

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

"Lean on Me" Cancer through a Carer's Eyes

By Lorraine Kember

"Lean on Me" Cancer through a Carer's Eyes by Lorraine Kember

Mesothelioma Cancer

Asbestos Blue By Lorraine Kember

He was only a child when it begun
And he played as children do
In his yard, with his toy cars and tip trucks
But his sand was asbestos blue...

In December 1999, my husband and I were walking home from a game of lawn bowls when I became aware of his shortness of breath. I was surprised and concerned when he told me that he had experienced this on several occasions. Believing this to be due to chest infection, I made a doctor's appointment for him the next day. Chest X-rays revealed fluid on the lungs, over two litres of which was drained, giving Brian immediate relief, but it was a tense wait for the pathology results.

Through the Internet I had become aware of several conditions which may have been responsible for fluid on the lung; these included asbestos-related diseases. Brian had lived in Wittenoom as a child and I was afraid of his diagnosis. Not wanting to worry him unnecessarily, I did not mention my fears to him. I prayed that he had pleurisy or pneumonia but the pathology results revealed that there were cancer cells present.

When Brian finally received his diagnosis, my worst nightmare became reality. He had pleural mesothelioma, a terminal cancer of the lung caused by the inhalation of asbestos dust. We found it inconceivable that the disease was the result of Brian inhaling asbestos dust as a child and that it had lain dormant for forty-five years before becoming lethal.

We were still reeling from the shock when, without preamble, the young doctor gave his prognosis. His exact words were, "Three to nine months, I reckon". That he could say this so unfeelingly amazed me. His total lack of compassion did not encourage even the small comfort of tears. I felt as if Brian and I had been shot and from that moment on we were waiting to drop.

Undoubtedly, we were mortally wounded. We suffered shock, disbelief, anger, helplessness and utter despair; in fact all the symptoms of grief one feels when a loved one has actually died. Once again we

"Lean on Me" Cancer through a Carer's Eyes

found ourselves with no control over our lives. This time however, there was no light at the end of the tunnel. Our journey through terminal illness had begun.

Throughout the course of our married life my deep love for Brian and my determination to resolve difficulties had seen us through many trials. I found it hard to believe that nothing could be done to save his life and began surfing the Internet for information regarding mesothelioma, all the time praying for a miracle, hoping against hope to find a doctor who had successfully operated on or cured someone of it.

It was a sad realization to discover that for Brian there were no miracles; however, I learned a lot and it helped me to accept that he was dying. With my acceptance came a fierce determination to ease his burden. I continued to seek information regarding mesothelioma and the pain and symptoms Brian would experience, due to the progression of his disease. In this way, I came to understand the importance of pain management and symptom control and realized that although I could not stop Brian

from dying - I could help him to live. My acquired knowledge regarding pain and symptom management enabled me to communicate with Brian and to understand the type of pain he was experiencing and the intensity of that pain. I was then able to work hand in hand with his doctors, to bring his pain and symptoms under control. As my efforts resulted in his improved quality of life, I lost my sense of helplessness and gained strength.

Together, we achieved for Brian, a quality of life few thought possible, considering the nature of his disease. Testament to this, Brian survived for 2 years despite his prognosis of 3 to 9 months. Remained active and alert, drove his car for eighteen months after diagnosis and was not bed bound until three short days prior to his death.

Brian passed away on the 24th December 2001, he was 54 years old. I have written a book called "Lean on Me" Cancer through a Carer's Eyes, in the hope of helping others. My book includes; insight and discussion on: Pain Management, Symptom Control, Chemotherapy, Palliative Care, Quality of Life and the benefit of dying at home. Featured also are excerpts and poems from my personal diary which portray the roller coaster of my emotions as I cared for my terminally ill husband.

For further information, recommendations, reviews, book excerpts and ordering facility please visit my website.

www.cancerthroughacarerseyes.jkwh.com

Self published Author. Living in Perth Western Australia.

At the Edge of Our Faith

By Carol Dee Meeks

At the Edge of Our Faith by Carol Dee Meeks

"It is the friendliest kind of cancer," the doctor

said. "I don't think it will visit him again," he added
with a smile.

Basal Cell Carcinoma, a malignant epithelial tumor—a
skin cancer, was born on my husband's nose from too much New
Mexico sun. Indeed, it is the best kind of cancer to make
its home on your body if cancer has to camp on your door
steps.

But the days we spent waiting for the report led us to
the edge of our faith. Like the wolf howls at midnight on
the canyon's rim, we stood and watched our future slip into
another chapter of recovery: a stroke, a colonoscopy scare,
Edge page/2
now this.

How the imagination can be like a run-away-train.
waiting, listening, and praying for good news—the friendly
kind of cancer, dropped us to our knees. At the edge of our
faith, we learned to really lean on our Lord and Savior. We
accepted His grace, more than we deserved, and took His hand
He held out to us. We'll overcome this obstacle as we've
overcome our other health issues.

I am a native New Mexican recently retired, but my writing days are young. I have three honorable mentions at Bylines Magazine for two short stories and a poem. I also was awarded a SPECIAL HONORABLE MENTION for a poem from the same magazine. I feel like the honorable mention kid since I own one at Hodgepodge as well. Retirement allows me time to hone my craft of which I so love to do and spend time with my family.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!