

## Speaking from Experience Ovarian Cancer

### Transcript for Chapter 1 of 6: Diagnosis

#### Colin -

Before this incident is coming to us. We are actually living a quite active lifestyle. She has always been an outdoor person. Very involved in sports and both of us like to be outside most of the time. That's how it was like when this whole matter came to us.

此事件发生之前，我们有一个积极的生活方式。她是一个积极参与户外活动和体育运动的人。我们喜欢一起出去逛街。在事件发生之前，这就是我们的生活方式。

#### Grace -

For a period of 6 months before the cancer was diagnosed I had this weird growing bump at the side of my stomach...tummy. I thought I was getting fat. It was just there. I thought it might go away with every period or every month. But it didn't go away. In fact it grew bigger.

在这6个月，诊断癌症之前，在我的肚子的旁边，长了一个很奇怪的块状。我还以为我开始发胖了。它总是呆在那里。我以为它会在每一个月经期间消失。但它没有消失。它还越长越大。

#### Patricia -

About 6 to 8 months before I actually got diagnosed, I started having urinary incontinence. It will be like, when you cough, I'll get some urine just coming out.

大约在6到8个月期间，诊断癌症之前，我开始有尿失禁。所以当我咳嗽时，一些尿会流出来。

#### Adeline -

Firstly my stomach is big. I don't know why it is big. So I asked my doctor, "Why is it big?" He said "I don't know." And I asked my maid "Is it big?" She said, "No it's not big, it's coming down already." I said, "No, it's swollen it's very hard. Why is it hard and come up to quite high?" I said, "it's not, something wrong, why so hard?" I can't go and urine, and I can't eat and neither can I drink So I told Pat and Pat said "I'll bring you to the doctor."

我的肚子很大。我不知道为什么那么大。我就去问医生，问他为什么我的肚子那么大？他说不知道。我问我的女佣，是不是很大？她说不会大，已经开始变小了。不可能，我的肚子又肿又硬。为什么那么硬？而且越来越高。不可能。不大对经。为什么那么硬？我不能小便，不能吃，不能喝。我就告诉我的女儿。我的女儿就带我去看医生。

#### Celvie -

I was going to work at that time and my eyes were blurred. I can't see the people nearby. Then, I had headache. Very headache. I was giddy also. I got something here grown out.

当我去做工时，感觉有一点模糊。眼睛很模糊，不能看得很清楚。头很痛。非常痛。还有头晕。在我的颈项旁长了一个块状。

**Deborah -**

When I was working, I was feeling pretty tired more often than usual. At the same time because I wasn't eating well. There was no real reason why I should be putting on weight at the speed that I was putting on at that time. So when I came to the point where I couldn't buckle my pants as usual. That's when I knew that there was something a missed. So I went to get myself checked. Doctor most of the time wrote it off as either weight gain or gastric flu. So after taking the medicine for a couple of weeks, didn't seem to help the symptoms. So that when my then fiancée, actually asked for me to get myself tested a little bit further.

当我做工的时候，我感觉比平时更疲倦。当时我没有胃口，没有理由增胖得速度会那么快。当我不能像平时把裤子扣上时，我就觉得不大对劲。所以我决定去做个检查。医生总是说体重增加或是胃流感。服了以几个星期的药，没有减轻症状。我的未婚夫叫我去做一个彻底的检查。

**Karen -**

It was in July 2008. Actually I found my stomach keep growing. I thought I put on a lot of weight. It was very bloated. So I went for exercise, I did sit-up. One fine day I found a lump here. So I knew I was in trouble. Straight away I went to my family doctor. And she also thought that there was a growth there. So then she sent me to polyclinic. And polyclinic referred me to NUH.

在 2008 年 7 月，我发觉到肚子越长越大。我还以为我发胖了。我的胃感觉很臃肿。我去锻炼身体。做仰卧起坐。有一天，我发觉我的肚子长了一个肿瘤。我知道这是严重的。我立刻去看家庭医生。医生觉得是一个肿瘤。医生安排我去 polyclinic。然后 polyclinic 安排我去 NUH。

**Grace -**

Because I had irritable bowel syndrome, so I went to the doctor to check up on that. The doctor while examining my abdominal started looking really suspicious. And then I said, "Yes I have been meaning to check out the lump but it's been there for 6 months." and he said, "You didn't see a doctor for it?" Then I said "No I just thought that I was getting fat." So he sent me for whole test like ultra sound, cat scan.

因为我有肠易激综合症，所以我就去做个检查。医生检查我的腹部，开始觉得有点怀疑。我来的目的地就是要检查腹部的肿瘤。这个肿瘤在我的腹部已经有 6 个月了。医生就问我为什么没去做个检查？没有。我以为只是发胖。医生安排我去做一系列的测试，比如超声波检测还有电脑断层扫描检测。

**Celvie -**

Every week I went to the clinic. They said, "it's nothing." "Can't find out anything." Then 3 months ago and then she said, "You had cancer."

每星期我都会去诊疗所。医生无法找到任何病状。三个月过后，医生告诉我说，我得了癌症。

**Deborah -**

When I was advised of my diagnosis. The feeling were quite in a rush. Because at that time I was only 26, 25. I've never expected that something like that would hit me.

当我得知我诊断癌症，我的心情感觉很混乱。因为当时的我大概是 26 或 25 岁。没有料到这种事情会发生在我身上。

**Grace -**

The doctor said so that was during the examination I sort of guessed it already. And then the doctor said it and I was I was just like umm. I think I was upset for about 5 seconds. In a sense like, I was quite young at that point of time.

从那一系列的检查，我早已猜到是什么事情。当医生告诉我说我诊断癌症，大概持续5秒，我感觉非常沮丧。因为当时我的年纪还很小。

**Celvie -**

1st time I cried. 2nd and 3rd time I prayed to my god. My mom and sisters were all worried. But I told them not to worry.

第一次我哭了。接下来，我向上帝祈祷。我向上帝祈祷。但是我的母亲和姐妹都为我担心。但是我告诉他们不用为我担心。

**Grace -**

The clinic I was at was a Christian clinic and I am a Christian so, there was a nurse who came by and said, I was tearing so the nurse said, "Hey you are a Christian right? So don't worry about it, God will see you through." I knew that was true. I just sober up and went on with the treatment.

我是在基督教诊疗所，我是基督徒。有一位护士跟我说，当时我正在哭，她说我是一个基督教徒，不用担心，上帝一定会守护着我。我知道这是真的。我便冷静下来，然后继续治疗。

**Patricia -**

When I was told it was ovarian cancer, it was told to me by my cousin first, and then after that he called in my mom. When my mom came in, she was wanting to cry.

当我被告知，这是卵巢癌，是我的表亲先告诉我。然后医生把我的母亲叫进来。当时我的母亲想要哭。

**Patricia (Adeline's daughter)-**

When I was told that my mother was having ovarian cancer, of course I was a bit shocked but I didn't lose hope. I just felt that I should give her the best doctor.

当我被告知我的母亲诊断卵巢癌，我觉得非常惊讶，但我没有放弃，我觉得我要去找最好的医生来治好她。

**Karen -**

Oh I didn't alert my family. Because I keep it to myself hoping that it is not. So then after the operation, Instead of being comforted, the whole family scolded me. "How come you didn't tell us? You have this and this..." I said, "I didn't want you all to worry. Hopefully it is not." I don't want to give them unnecessary stress.

我没有惊动我的家人。我保守这个消息，仍然希望这不是卵巢癌。手术过后，我的家人痛骂我而不是安慰我。为什么你没有告诉我们你得了这个...我不要你们担心。我仍然希望这不是卵巢癌。我不想给他们不必要的压力。

**Patricia -**

Actually the 1st thing that hit my head was I really don't want to die for it because of this. And I do want to fight it.

当时我只是不想死，我想要的是，对抗癌症。

**Karen -**

I don't want to let the family know because I don't want them to take the stress. I don't know how they will react you see. My father died of cancer, my brother died of cancer. So I think it's in our gene. So I didn't want my children to have this fear. Right now after knowing that I have cancer, they start to have this fear. They said, "I better go for check up more regularly."

我不要告诉他们的原因是，不要他们承受任何压力。不知道他们的反应如何。因为我的父亲和哥哥死于癌症。我觉得应该是遗传。我不希望我的孩子有这种恐惧。但是当他们得知我患有癌症，他们开始担心和恐惧。他们决定去做定期的检查。

**Deborah -**

Because when you are caught in that kind of situation, your mind is in a whirl. So you don't really know what exactly is important at that time. It was more like if the doctor said this is what you gonna do, then that is what you gonna do. You don't really have so much energy in the frame of mind to worry about so many other things because your vision and your mind set becomes very myopic. It just goes like since the doctor said go for surgery, what time, what date, when. What are some of the financial aspect that we've got to cover. It was very practical actually in the whole process of it. So what was important at that time would be to just decide on something and go with it and don't turn back.

当时一切都很混乱，不知道什么东西是重要的。医生说你因该做些什么，你就跟着做。你没有那么多的能力和筋力去担心任何事情。你的眼光和心态变得非常短视。既然医生说需要动手术，就要决定日期，时间，地点 还有怎样去安排经济得分配。在整个过程中，它是非常实在的。最重要的是，你要做明智的选择，并就去做，不回头。