

thrive
REVIVE
SURVIVE

My
Cancer
Journey
WORKBOOK

Jo Spicer

BRIGHT
BUTTERFLY

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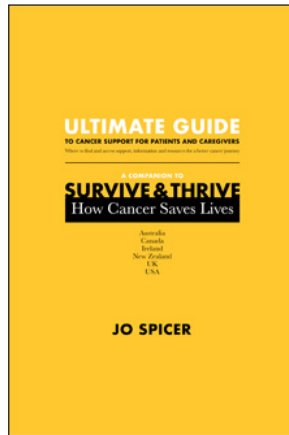
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The Survive Revive Thrive! SERIES



For more information, go to:

www.brightbutterfly.com.au

Introduction

The Survive and Thrive! My Cancer Journey Workbook is my gift to all cancer patients and primary caregivers.

When we are faced with the trauma of a cancer diagnosis, our life is thrown into chaos. Our thinking is clouded with emotional turmoil as we try to process the steep learning curve of medical information delivered at every doctor's appointment.

This workbook is specifically designed to record your entire cancer journey so that you can keep accurate and clear notes on your treatment plan, medications, medical history, support team and more. This is the place to write down all the details, dates and recommended protocols so that this vital information is stored in one safe place for easy reference.

I hope My Cancer Journey Workbook facilitates a better cancer journey, helping you to survive and thrive!

JOSPICER

My GP

Name _____

Address _____

Phone _____

Fax _____

Email _____

My Specialist Doctor

Name _____

Address _____

Phone _____

Fax _____

Email _____

My Specialist Doctor

Name _____

Address _____

Phone _____

Fax _____

Email _____

My Specialist Doctor

Name _____

Address _____

Phone _____

Fax _____

Email _____

My Diagnosis and Treatment Recommendations

Doctor/s _____

Diagnosis _____

Treatment _____

Questions for my Doctor/s

Question _____

Answer _____

Question _____

Answer _____

Question _____

Answer _____

Question _____

Answer _____

My Medical History

A comprehensive medical history provides your medical team with a full picture of your overall health. Knowledge will enable them to give you the most accurate diagnosis and the best possible treatment recommendation. Carefully fill out the sections below, including all of your past illnesses, surgery, treatments and medical procedures.

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

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Date _____ **Doctor** _____

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Date _____ **Doctor** _____

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Date _____ **Doctor** _____

Notes _____

My Test Results

Correct diagnosis usually requires a variety of tests including CT Scans, biopsies, ultrasounds and more. As your treatment progresses, you will take more tests to assess your status. Track your progress by recording test results here.

Date _____ **Test** _____

Notes _____

Date _____ **Test** _____

Notes _____

Date _____ **Test** _____

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Date _____ **Test** _____

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Date _____ **Test** _____

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Date _____ **Test** _____

Notes _____

My Treatment Diary

This is the place to record each appointment you attend. Your primary support person can help you with this. By filling in these sections after each consultation you will have an accurate record to refer to when it is needed.

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

Notes _____

Date _____ **Doctor** _____

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Date _____ **Doctor** _____

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Date _____ **Doctor** _____

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Date _____ **Doctor** _____

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Date _____ **Doctor** _____

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Date _____ **Doctor** _____

Notes _____

My Medication

It is imperative to keep accurate information on your medication, dosage and frequency. Fill in each section when a new medication is prescribed. Fill in the end date if the medication is discontinued. I have also included a chart so that if you have a number of medications, you can easily keep track.

Date _____ **Doctor** _____
Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____
Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____
Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____
Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____
Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____

Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____

Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____

Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____

Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____

Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Date _____ **Doctor** _____

Dosage _____ Frequency _____

End Date (date medication discontinued) _____

Day	Medication	Dosage	AM	Noon	PM
Mon					
Tues					
Wed					
Thu					
Fri					
Sat					
Sun					

My Support Team

This is the place where your primary support person can record details of the people who have offered to help with meals, transport, financial assistance, home chores, babysitting etc. You can also record contacts at support organisations who have offered counselling and complementary therapy services. This ensures that if you as the patient is unwell, your support person will have all the contact information for the people who have offered help and can co-ordinate task directly with them. The list is also a way to ensure that you thank everyone for their support on your journey.

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

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Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

Name _____

Contact Number _____

Type of Assistance _____

Thanked _____

My Wellness Plan

You may choose to change your eating habits, to start therapies or add supplements to your daily routine. Make a note of what you are doing so that you have a record for yourself and any medical professional who may need to know this information. Here is a checklist of things you may or may not wish to add to your life with a few blank sections to add more.

New Habit	Date Started	Description	Results
Dietary Changes			
Exercise			
Supplements			
Physiotherapy			
Chiropractic			
Massage			
Counselling			
Yoga			
Meditation			

My Journal

Use these pages to write down your thoughts. Try not to edit, use it as a way to express your concerns and feelings. No one else has to see this so I encourage you to be honest and open. I like to write down my thoughts each day before I go to bed. It helps to clear my mind of worries and to focus instead on feeling peace and gratitude. If you are wondering what to write, get started by answering these questions:

What happened today?

How do I feel about the day's events?

What are my treatment concerns?

What am I worried about?

What is the best thing that happened today?

What am I grateful for?



About Jo Spicer

Jo Spicer is an author, speaker and advocate who uses her own lived experience to help others overcome the devastating effects of trauma. A survivor of two cancers, the traumatic pregnancy and births of her two children, debilitating migraines, financial crisis, two divorces and PTSD, Jo had to find ways to deal with both physical and emotional wounds.

Through her personal journey and her research with other survivors, Jo has discovered the secrets to processing and overcoming trauma. She has developed strategies that resonate strongly with others. She has learnt to thrive and now lives with the purpose of helping those who are struggling, offering practical guidance and real hope to light their way forward.

Find out more about Jo and her books at www.brightbutterfly.com.au, the place to find inspiration for your body, mind and soul.

**For more resources, access to all of Jo's books
and updates on new releases, go to:
www.brightbutterfly.com.au**