

GUARDIAN AND 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: _____

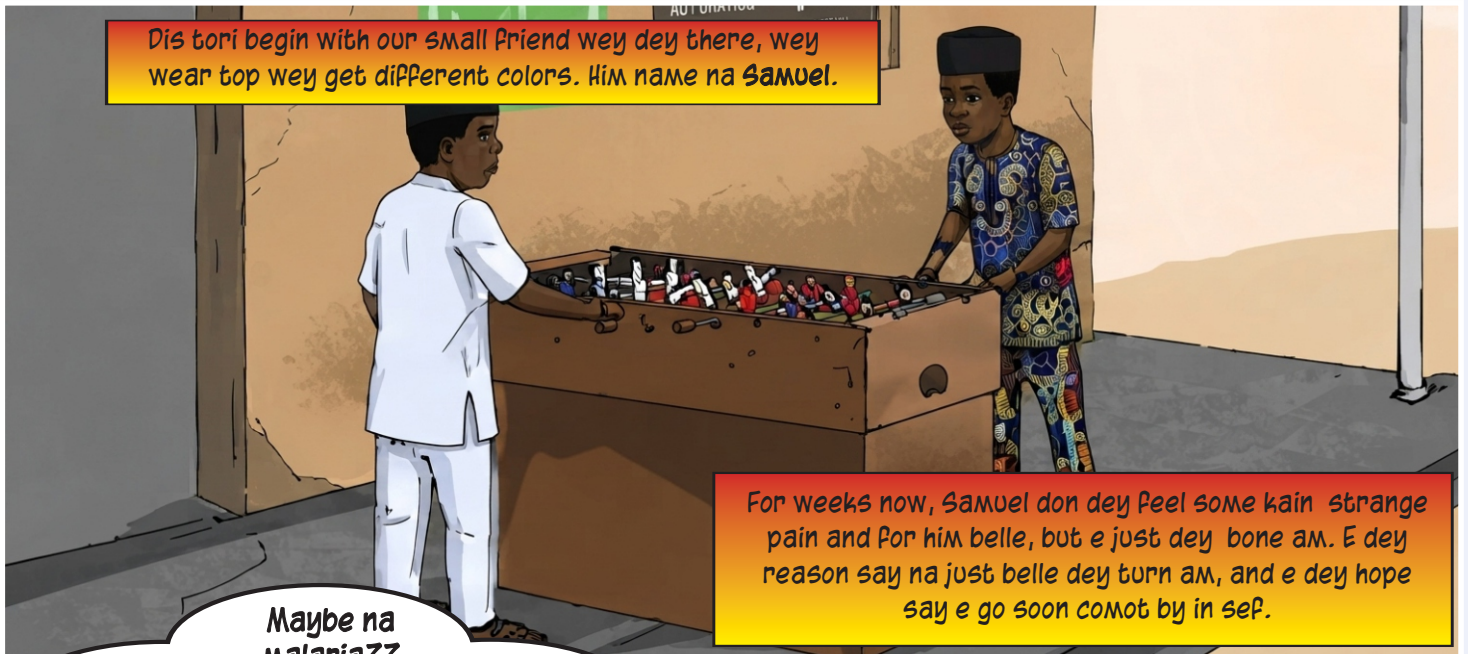
Platelet Transfusion: _____

TALLY THE NUMBER OF NIGHTS YOU SLEPT AT THE HOSPITAL

This village dey make sense for pikins as e dey make dem see different things and na when school nor dey dem dey enter village side.



Dis tori begin with our small friend wey dey there, wey wear top wey get different colors. Him name na Samuel.



For weeks now, Samuel don dey feel some kain strange pain and for him belle, but e just dey bone am. E dey reason say na just belle dey turn am, and e dey hope say e go soon comot by in sef.

Maybe na malaria??

Hmm... I no think so.

This pain don dey disturb wetin I dey do. E dey worse pass as e be last week. Make I just finish this game first, so I go fit go house.

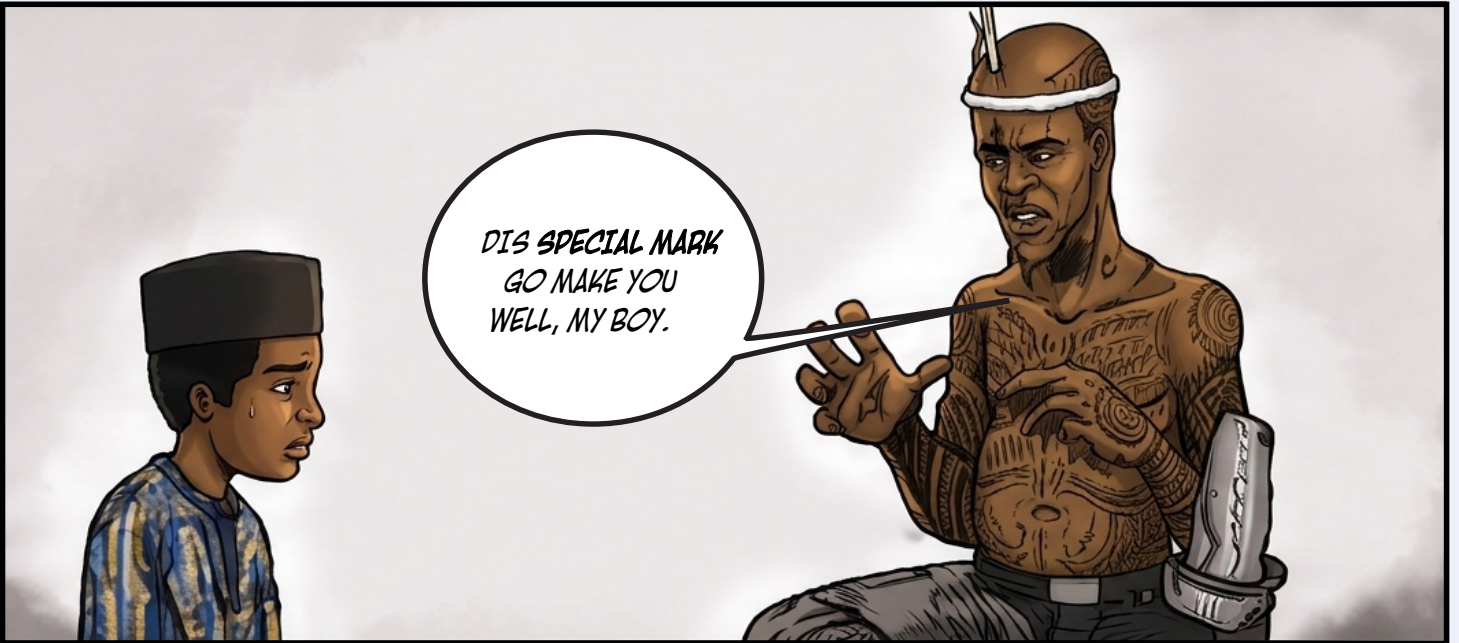




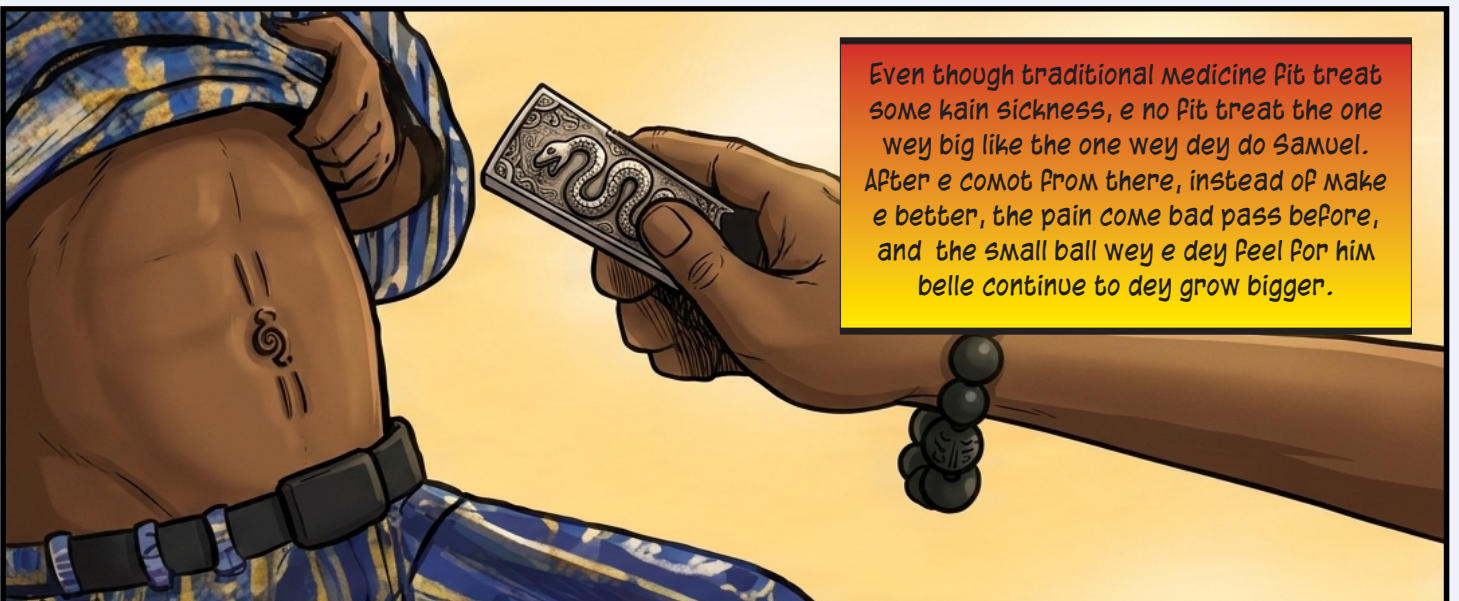
After time pass small, Samuel reach medicine man house. Dem give am some medicine, herbs, come take blade make mark for him body wey dem tell am say go help am better fast fast.



DIS SPECIAL MARK
GO MAKE YOU
WELL, MY BOY.



Even though traditional medicine fit treat some kain sickness, e no fit treat the one wey big like the one wey dey do Samuel. After e comot from there, instead of make e better, the pain come bad pass before, and the small ball wey e dey feel for him belle continue to dey grow bigger.



*The blade wey dem use cut Samuel body dem no clean am well well to comot the germs. E come make Samuel be target to infection and HIV.

Few days later, Samuel close friend, Blessing, come see am dey waka somehow near shopping centre, na so she go meet am there to ask am wetin do am.

Ah! Samuel! You no dey look okay at all o. Everything dey okay?

Oh, Blessing how you dey?

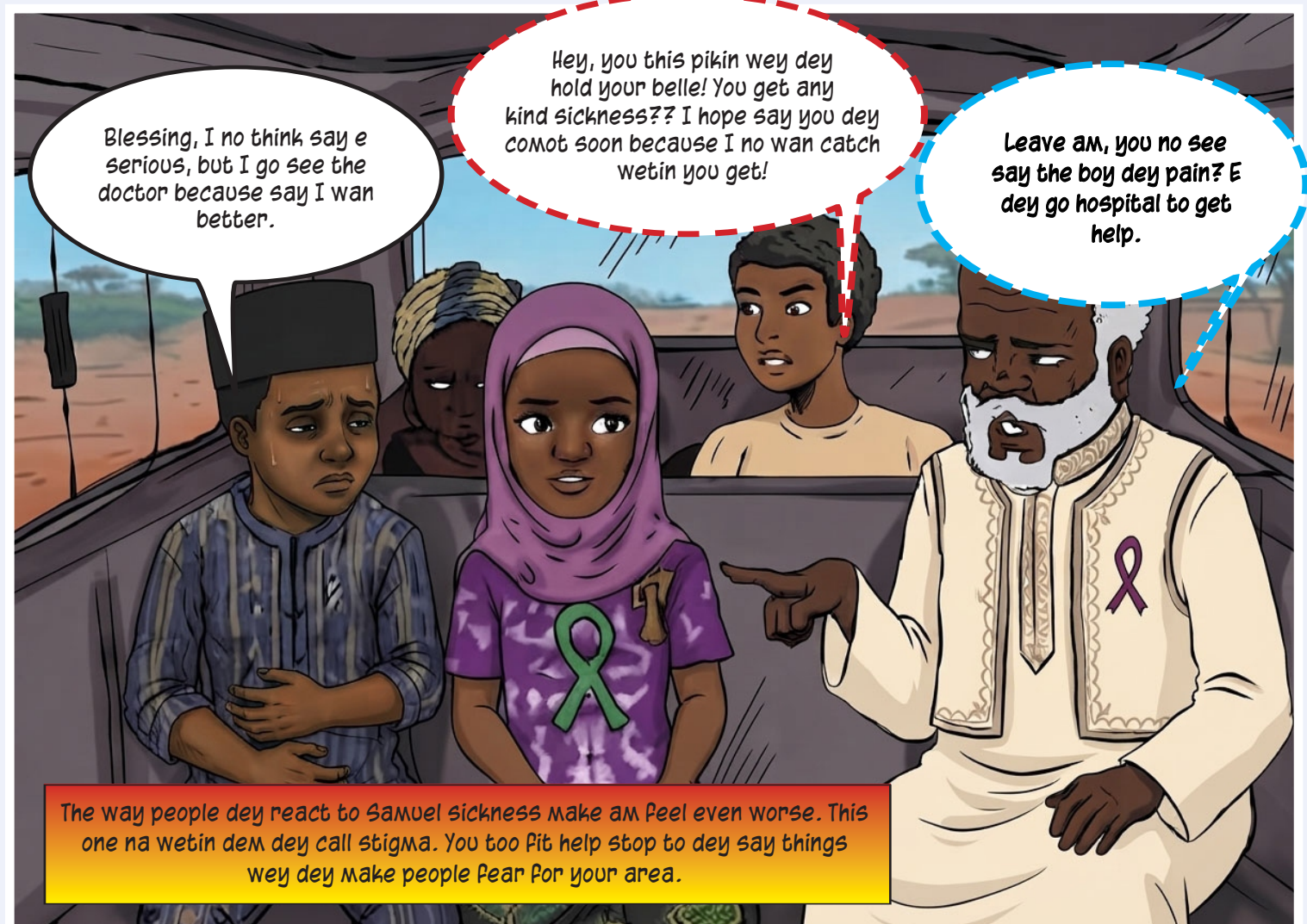
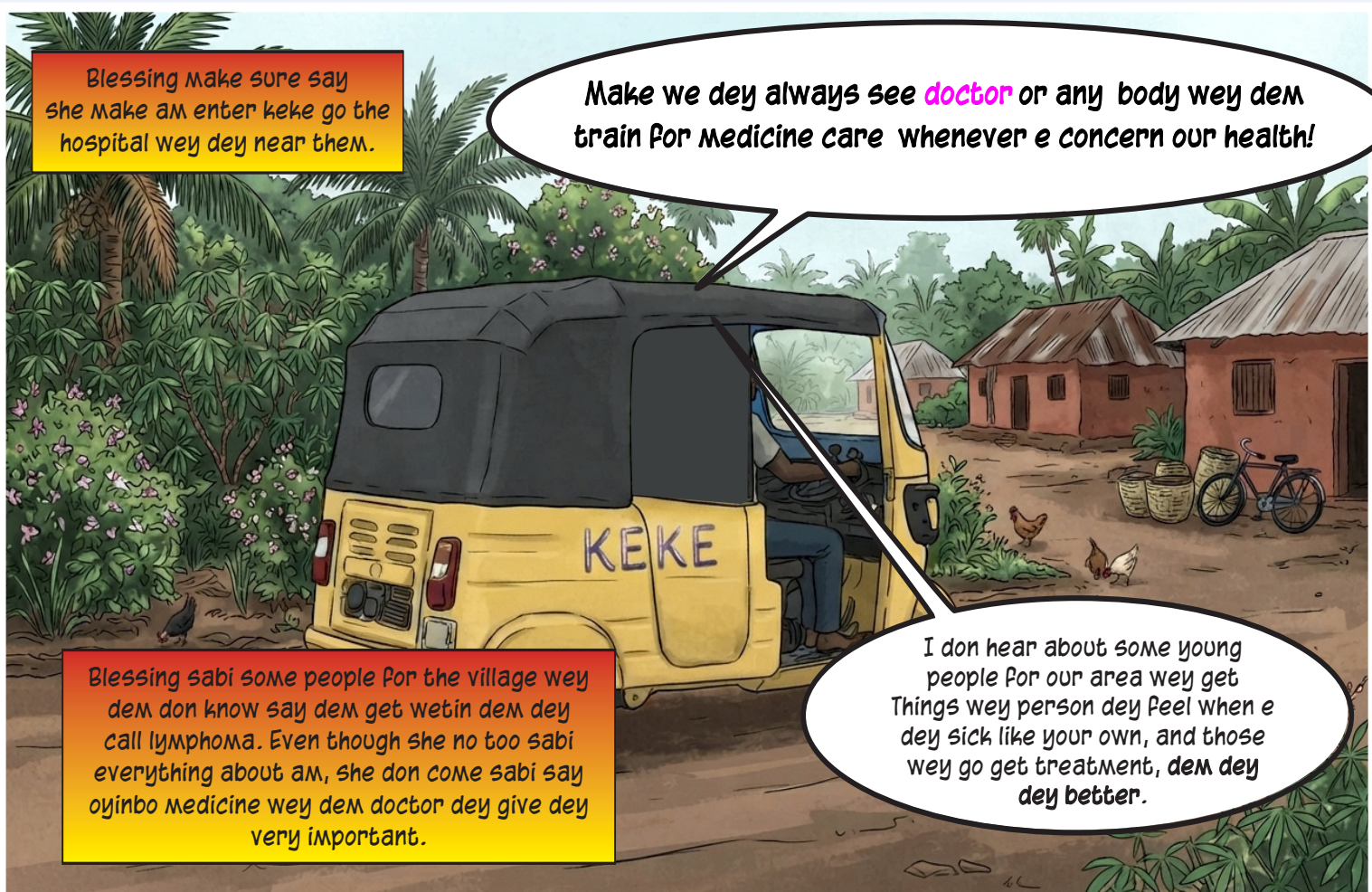
I no see you there. I never dey well for some time now. My belle don dey pain me for many weeks, and I dey feel one kind ball inside my belle.

Ball ke??!!

Samuel, you need to go see **doctor**! I don hear say many people for our area dey complain say the same thing dey do dem. You need to go see doctor today!

Make I help you go the **hospital** wey dey near here. We need dey sure say this one no be something wey pass ordinary belle pain...

E dey good make you dey tell us your friends if you feel say something dey do you.



Dem don reach the hospital.

I dey eager to get help now. I already dey feel silly say I no come hospital earlier.

Abeg, come inside with me...

I happy say we don comot from inside the keke. I sorry say those people dey do you like that. I dey here with you, and I go follow you enter the hospital.

I don hear about cancer... I go die? IP na this thing wey you think say I get, e get cure at all? I don hear about some elders for the village wey get cancer, and most of dem no dey make am.



I don hear about one saviour wey dey help pikins wey get cancer. Dem dey call am **THE GUARDIAN!**



I hope say this **GUARDIAN** go help me because I hear say cancer be like ojuju wey dem release inside the body.

Cancer cells be like ojuju inside person body wey dey grow and grow without control until dem form one thing wey be like stone, dem dey call am tumor, like the one wey dey inside Samuel belle. E fit happen because person don come near something wey fit harm your body. IF dem no treat the tumor well, e go continue to dey big dey go.

HOSPITAL



The hospital get doctors wey sabi how to advise, and treat people wey get cancer, including people wey get lymphoma.

Let's talk about CANCER

LEARN. FIGHT. HOPE

After the doctor don talk to
am e check am...

Hello Samuel, my name na Dr. Bello. You get one good friend for blessing. She do the right thing as she bring you come here immediately. The signs wey you get show say you get lymphoma.

Lymphoma na one type of cancer wey dey cause tumor for wetin we call lymph nodes, like the ones wey dey around your belle, jaw, neck, groin, and armpit.

Ah! Ewoo!
Person fit catch this lymphoma? Blessing fit catch am now too because she dey with me?

BURKITT'S
LYMPHOMA
FUND FOR

No, no worry. Cancer no dey transfer from person to person and you no fit give am to your friends.

MCF MEDICAID
CANCER FOUNDATION

The doctor carry
some better news
come for Samuel...

Good news!!!

You fit start dey collect treatment
now, and hope dey say the cancer go
comot patapata!

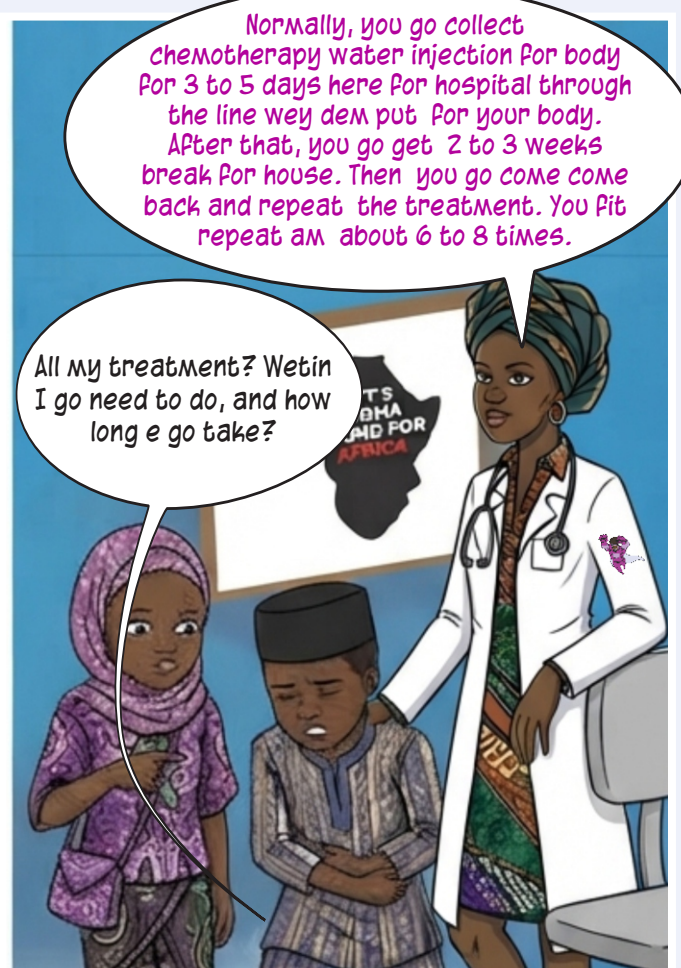
Which kind treatment I go
need?? How long e go take??



The treatment na him we dey call
chemotherapy, and e possible to cure am,
but you must to finish all your treatment.

Normally, you go collect
chemotherapy water injection for body
for 3 to 5 days here for hospital through
the line wey dem put for your body.
After that, you go get 2 to 3 weeks
break for house. Then you go come
back and repeat the treatment. You fit
repeat am about 6 to 8 times.

All my treatment? Wetin
I go need to do, and how
long e go take?



The medicines and treatment wey Samuel go receive from the doctors and nurses for the hospital be like a **GUARDIAN** for health. Dem go help kill the dangerous cancer cells.



The cancer cells wan spread and grow FastFast all over your body...





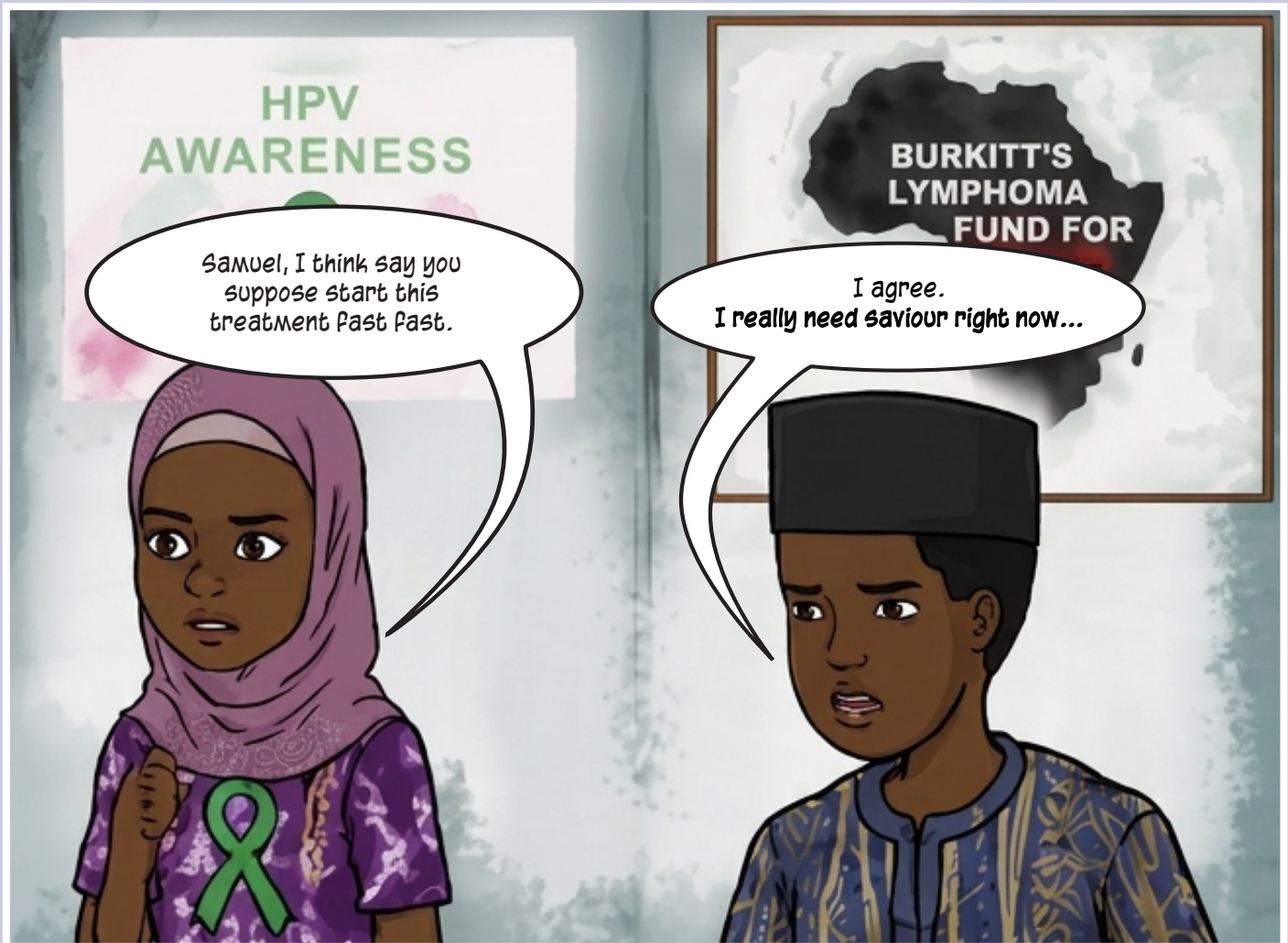
But thank God For **THE GUARDIAN**
wey come in the form of special
medicine wey dem dey call
chemotherapy. Together with the
doctors and nurses, the cancer fit dey
killed.

This one give your body chance to heal.



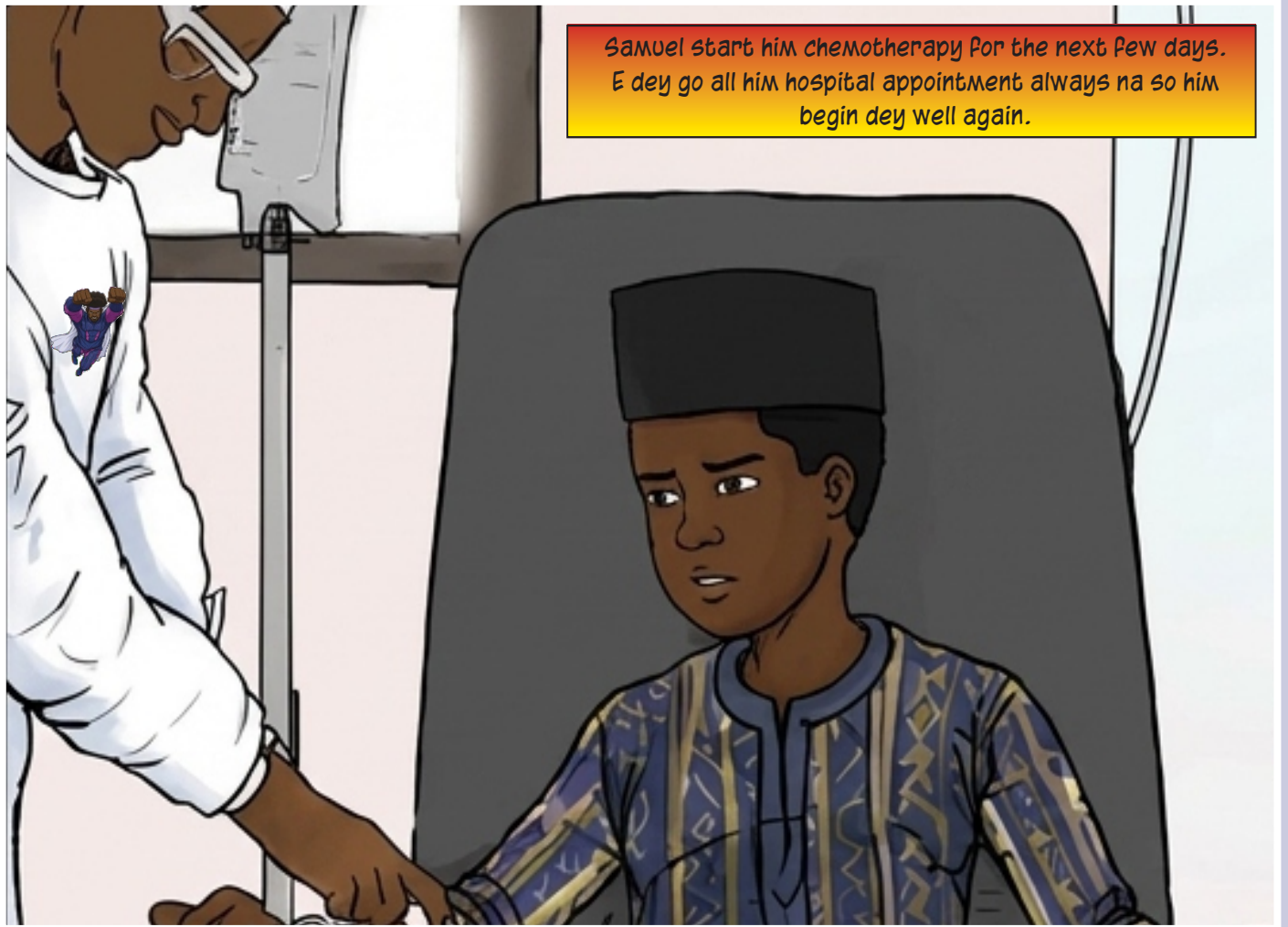
So remember say your
treatment be like your own
personal saviour for your body!





Few days later, Samuel come back to the hospital come go register for treatment, and one kind nurse help am.





Samuel start him chemotherapy for the next few days.
E dey go all him hospital appointment always na so him
begin dey well again.

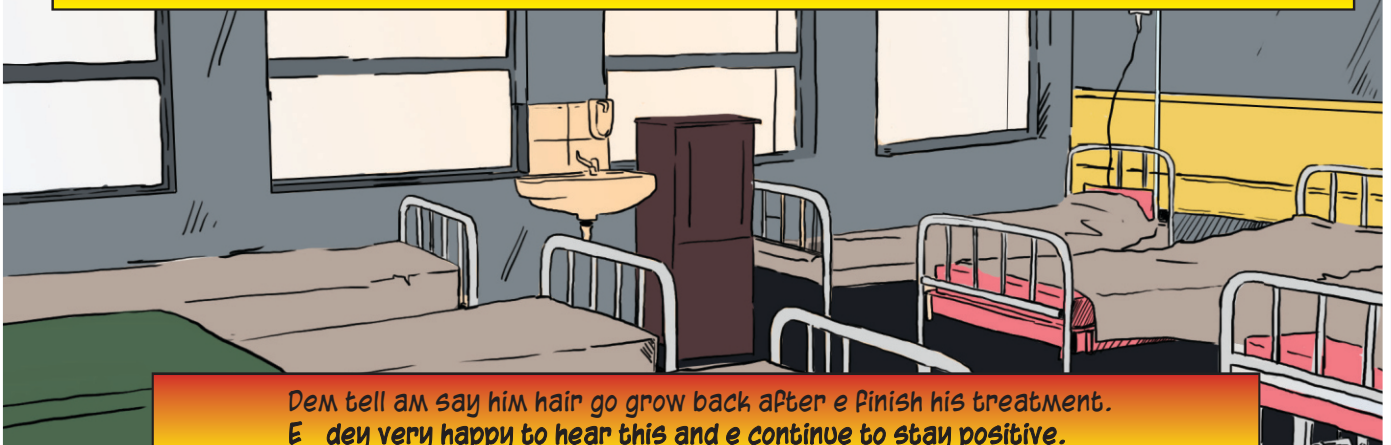
Few days later, Samuel come get fever and dem admit for hospital. Dem give am antibiotics drip for some days
so e fit recover. The nurse remind am say him body weak because e dey fight the cancer, so e important make
e avoid staying with friends wey get fever, so e no go catch sickness too.



Sometimes e hard for
Samuel, but e remain
strong and determined!

If you get fever or you sick when you dey house as you dey collect treatment, come hospital
immediately. Edey important make you listen to your body and tell your doctors immediately how body
dey do you if you no dey alright

The Central Hospital get everything wey Samuel need to get the support and care wey e need. Sometimes e fit hard to travel far for treatment, but na only specialized hospitals get the equipment and doctors wey fit properly care for people wey get cancer.

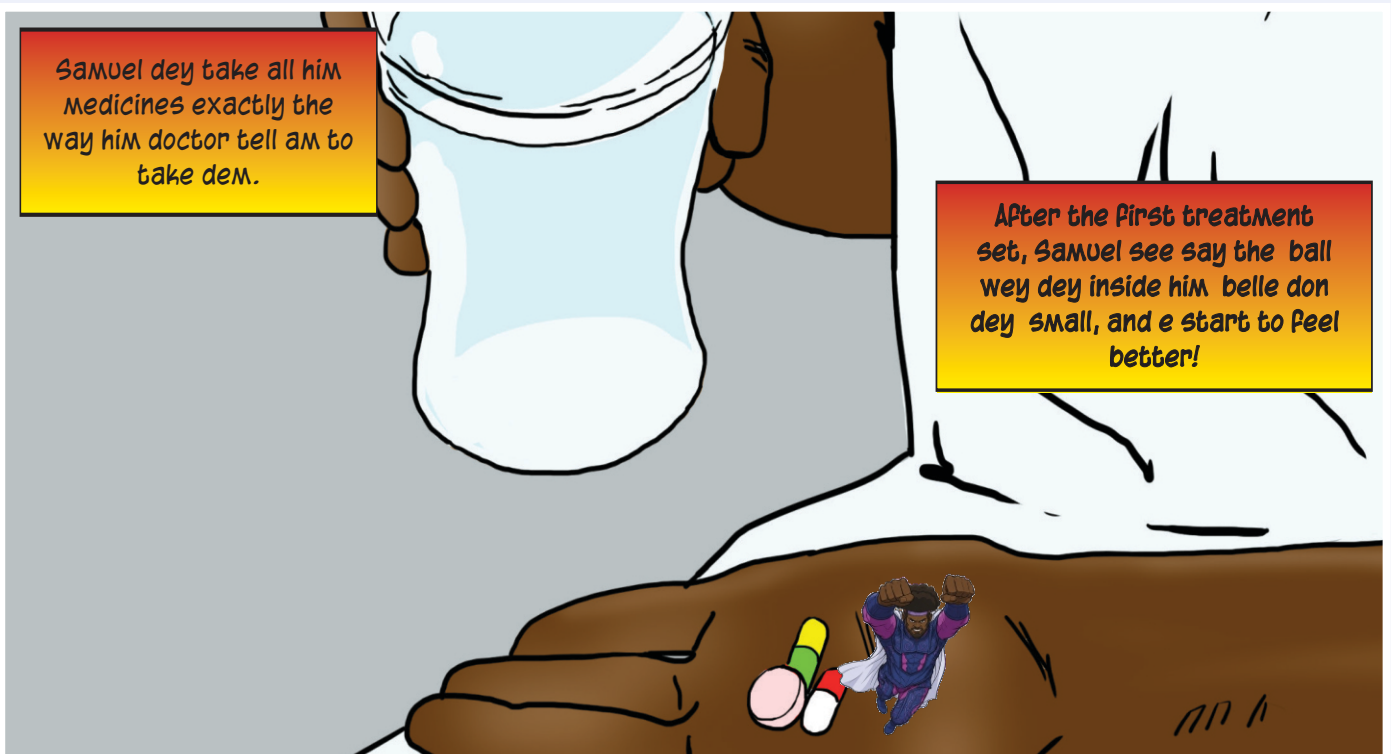


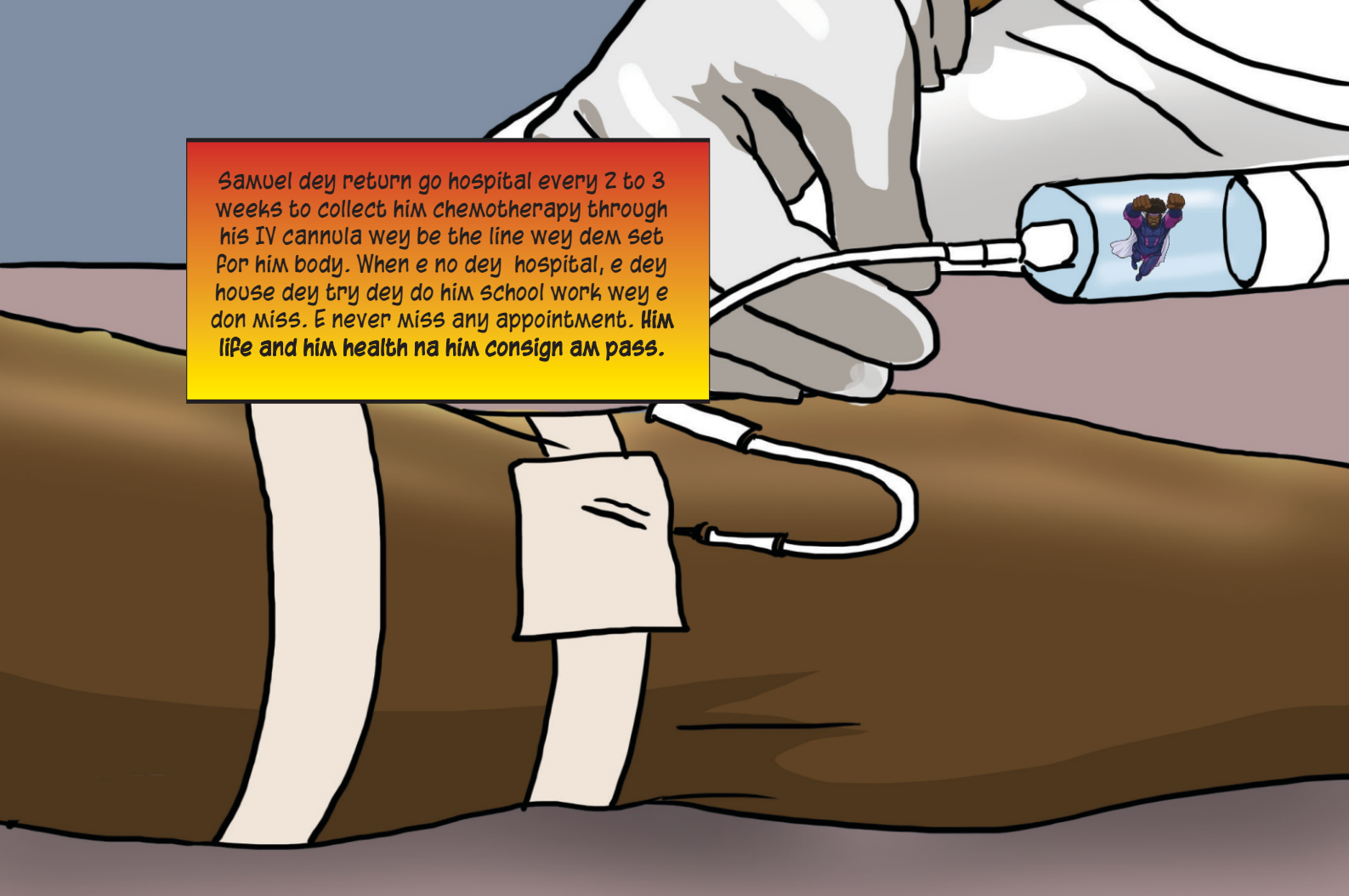
Dem tell am say him hair go grow back after e finish his treatment. E dey very happy to hear this and e continue to stay positive.



Samuel dey take all him medicines exactly the way him doctor tell am to take dem.

After the first treatment set, Samuel see say the ball wey dey inside him belle don dey small, and e start to feel better!





Samuel dey return go hospital every 2 to 3 weeks to collect him chemotherapy through his IV cannula wey be the line wey dem set for him body. When e no dey hospital, e dey house dey try dey do him school work wey e don miss. E never miss any appointment. Him life and him health na him consign am pass.

Even when Samuel no fit feel the tumor ball for him belly again, Dr. Bello tell am say some cancer cells still dey hide inside him body, even though e no fit see them or feel anything again. **THE GUARDIAN** fit find them and must kill all of dem wey dey hide so this terrible cancer ojuju no go come back!



Sometimes cancer cells fit hide inside the brain and spine, but chemotherapy and the IV cannula no fit reach there to fight them. So, doctors need to do wetin dem dey call 'spinal tap,' so the chemotherapy fit also act as a **GUARDIAN** for your brain.



THE GUARDIAN dey work hard to kill every cancer cell inside Samuel body. Sometimes as e dey kill the cancer cells, **THE GUARDIAN** go kill healthy cells wey dey near, which fit cause side effects, but no worry. no be permanent and no be sickness.

IF you dey feel like say you want vomit, E get things wey you fit do to help yourself! Try to dey chop small-small food everytime. Take ginger. Also tell your doctor because Dr. Bello give me tablets wey really help me!

IF wound begin dey grow for your mouth, Dey use warm salt water before and after eating, e go help clean your mouth and also dey do am before you sleep. Pain medicine and soft, plain foods fit also help. No worry, the wound go heal within one week!

Chop Foods wey get protein to help you dey strong: eggs, nuts, peanut butter, lentils, beans, meat and fish. IF you dey lose weight, ask your doctor about groundnut paste.

IF constipation dey worry you, drink plenty water. No dey shy. Tell your doctor because medicines dey wey fit help. And remember to always chop plenty fruits and vegetables!



You fit also dey
Feel tired!

Listen to your body and rest whenever you need to. But try to dey do exercise, dey move and dey play, even if na smallsmall every day. No worry. Everything go better when you finish your treatment.

If you dey tire well well and your body look pale, go hospital make dem do test call Full Blood Count (FBC), because you fit need make dem give you blood for body. If you see new bruises or bleeding too, go hospital for FBC because you fit need wetin we call platelet transfusion. Always tell any doctor or hospital worker say you dey receive cancer treatment, so dem go know how to take better care of you.

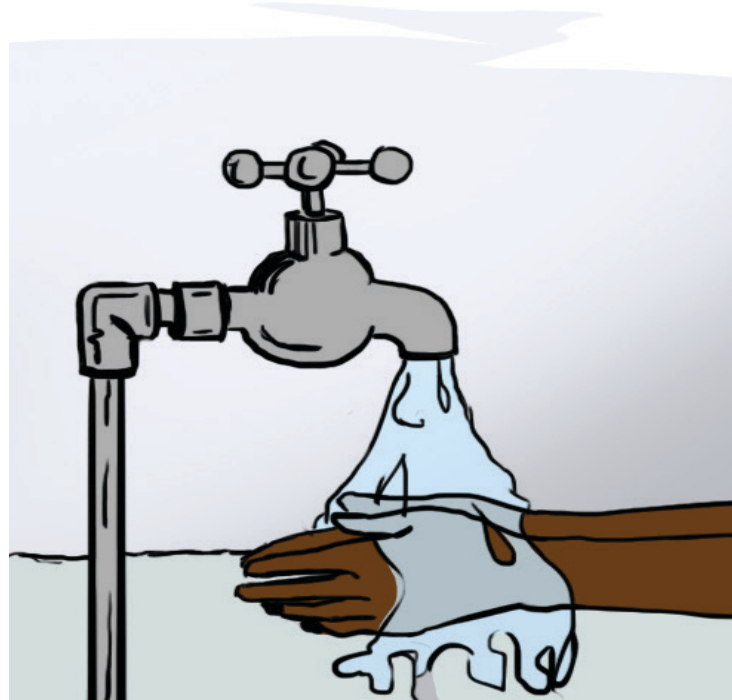


If the tumor dey cause you pain, you fit take paracetamol. No take ibuprofen. If the pain serious, your doctor fit give you morphine.

Always wash your hands before you chop and after you use toilet.

Remember make you no stay with people wey get fever or dey sick. This one go help prevent infections and germs from entering your body and you no go dey sick.

THE GUARDIAN dey work hard already, so e no need anything wey go block him work like germs to make the work harder.



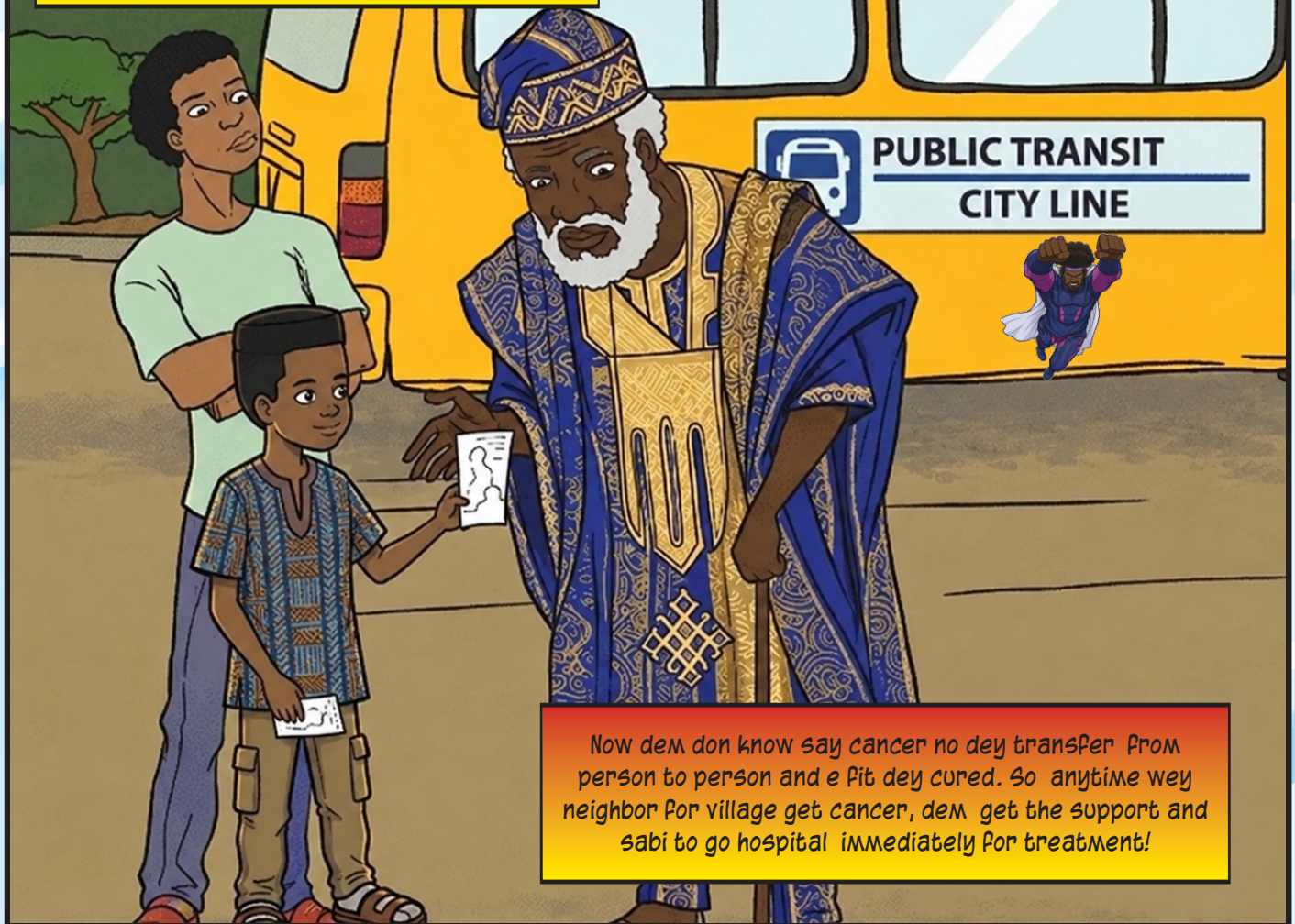
After months of many many treatment, Samuel don fully recover and e ready to return to him normal life again. Him hair don even start to dey grow back, and him energy and appetite don return too! E don begin dey chop well well.



THE GUARDIAN
don do him work and
protect Samuel from cancer.

THE GUARDIAN
don dey fly go join another team of
doctors and nurses to save another
pikin!

Samuel don healthy and e don dey play again.
Dr. Bello even give am some smallsmall
information papers from the hospital about
lymphoma, so e fit teach people for him
community about cancer.



Now dem don know say cancer no dey transfer from
person to person and e fit dey cured. So anytime wey
neighbor for village get cancer, dem get the support and
sabi to go hospital immediately for treatment!

Samuel don return to him normal life, dey play with other
children and dey enjoy himself as e don dey kampe.



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

Graphic Design: Eugene Mapondera (eugenemapondera@gmail.com)

Story Writing: Eugene Mapondera & Dr. Kate Westmoreland

Project lead: Dr. Kate Westmoreland

Edits: Adeleye James Akapo, BIO Ventures For Global Health (BVGH)

Translation: Pharm Aishat Mohammed, Ms Memunat Jega

Funding: Burkitt Lymphoma Fund For Africa

Support: UNC Project Malawi, Malawi Ministry of Health/Kamuzu Central Hospital,
Kay Media Africa, University of North Carolina (UNC) Lineberger Cancer Hospital,
BVGH, Medicaid Cancer Foundation

