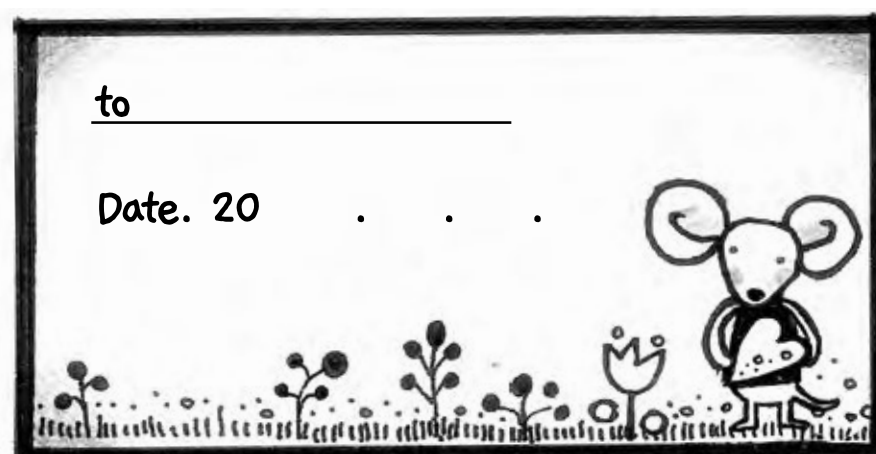




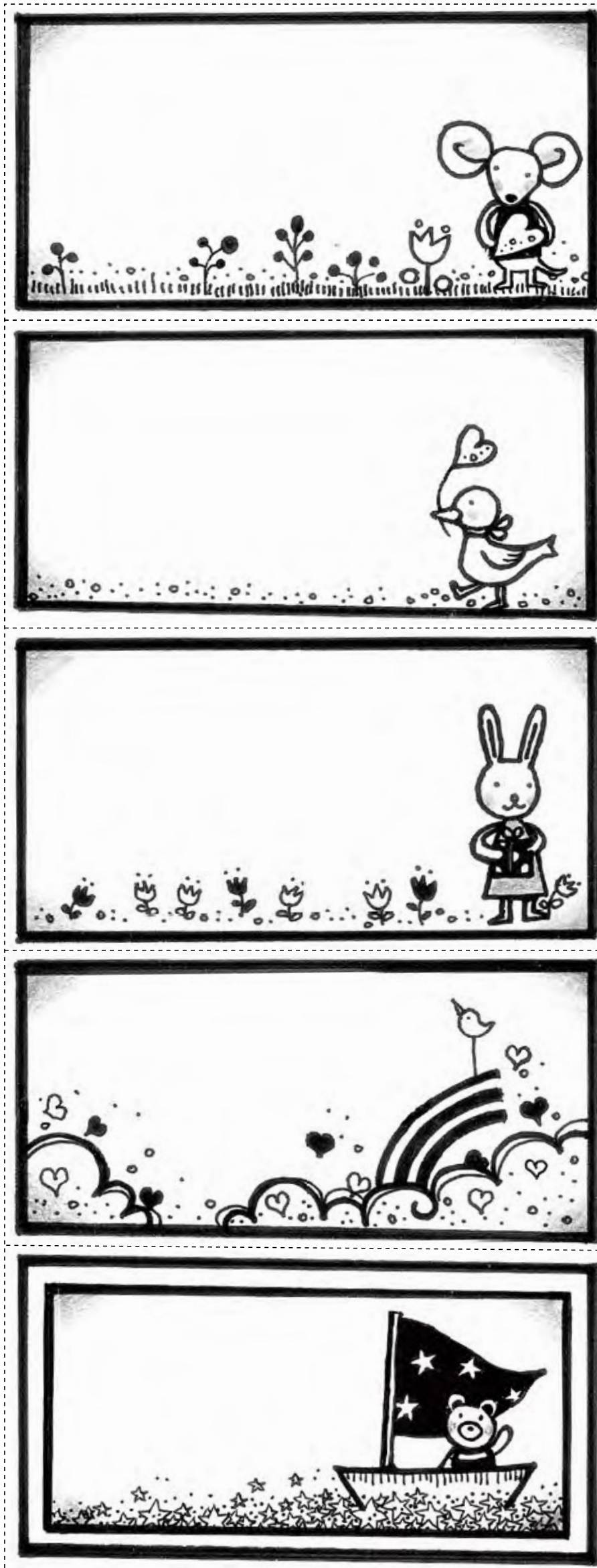
# Let's make a coupon that you would like to get!

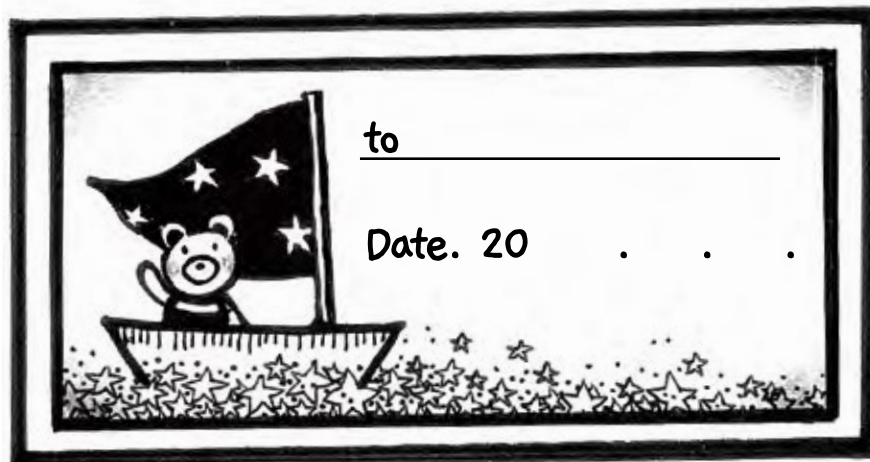
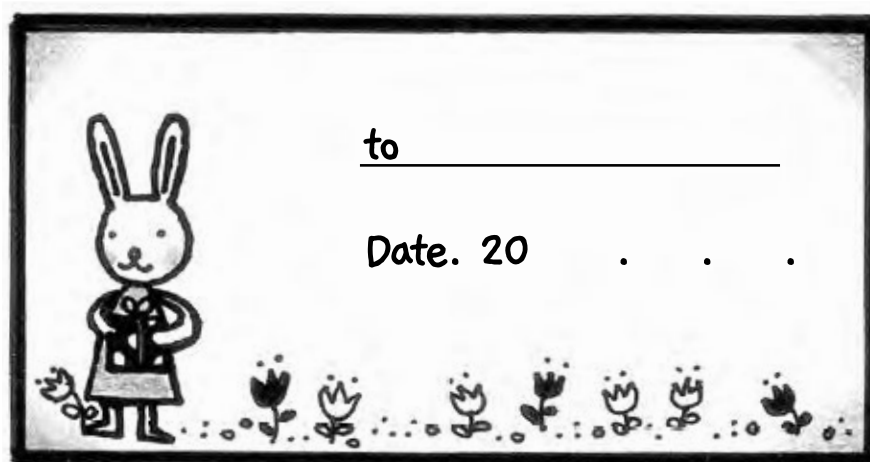
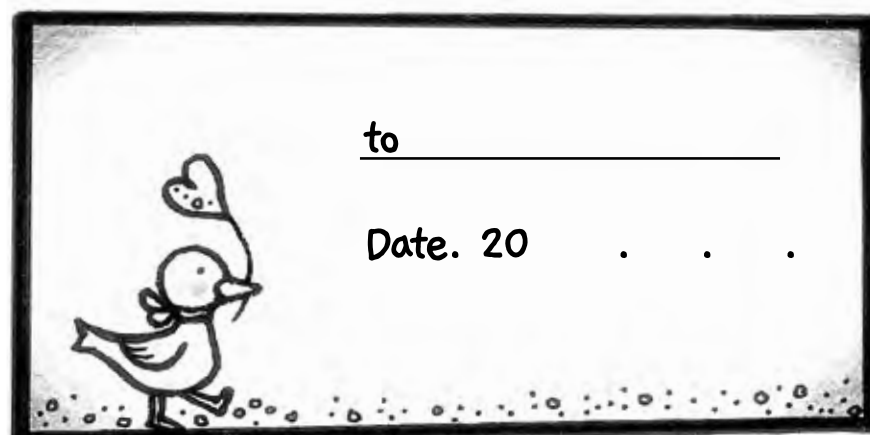
This time, make a coupon that you would like to get when you are sad or tired. Somebody might do you a favor.



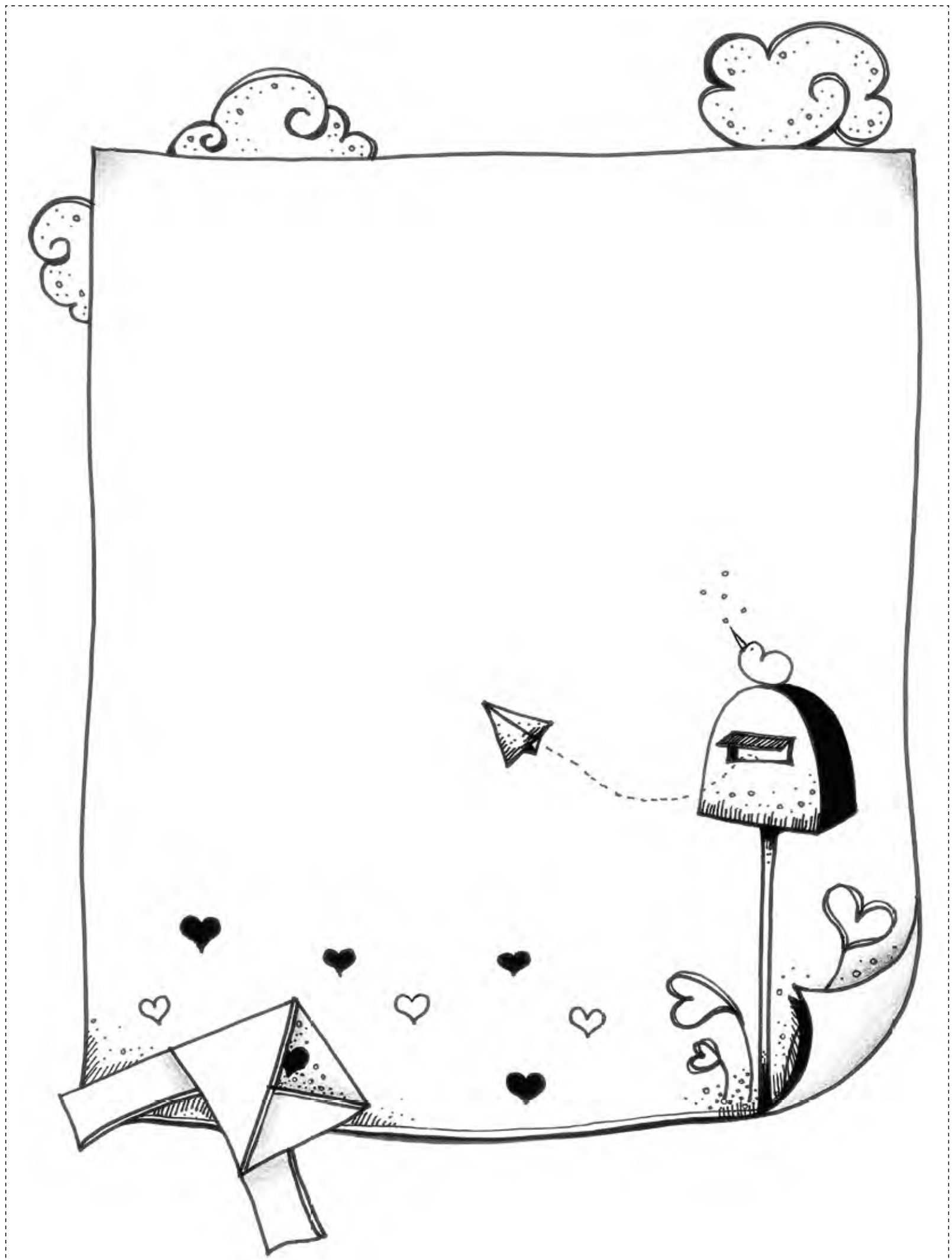






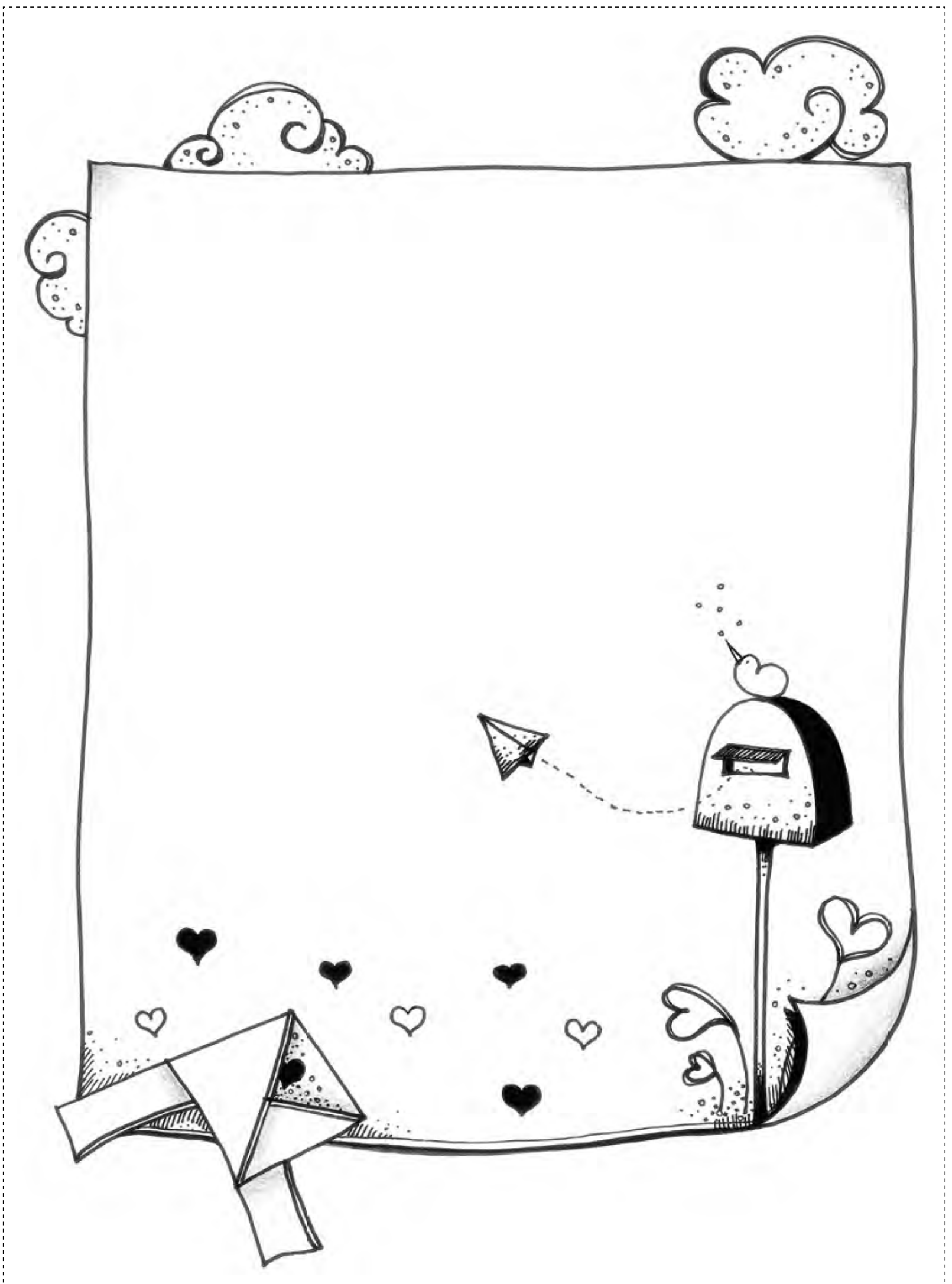


Write a letter to someone you miss!













**Principle Investigator :** Juhee Cho, Ph.D.

**Authors :**

Juhee Cho, Na-Yeon Kim, Yuhree Kim, & Cancer Educaion Center, Samsung Comprehensive Cancer Center

**Picture :** Na-Young Ahn

**Publisher :** Hanjin

**Year :** 2008



삼성생명공익재단 삼성서울병원

Samsung Comprehensive Cancer Center  
Samsung Medical Center  
50 Ir-won, Gangnam  
Seoul, South Korea  
82) 3410-6619  
[www.samsunghospital.com](http://www.samsunghospital.com)