

THE GUARDIAN

AND THE OVERCOMERS



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: ____/____/____

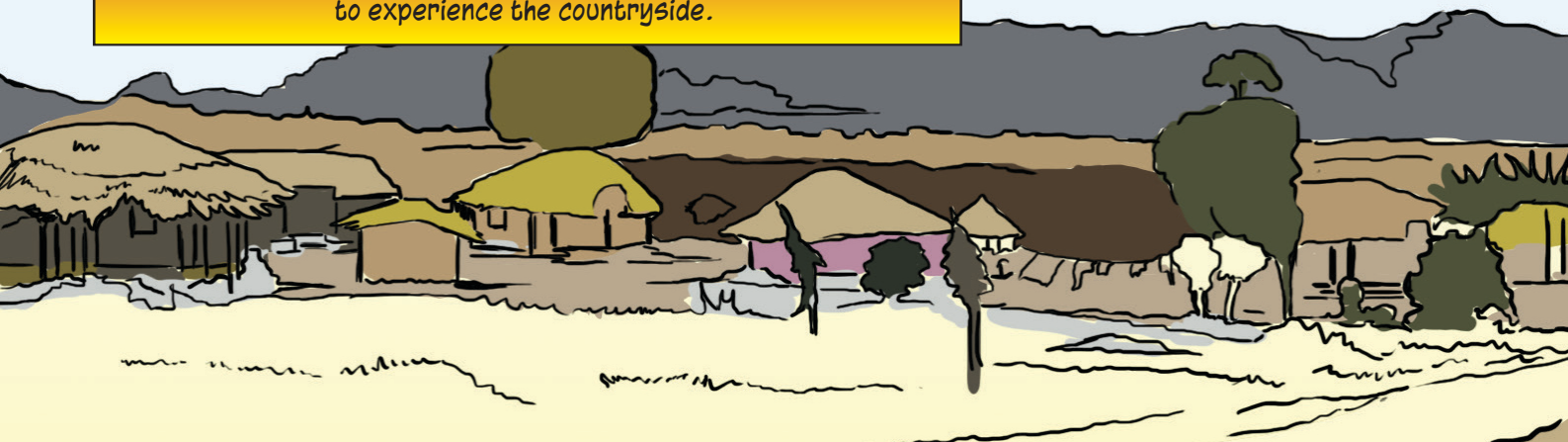
THE NUMBER OF BLOOD AND PLATELET TRANSFUSIONS Blood

Transfusion: _____

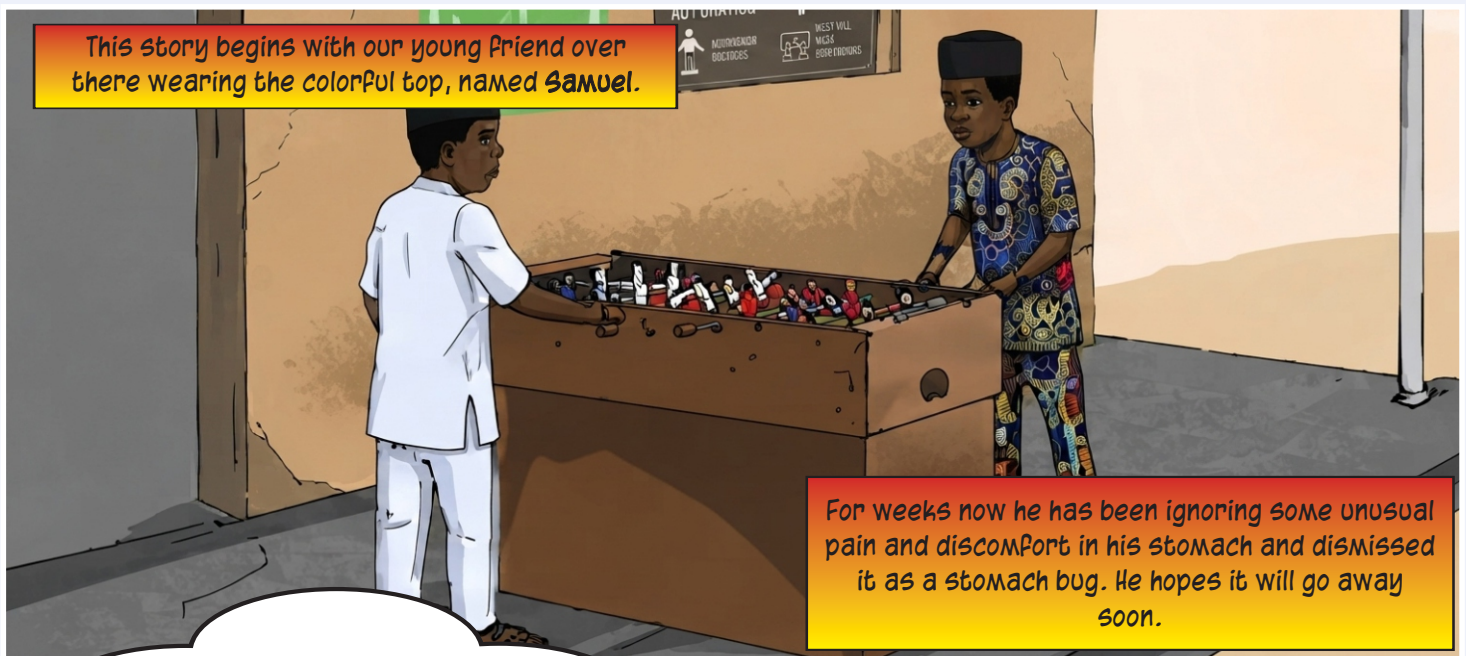
Platelet Transfusion: _____

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 colorful top, named Samuel.



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??

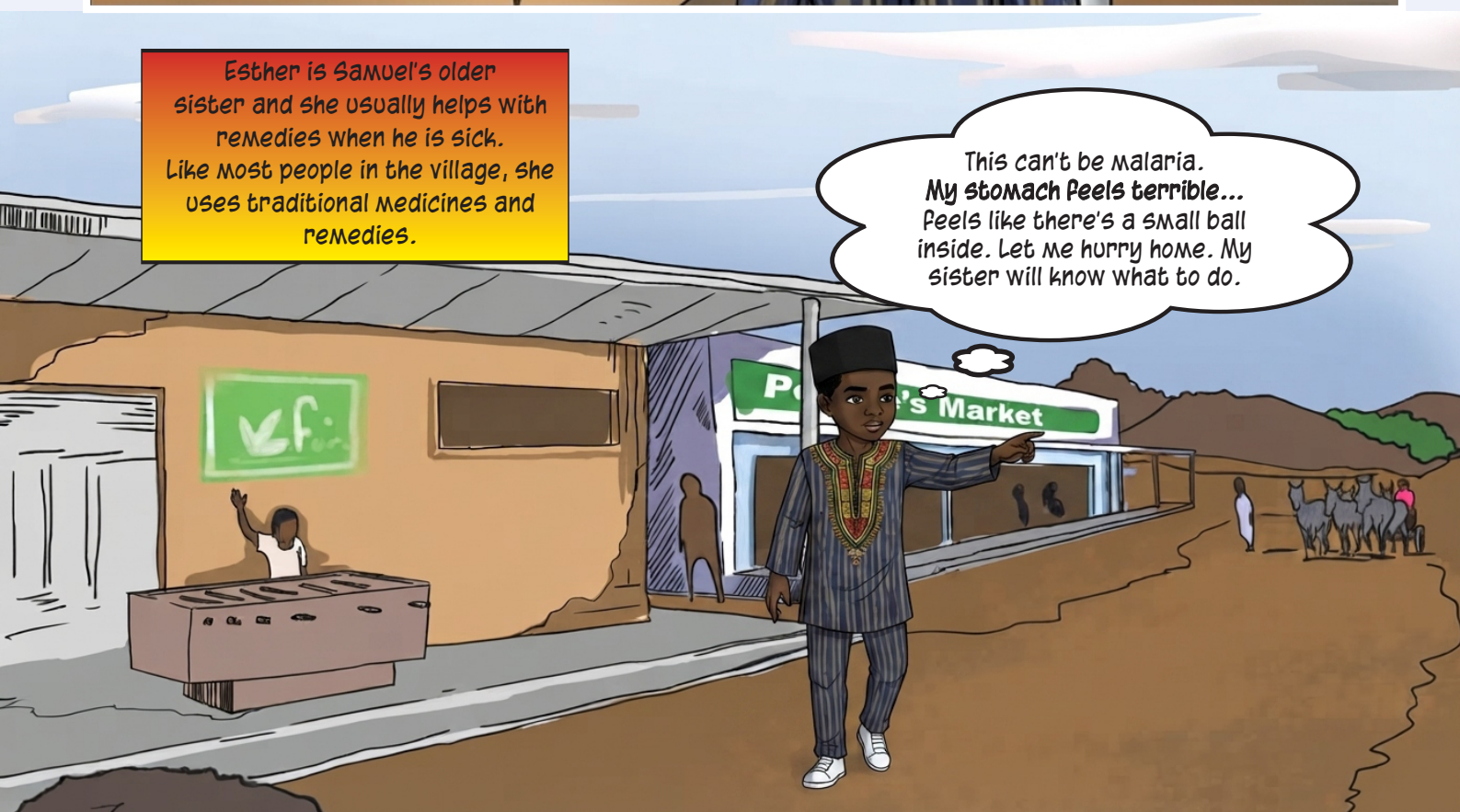
Mmm...I doubt it.

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.





Esther is Samuel'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.



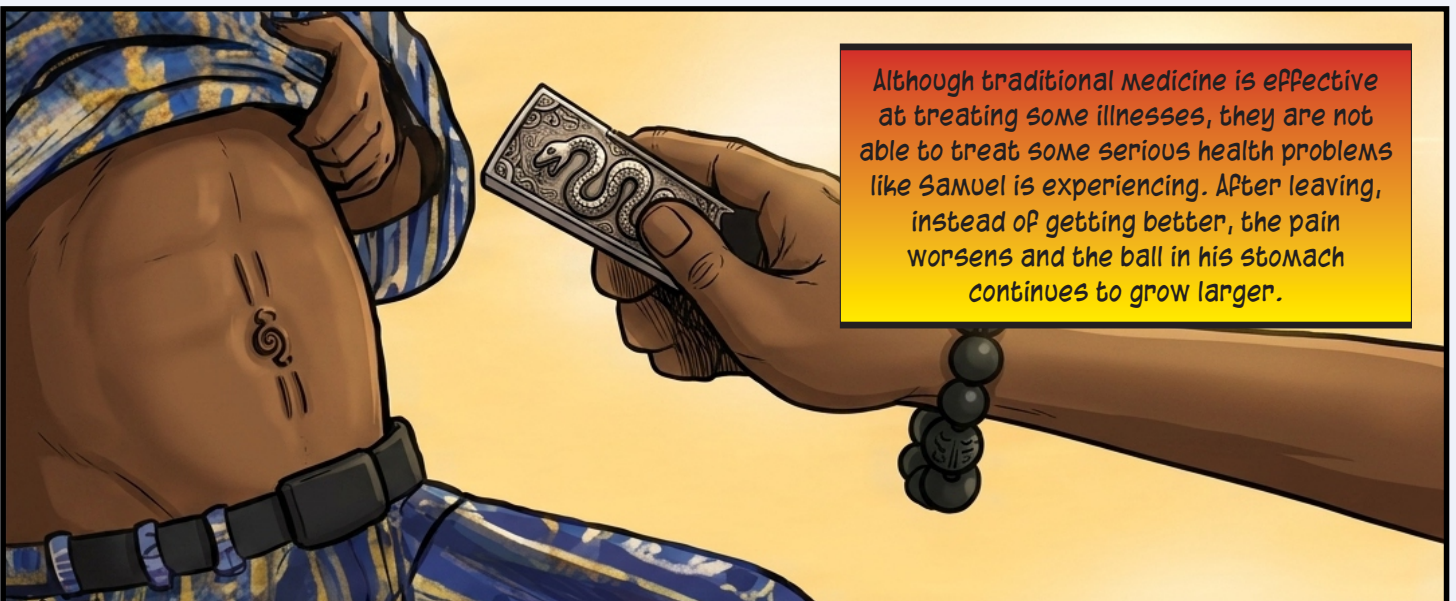
Hours later, Samuel arrives at the home of the local healer. He receives some charms, herbs, and special marks which he is told will help him recover.



THESE SPECIAL MARKS WILL MAKE YOU BETTER, MY BOY.



Although traditional medicine is effective at treating some illnesses, they are not able to treat some serious health problems like Samuel is experiencing. After leaving, instead of getting better, the pain worsens and the ball in his stomach continues to grow larger.



*The sharing of unsterilized blades also exposes Samuel to risk of infection and HIV.

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

OH MY GOODNESS! Samuel!!
You look unwell.
Is everything alright??

Oh, hi Blessing....

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??!!

Samuel, 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.

Blessing convinces him to get on a keke and travel to the nearest hospital.

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

Blessing 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.

Blessing, 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 Samuel 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.

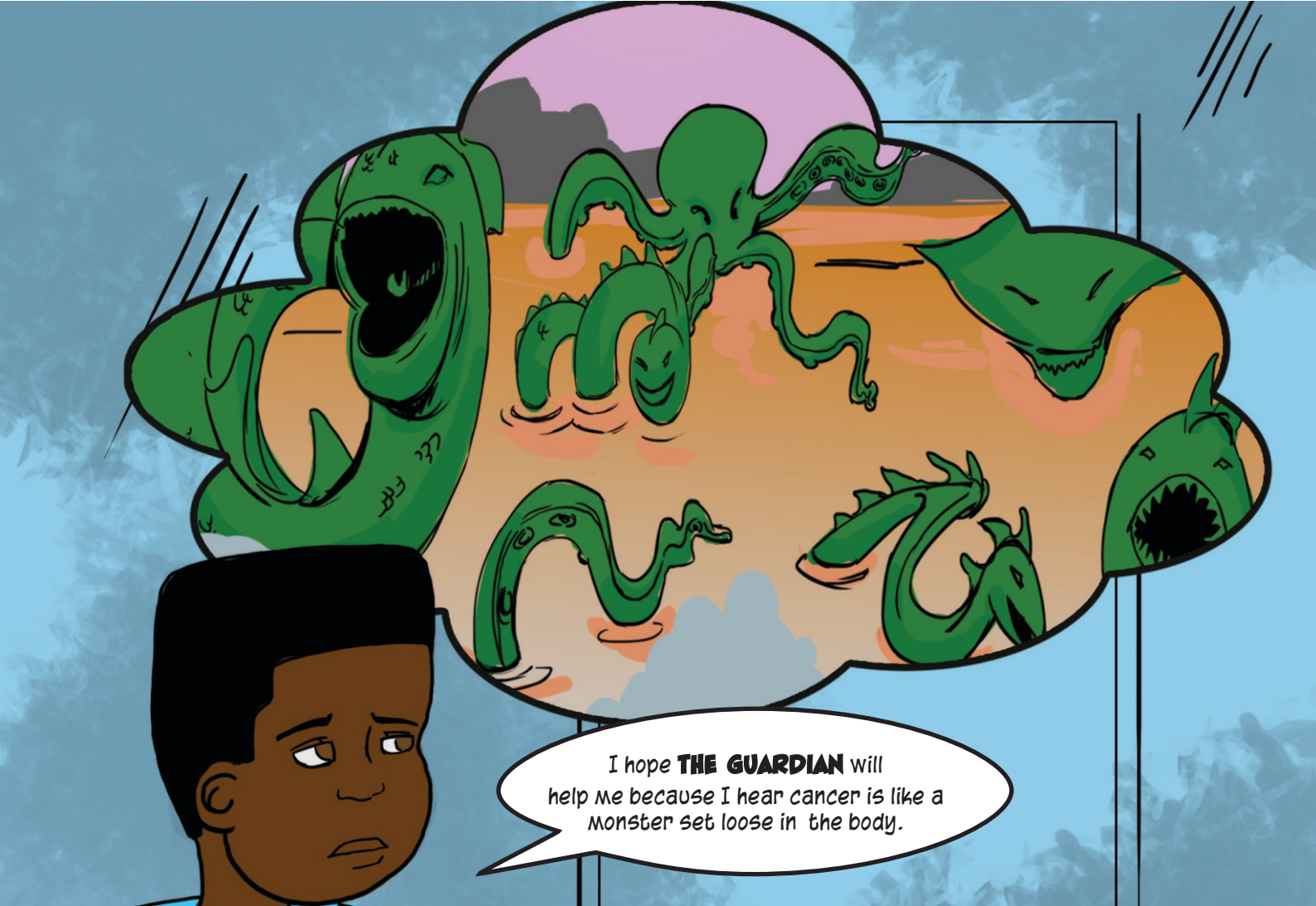
Please come in with me...

I am glad we are out of the keke.
I'm 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
superhero 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 Samuel'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 hospital has doctors who have experience with diagnosing, advising, and treating cancer patients, including those with lymphoma.

Let's talk about CANCER

LEARN. FIGHT. HOPE

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

Hello Samuel, my name is Dr. Bello. You have a good friend in Blessing. 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 Blessing
maybe get it now too?

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

The doctor brings
some hope to
Samuel...

Good news!!!

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

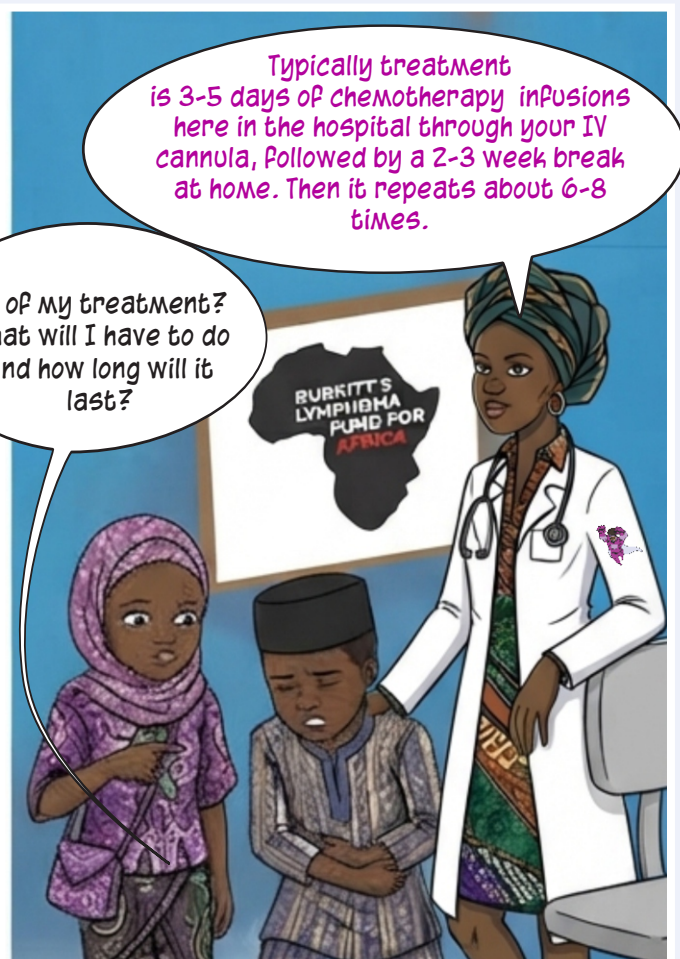
What kind of treatment will
I need??
How long will it take?



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

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.

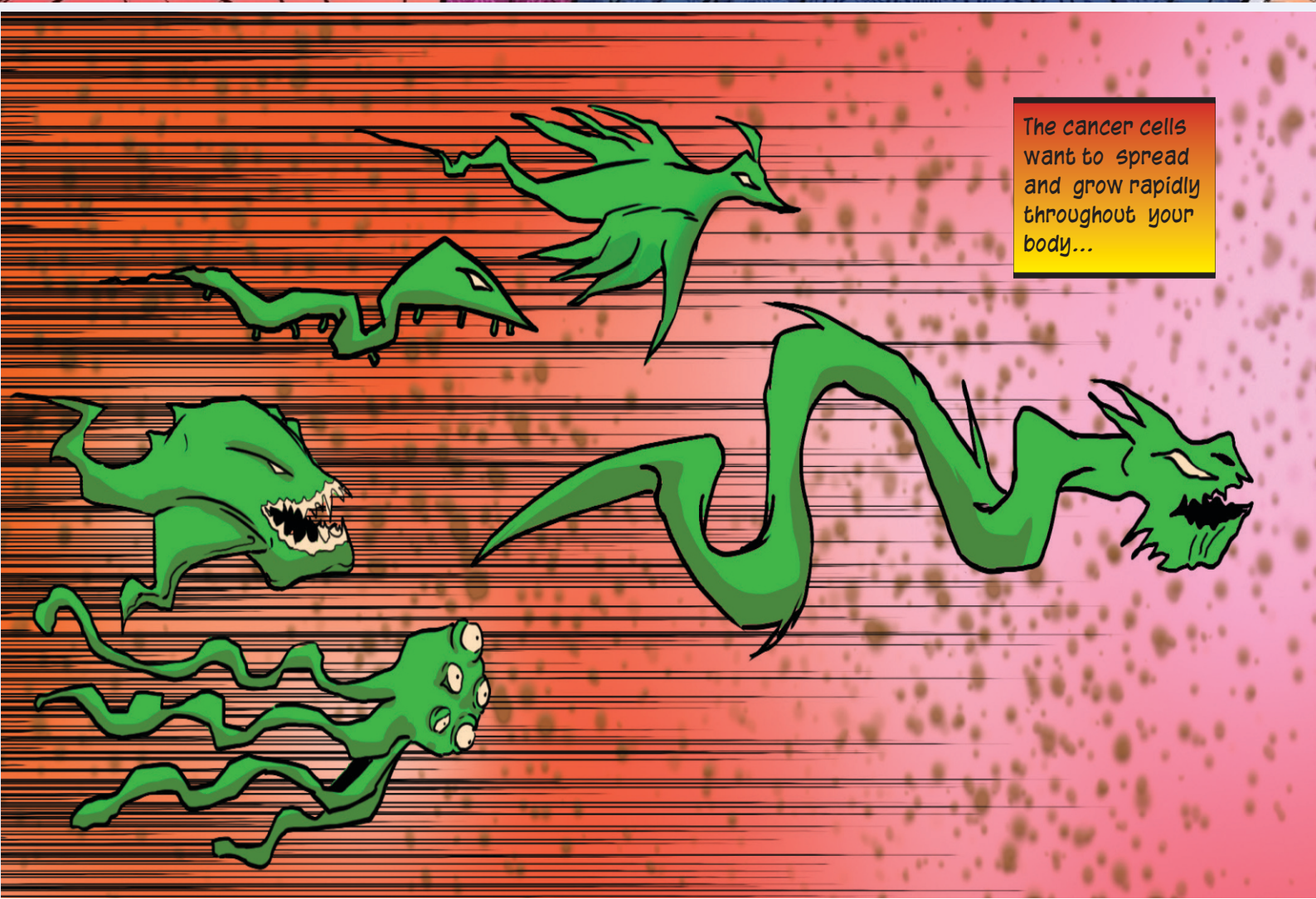
All of my treatment?
What will I have to do
and how long will it
last?



The medication and treatments Samuel 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...





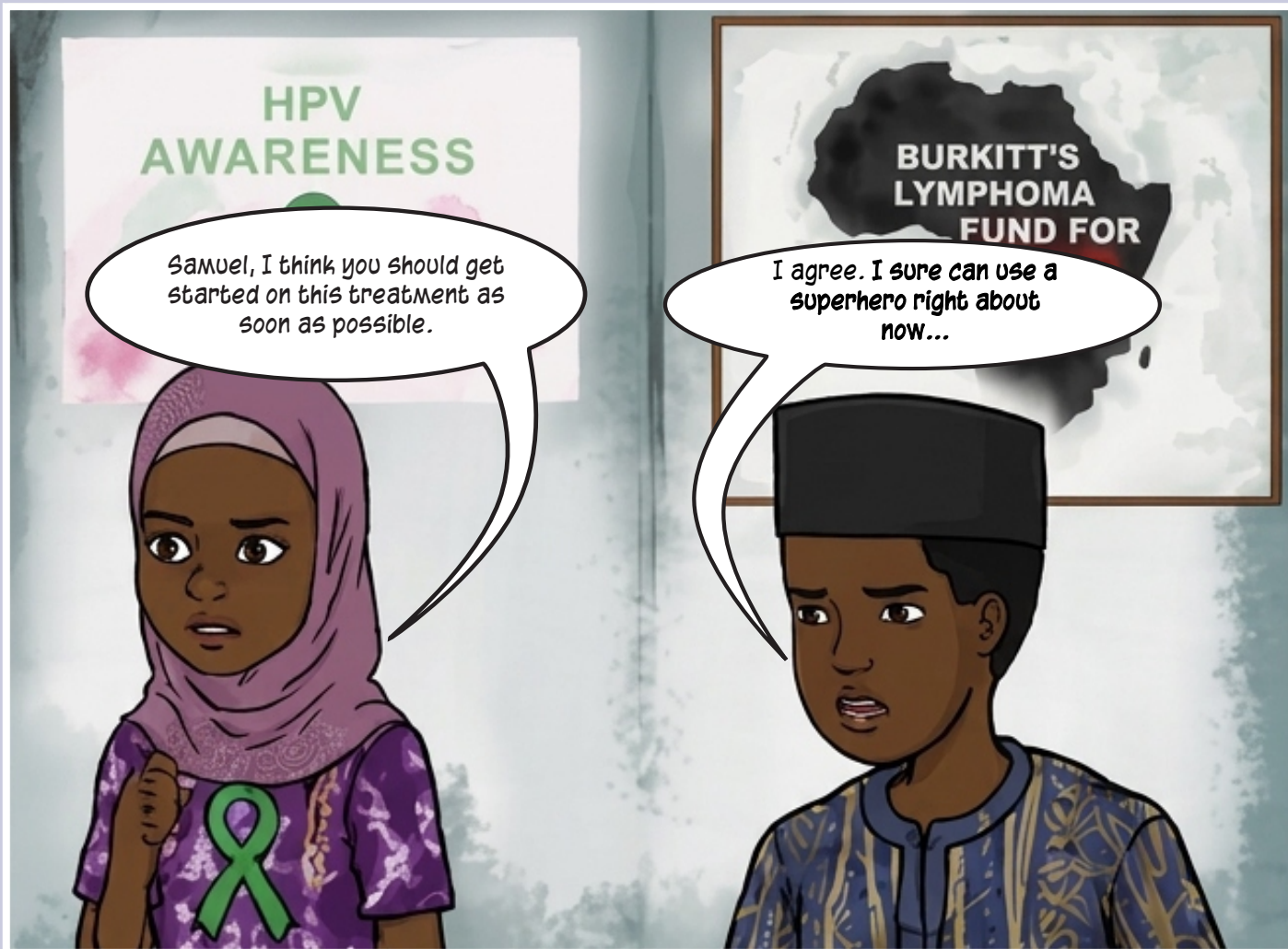
But thanks to **THE GUARDIAN** that comes in the form of a special medication called chemotherapy, along with the doctors and nurses, the cancer can be killed off.

This gives the body an opportunity to heal.



So remember, your treatment is like your body's very own superhero!





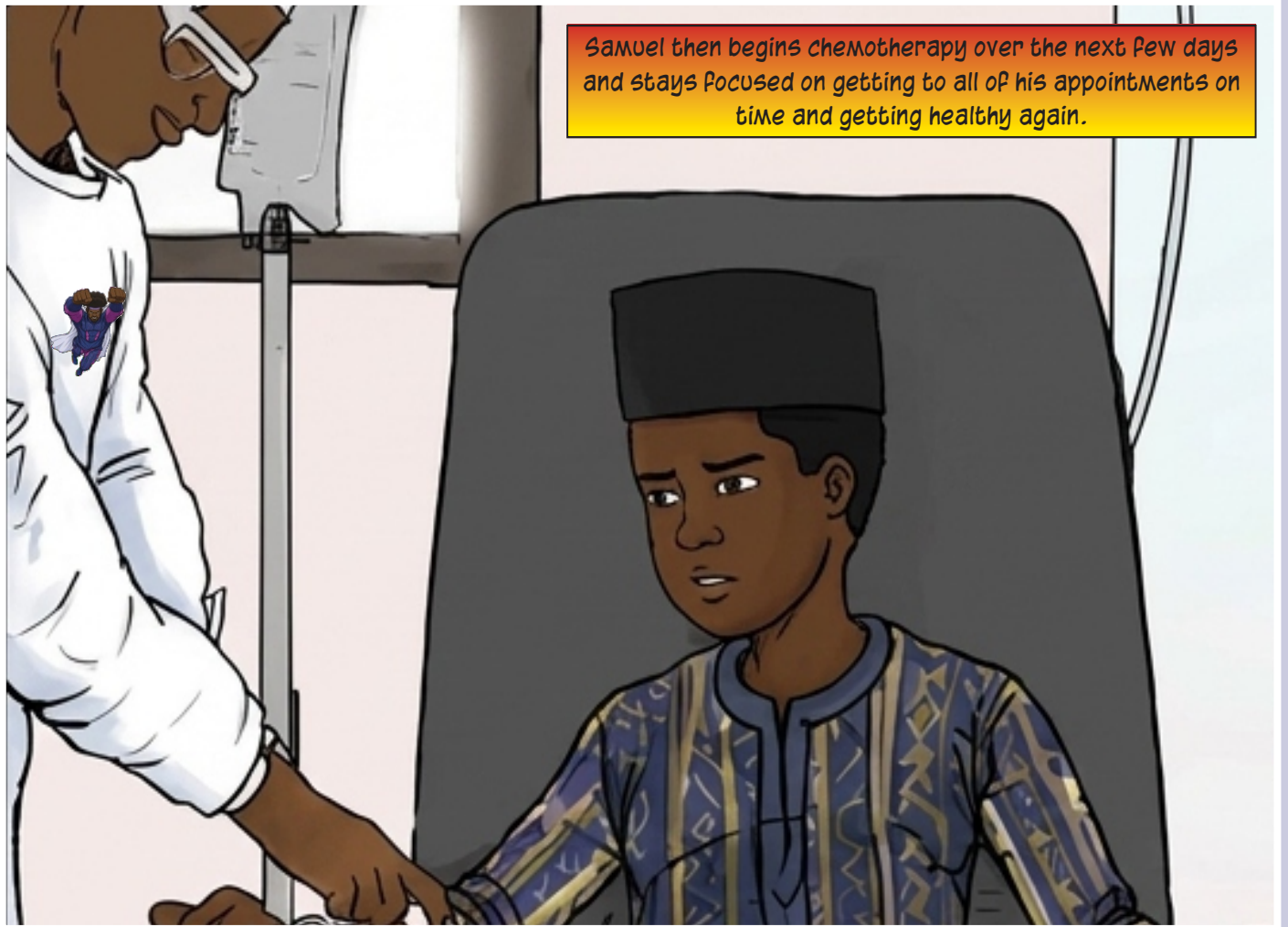
Samuel, I think you should get started on this treatment as soon as possible.

I agree. I sure can use a superhero right about now...

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



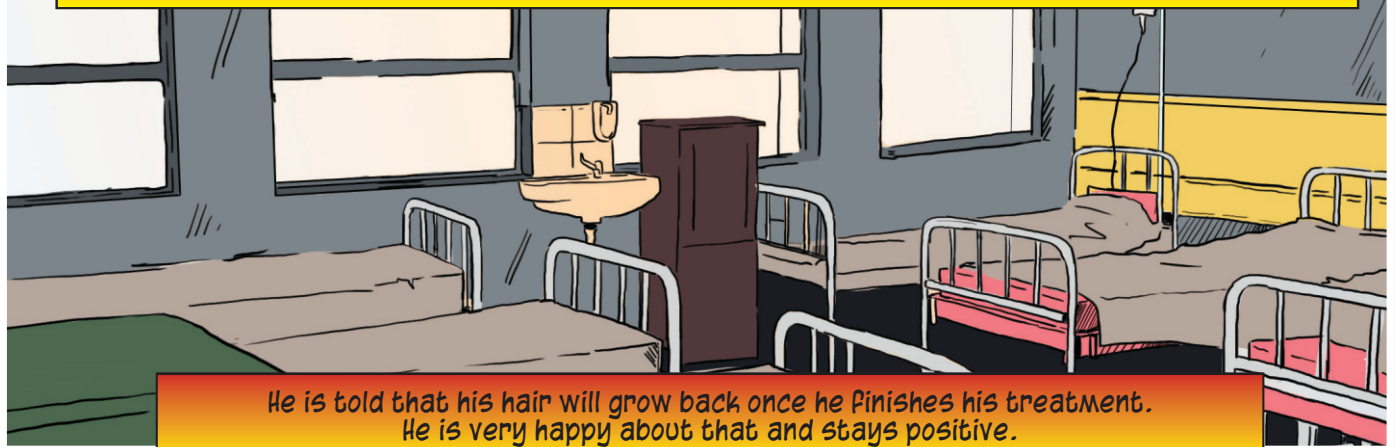
I plan to complete all my chemotherapy sessions no matter what. Even if it gets really tough I will stick it out.



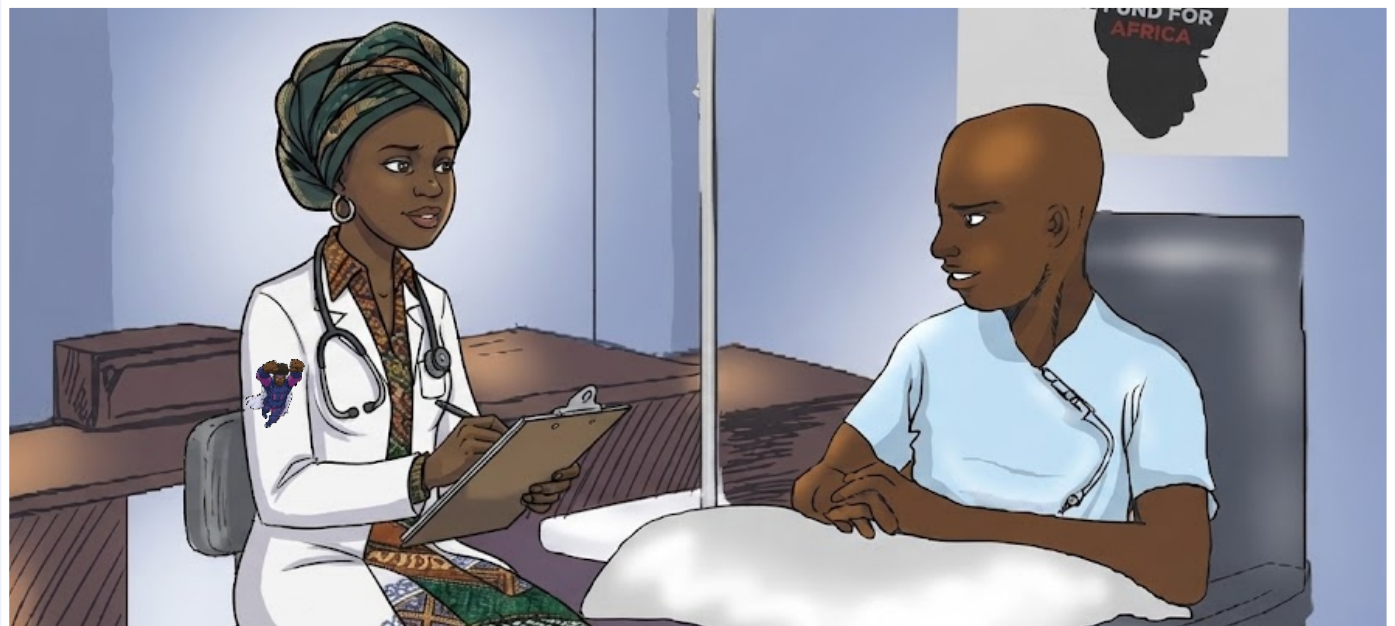
A few days later, Samuel got sick with a fever and had to be admitted to the hospital for IV antibiotics for a few days so he could recover. The nurse reminds him that his body is weak from fighting the cancer, so it is important for him to avoid hanging out with his friends who have fever so he too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



The central hospital has everything necessary to make sure that Samuel 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.



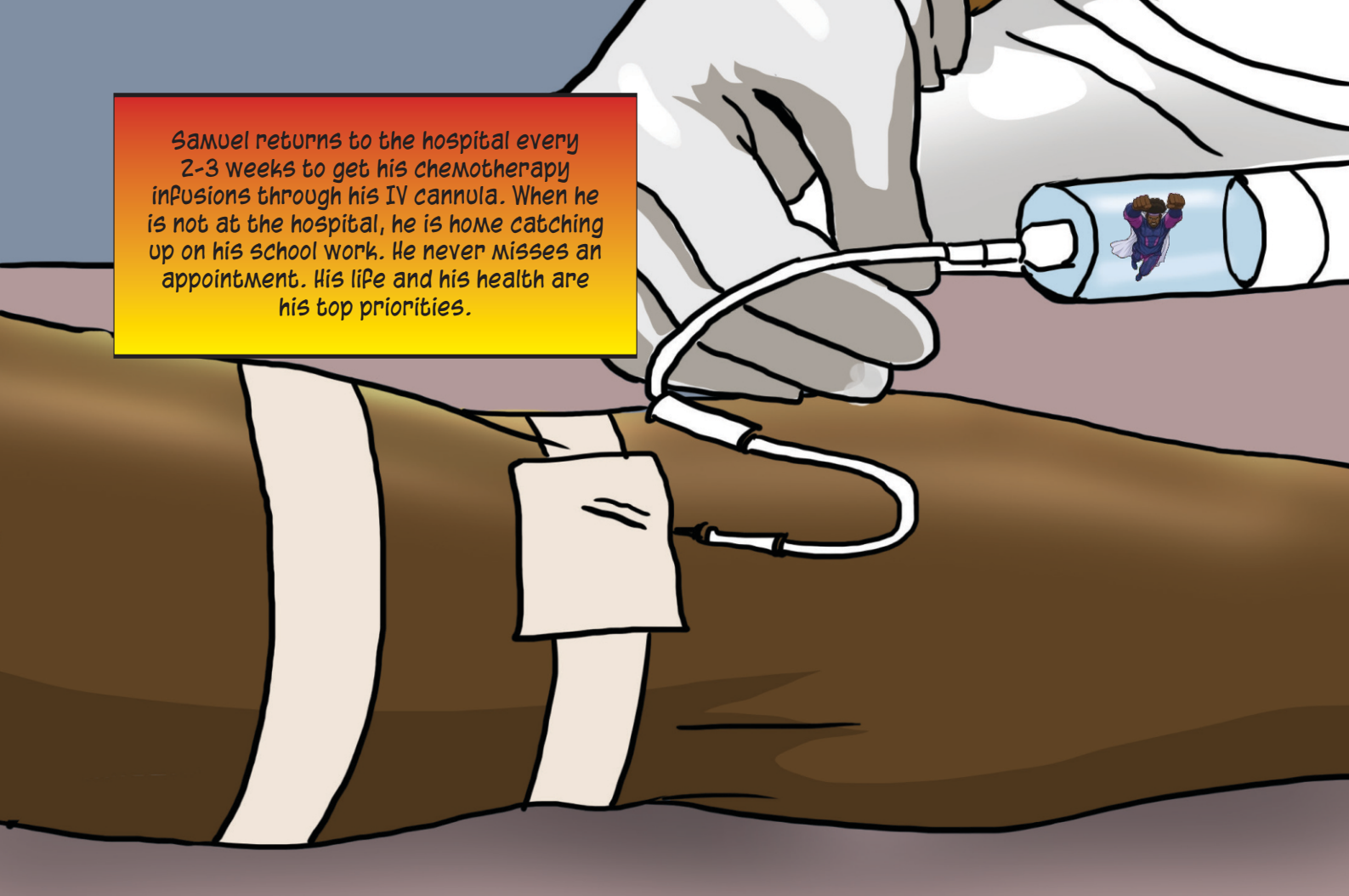
He is told that his hair will grow back once he finishes his treatment. He is very happy about that and stays positive.



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

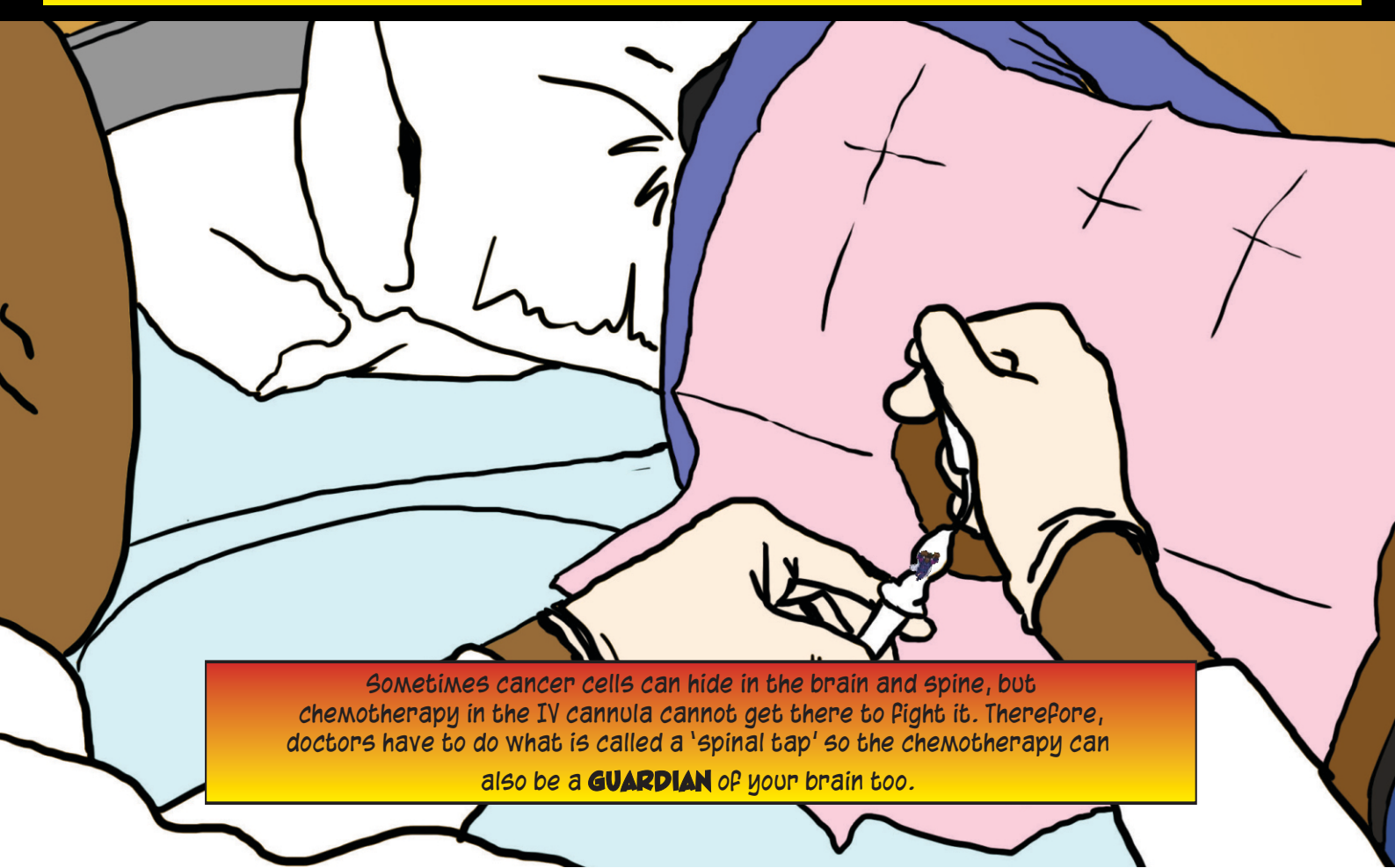


After the first treatment cycle, Samuel can feel the ball in his stomach getting smaller and he starts to feel better!



Samuel 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 Samuel can no longer feel the tumor ball in his stomach, Dr. Bello 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 Samuel'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. Bello 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 groundnut paste.

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!



You may also feel tired!
Listen to your body and rest if you need to, but try to keep moving or playing even if just a little bit every day. Do not worry. This will all get better when the treatments are finished.

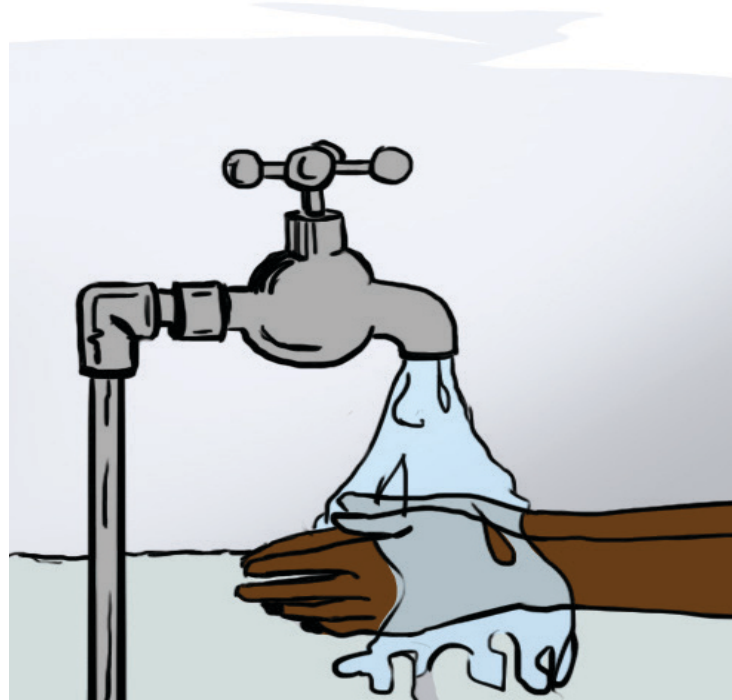
If you are feeling extremely fatigued and appear pale, then go to the hospital to get a Full Blood Count (FBC) lab because you may need a blood transfusion. Also, if you notice new bruising or bleeding, then also go to the hospital to get an FBC lab drawn because you may need a platelet transfusion. Always tell any doctor or healthcare provider that you are receiving cancer treatment so they know how to take better care of you.



If you experience pain from the tumor, you can take paracetamol (do not take ibuprofen). If the pain is severe, your doctor may give you morphine.

Always wash your hands before eating and after using the toilet. Remember to avoid hanging out with others who are sick with fever. This keeps infections and germs from getting into your body and keeps you healthy.

THE GUARDIAN is working hard and does not need any obstacles like germs getting in the way!



After months of consistent treatment, Samuel has fully recovered and is ready to return to his normal life.

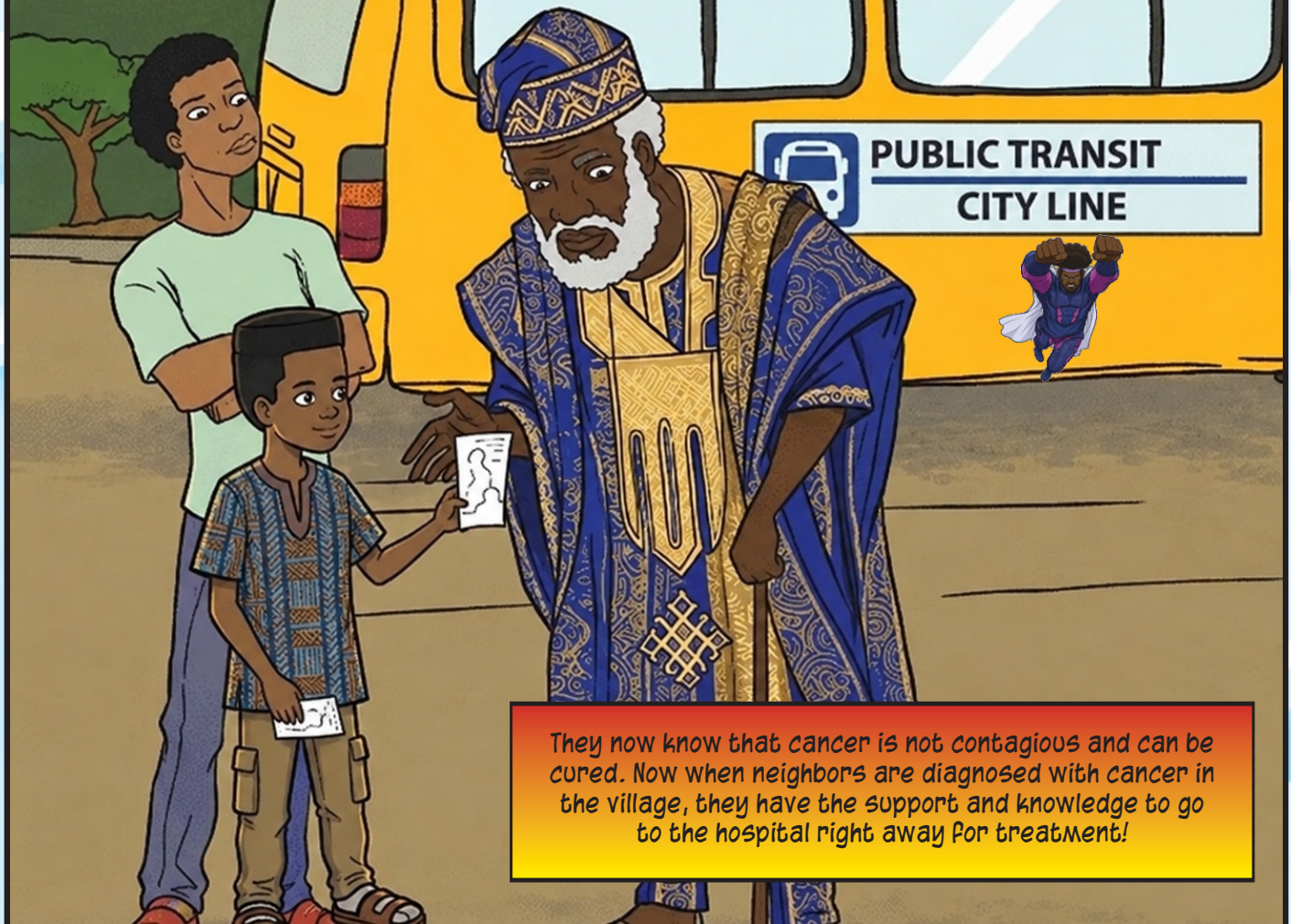
His hair has even started to grow back and he has his energy and appetite back, too!!!



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

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

Samuel is now healthy and active. Dr. Bello 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!

Samuel 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

N	R	G	L	Q	G	H	P	R	S	P	A	Q	D	W
R	I	E	N	I	E	U	E	R	O	Y	B	H	J	T
X	B	R	C	A	F	V	A	R	O	T	C	O	D	N
Z	W	G	L	N	E	E	Y	R	F	X	C	S	Q	V
Z	N	T	E	F	A	T	Y	N	D	H	Z	T	C	G
R	H	I	K	F	Z	C	A	Y	C	I	B	O	D	Y
Y	C	P	Q	E	Z	U	M	G	B	B	A	G	H	R
C	H	E	M	O	T	H	E	R	A	P	Y	N	O	Z
D	J	O	K	U	L	A	X	X	L	E	D	O	S	I
J	I	J	X	C	Y	E	U	T	E	D	A	R	P	Y
M	B	C	N	M	C	E	R	B	P	H	X	T	I	W
R	U	S	Y	J	E	C	L	E	C	P	A	S	T	G
S	P	A	O	Y	O	H	U	P	W	V	T	B	A	V
G	W	T	T	X	E	O	K	P	D	S	X	N	L	H
Q	K	L	M	I	N	Y	B	W	O	D	P	C	N	P

THE GUARDIAN



2. How many times did you see this small image of 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 paracetamol, 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:



Comic Book Credits

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