



Speaking from Experience *Bowel Cancer*

Transcript for chapter 10 of 10: Closing thoughts

Les - The future looks fabulous. It's very easy to cope with and I get more time now to... leisure time - and I make the best of that.

Debra - Very rosy. I'd like my three score years and ten, as they say. And I'm sure I'll make that. I have no doubts about the future anymore, no.

John and Joy - You've got to live for today. Tomorrow - you've got no control over tomorrow, but you live for today. Just get on with your life and enjoy what's left of it. That's the way I look at it. And that's what we're doing.

Dennis - It has changed me for the better in my life. It's been a bit of a major shock and it really turns you around and makes you have a good look at yourself and your habits and your ways - and the way you cope with life and the way you don't cope with life.

Paul - Well, it was a good opportunity for me to reflect on my life - where it was going, what I'd done in my life to date, and put some priority on the future. And the people that had supported me - I guess it gave me an opportunity to fully appreciate my wife and my immediate family, the friends who went out of their way to support me at this time of crisis I suppose. And coming out of that reflection, I chose a different lifestyle.

John and Joy - My future's good. I mean, we travel and we've been overseas. That's the thing when I tell the people, when I go and see them, you know... you've got to look positive.

Debra - If you can keep that positive attitude it will take you a long way. It's not always there, it's not there every day. Some mornings, you get up in the morning, you look in the mirror and you think, "Oh, you really do look sick. Go back to bed!" But I had a child to look after and a young husband, so I just had to get out of bed and keep going, sort of thing.

Peter - You just have to give depression away, look on the bright side. It's happened to me, it has happened to a lot of people I know. Get out of this depressed state. Call it a 'grey day'. It's only a grey cloud going over, and it'll go - maybe half an hour, maybe an hour, two hours.

Caroline - Before I had a lot of doubts in my own abilities and what the future held. And now it's like, well, there's nothing really to fear. You know, I've faced it all and I've got over the worst and I feel very... both humble and strong for having gone through the experience.

Paul - The skill of surgeons today is such, and the treatment in hospitals is first class, and I don't believe there's any need to worry excessively about complications. If you clearly understand what's going to happen to you and what the results are going to be, then my recommendation would be to focus on the positives and look forward to a new opportunity.