



What to expect for your cancer treatment

Canberra Health Services



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



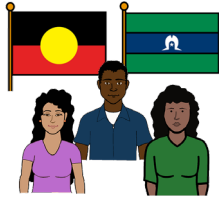
You can get someone to help you

- understand this book
- find more information.



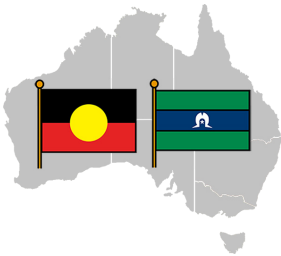
Contact information is at the end of this book.

We acknowledge First Nations people



Acknowledge means we understand the importance of **First Nations people's**

- culture
- language
- history.



First Nations people are the Aboriginal and Torres Strait Islander people.



Aboriginal and Torres Strait Islander people have lived on Australian land for many years.

About this book

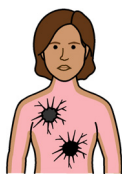
This book is from Canberra Health Services.



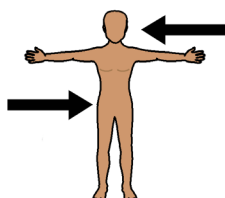
This book tells you what to expect when you get **treatment** for **cancer**.



Treatment means the care you get for your health problem.

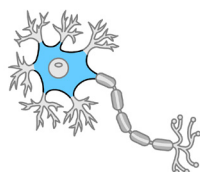
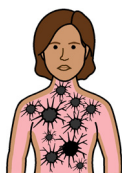


Cancer is a disease that happens when **cells** in the body change and do **not** work well.



For example, the cells can

- grow in any part of your body
- spread from one part of your body to other parts
- make you sick.



Cells are tiny building blocks that grow and work together to make each different part of your body.

Your health care team



A health care team is a group of people who help look after you when you are sick.



For example

- doctors



- nurses



- other health workers.



Doctors and nurses who **specialise** in cancer will help care for you.

Specialise means to focus on doing 1 job very well.



For example, a doctor or nurse who specialises in cancer only works with people who have cancer.



Doctors might

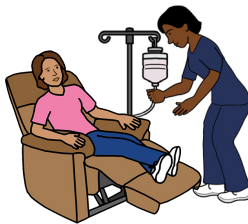
- talk to you about your cancer



- plan your treatment



- work with other doctors who specialise in cancer.



Nurses might

- help you with your treatment



- support you and your family



- answer questions about your care.

You might have other health workers who help with your health care.

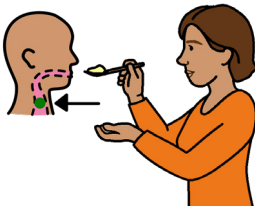


For example, other health workers might be

- a **dietitian** who can help you eat the right food



- a **physiotherapist** who can help you move your body and stay strong



- a **speech pathologist** who can help you talk and swallow



- a **pharmacist** who can give you the right medicine



- a **radiologist** who can take scans that are pictures of inside your body.



A **social worker** is a health worker who can check if

- you are okay in the hospital

or



- you are okay at home.

You can talk to a social worker if you need help with



- money problems



- transport to and from the hospital



- finding more support in your community.

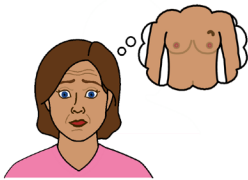
What treatments you might get



There are different ways doctors might give you treatment to help you get better.

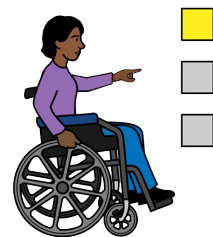


Your doctor will talk to you about the best treatment for your cancer.



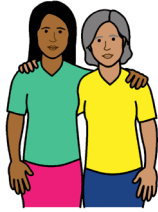
The treatment you might get will depend on

- the type of cancer you have
- your health
- what you choose to do.



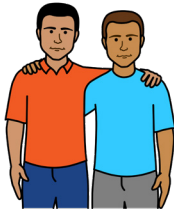


You can ask someone to come with you when you talk about your treatment.



For example

- a family member

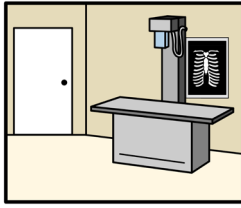


- a friend



- a carer or support worker.

About scans and tests

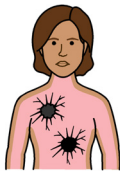


You might need to have scans and tests.

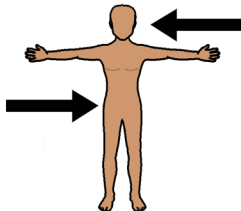


The scans and tests help your health care team understand your cancer.

For example, the scans and tests help doctors to check



- the size of the cancer



- if the cancer has spread to other parts of your body



- how your treatment is working.



Your doctor or nurse will tell you

- why you need the test



- if you have to pay money



- when the results might be available.



More information

For more information contact

Canberra Health Services.



Call 02 5124 0000



Website

[canberrahealthservices.act.gov.au/
services-and-clinics/cancer-services](http://canberrahealthservices.act.gov.au/services-and-clinics/cancer-services)

You can read the full pdf on our website.



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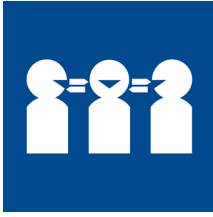
Our other Easy English books that can help you learn more about cancer treatment are

- How to get ready for your cancer treatment



- What happens during and after your cancer treatment.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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