

## Introduction to the Book of H.O.P.E. “Helping Other People Everyday”

This is a book meant for cancer patients. Luckily, we have never had to deal with cancer on a close-family level, and hope that we never have to. We do, however, know many people and their families who have been affected by cancer, and would like to help as many people as we can to survive the fight for life. As we know nothing about the medical and physical side of cancer, we will not give any advice regarding those topics. What we would like to do instead, is provide hope, even if that is only with a little organizational help. We hope that with this book, you will be able to keep track of all the numbers, dates, and people that you have to deal with on your journey. Once that is under control, the rest is up to you, and, with a little inspiration, we think that you will be able to take over your cancer and put your life back into your own hands. This book will not only be of great value to you and your family, but is also great documentary for your doctors, so be sure to bring it to every appointment you have so you can jot down questions, concerns, or other notes. The following is a brief summary of the contents of your book. Please use these pages as a master copy to make additional copies of, so you can continue to keep track of everything once the initial pages are full.

- **Doctors:** This page is designed to help you keep track of all of your doctors, their position in your life, when you went, and when your next appointment is.
- **Medicine:** This page is designed to help you know all of the medications that you are taking, what they are for, when and how much to take, and any side effects you may be feeling while on them.
- **Questions:** On this page you can write down any questions you have for your doctors. Your family can also write down questions and concerns for your doctors.
- **Tests:** Be sure to keep track of all of the tests that you have taken and what the results are.
- **Appointments Calendar:** Make a copy of this page for each month of the year so you can organize all appointments for the coming month.
- **Journal:** If you don't have one already, a journal is a great way to put your thoughts on paper. Use this as a sort of cancer diary to write down what you're really feeling inside.
- **Inspiration:** On good days and bad, inspirational quotes can really do something to lift up the spirit. Flip to these when you are down in the dumps and need something to bring back the hope that is always in you.
- **Relaxation:** These techniques are simply used to relax the self and calm the mind when stressed out or worried about anything. Sit back and relax while going through the different positions, or have someone take you to a relaxing spot in your mind.
- **Meal Calendar:** This calendar can be used to keep track of the nice deeds that your friends and family offer. Let them know when you can't cook or clean, and they'll be happy to help out.
- **Websites:** This list of websites, although short, is a good place to start when looking for information about your specific cancer or for online or personal support groups.
- **Services:** Although not always needed, you may find that a cleaning service or grocery shopping service is just for you. Start with these to see what you really need be it mowing the lawn or shopping for wigs.
- **Thank You Cards:** Use these cards to say thanks to those who helped you in your time of need. A thank you can brighten anyone's day and they'll know that you truly care.