



Hello, AxA!

LET'S TALK ABOUT CANCER!

TODAY, YOU WILL LEARN HOW TO AVOID CANCER AND HOW TO DEAL WITH CANCER IF IT'S ALREADY THERE: WHAT EXAMINATIONS YOU NEED TO UNDERGO, HOW NOT TO FORGET ABOUT THEM, WHAT IS TRUE AND WHAT IS NOT ABOUT CANCER, HOW TO SUPPORT PEOPLE WITH CANCER AND THEIR RELATIVES, WHERE TO SEEK HELP AND HOW TO KEEP YOUR BODY AND MIND HEALTHY!

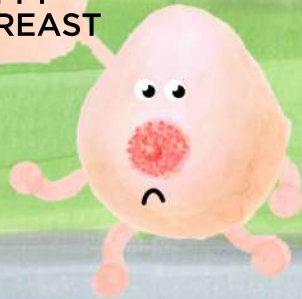
LET'S KICK CANCER OUT OF THE GAME!

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MEET MY TEAM

The Previews

BETTY
THE BREAST

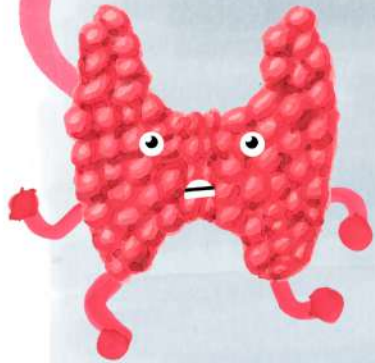


CALVIN
THE CANCER

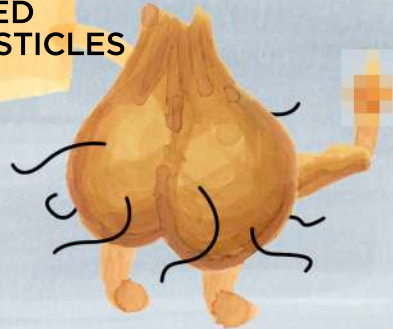
HE'S NOT IN OUR TEAM
BECAUSE HE'S NOT FUN



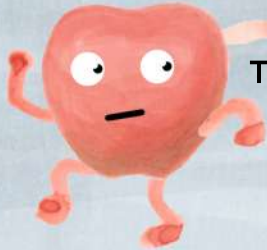
THERESA
THE THYROID



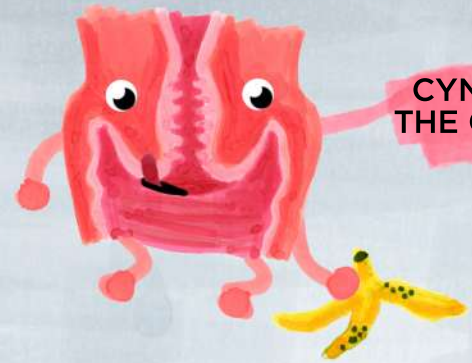
TED
THE TESTICLES



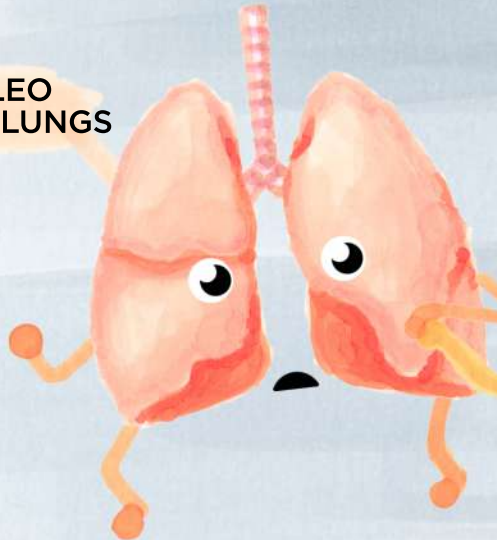
PABLO
THE PROSTATE



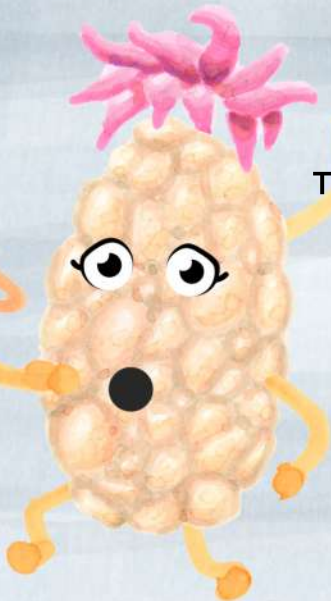
CYNTHIA
THE CERVIX



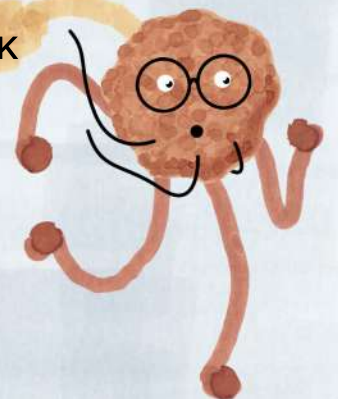
LEO
THE LUNGS



OLIVIA
THE OVARY



MARK
THE MARK



ADAM
THE ANUS



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Keep cancer away!

RULES OF THIS GAME:
 1. GO THROUGH THE BOARD AND MAKE NOTES.
 2. SIGN UP FOR EXAMINATIONS YOU SHOULD UNDERGO.
 3. DO IT TODAY.

START

DO YOU WANT TO DO EVERYTHING POSSIBLE TO AVOID CANCER?

NO

SORRY, YOU GO BACK TO "START".

YES

DO YOU SPOT ANYTHING OUT OF THE ORDINARY IN YOUR BODY?

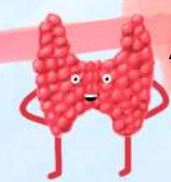
YES

ARE YOU OFTEN WEAKENED AND LOSE WEIGHT UNCONTROLLABLY?

YES

GO SEE A DOCTOR AND TELL THEM ABOUT IT!

DO A THYROID ULTRASOUND AND A TSH TEST EVERY 2 YRS.

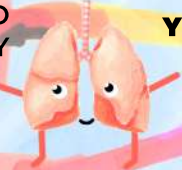


DO AN ABDOMINAL ULTRASOUND EVERY 2 YRS.

NO

DO YOU SMOKE CIGARETTES?

YOU COULD DO A LUNGS X-RAY EVERY YEAR



YES

YOU COULD DO A LUNGS X-RAY EVERY 2 YRS.

NO

CHECK YOUR MOLES AND MARKS EVERY MONTH.



DOES A MOLE OR A MARK LOOK DIFFERENT THAN USUALLY?

YES

GO SEE A DERMATOLOGIST!

NO

GET YOURSELF VACCINATED AGAINST HEPATITIS B.

HAVE YOU BEEN VACCINATED AGAINST HEPATITIS B?

NO

HAVE YOU BEEN VACCINATED AGAINST HPV?

NO

CHECK IF YOU CAN GET VACCINATED AGAINST HPV. IF IT'S POSSIBLE, DO IT!



DO YOU HAVE A VAGINA, A CERVIX, A UTERUS, FALLOPIAN TUBES AND/OR OVARIES?

NO

DO YOU HAVE BREASTS?

YES

DO A SELF-EXAM OF YOUR BREASTS EVERY MONTH.

NO

ARE YOU OVER 30 YRS OLD?

YES

SEE A GYNECOLOGIST EVERY YEAR. DO A PAP TEST (LBC TYPE IS BETTER) AND A VAGINAL ULTRASOUND.



ARE YOU OVER 21 YRS OLD OR 3 YRS HAVE PASSED SINCE YOUR FIRST SEX?

YES

DO A MAMMOGRAM EVERY 2 YRS.

YES

ARE YOU OVER 45 YRS OLD?

NO

DO A BREAST ULTRASOUND EVERY YEAR.

DO YOU HAVE A PENIS, VAS DEFERENS, TESTICLES AND/OR A PROSTATE?

NO

DO A SELF-EXAM OF YOUR TESTICLES EVERY MONTH.



ARE YOU OVER 45 YRS OLD?

NO

YES

GO SEE A UROLOGIST EVERY YEAR. DO A PROSTATE ULTRASOUND AND A PSA TEST!



ARE YOU OVER 50 YEARS OLD?

NO

DO A COLONOSCOPY EVERY 10 YEARS. CHECK YOUR FECES FOR BLOOD EVERY YEAR.



DO YOU HAVE ANY DISEASE OR MUTATION THAT INCREASES CANCER RISK? HAVE ANY OF YOUR REALIVES HAD CANCER?

I DON'T KNOW

CHECK IT!

NO

TELL YOUR DOCTOR ABOUT IT. ASK FOR YOUR INDIVIDUAL CANCER PREVENTION PLAN.

YES

LIVE HEALTHY! CHECK THE "FOR NO CANCER" PIC!

SHOW THIS GAME TO YOUR LOVED ONES

FINISH

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Re-member!

EASY TO SAY...
HOW TO REMEMBER ABOUT THE PREVENTIVE EXAMS?

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LIFE IS LIKE A ROAD.

YOU CONSTANTLY PURSUE GOALS IN FRONT OF YOU.
YOU LOOK BACK TO KEEP YOUR EXPERIENCES IN MIND.
WHEN YOU HIT CROSSROADS, YOU LOOK RIGHT, AT YOUR LOVED ONES,
AND LEFT, TO CHECK FOR DANGER.

BUT HOW COME YOU DON'T WATCH YOUR FEET?

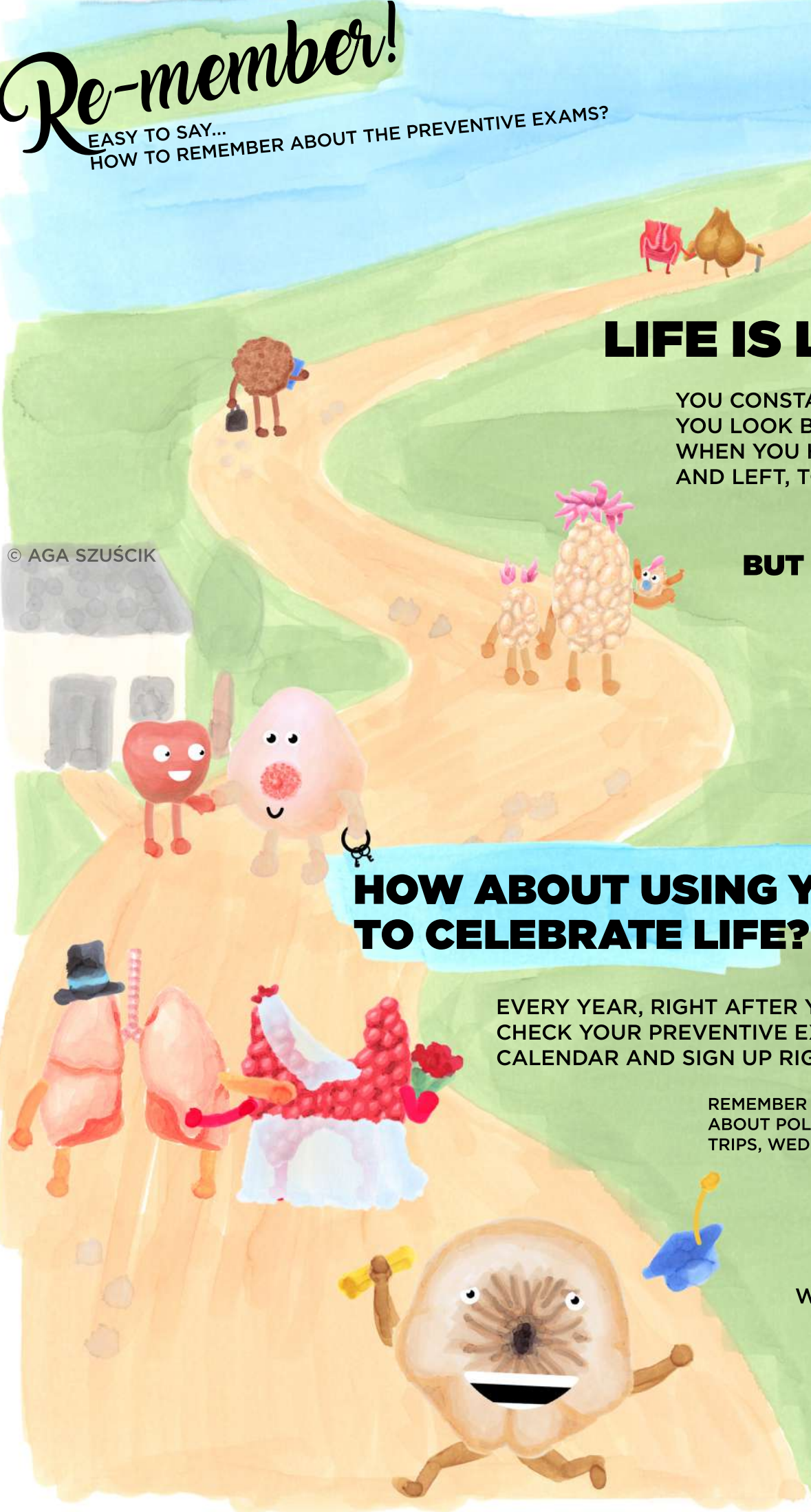
THE ROAD SURFACE IS YOUR HEALTH.
DON'T RISK STUMBLING OVER THE POTHOLE
OR FALLING INTO A DEEP PIT.
REGULAR INSPECTIONS AND MAINTENANCE
ARE HIGHLY NEEDED, AREN'T THEY?

HOW ABOUT USING YOUR BIRTHDAY TO CELEBRATE LIFE?

EVERY YEAR, RIGHT AFTER YOUR BIRTHDAY,
CHECK YOUR PREVENTIVE EXAMINATIONS
CALENDAR AND SIGN UP RIGHT AWAY.

REMEMBER THAT CANCER DOESN'T CARE
ABOUT POLITICS, ECONOMY, PANDEMIC,
TRIPS, WEDDINGS OR ACADEMIC DEGREES!

WOULDN'T CONFIRMING THAT YOU'RE HEALTHY
BE THE GREATEST BIRTHDAY GIFT
FOR YOURSELF?



Feel the situation

DO A SELF-EXAM
EVERY MONTH!

DO YOU HAVE
BREASTS? ONCE
A MONTH, 2-3 DAYS
AFTER YOUR PERIOD,
DO A SELF-EXAM!

STAND IN FRONT OF THE MIRROR
AND TAKE A LOOK AT YOUR
BREASTS: WITH ARMS DOWN,
WITH ARMS UP AND WITH HANDS
PUT ON YOUR HIPS.

IF YOU NOTICE A SIZE CHANGE,
A SHAPE CHANGE OR ANYTHING UNUSUAL
WITH A BREAST OR A NIPPLE OR SKIN
- GO SEE A DOCTOR!

NOW EXAMINE A BREAST BY TOUCHING IT
WITH THREE MIDDLE FINGERS, CAREFULLY
AND ENTIRELY, INCH BY INCH:
START FROM THE MIDDLE,
GO UP AND THEN DOWN,
FINALLY GO ROUND AND ROUND
FROM NIPPLE TO ARMPIT.
NOW SQUEEZE THE NIPPLE.

IF YOU FIND A LUMP OR A KNOT
INSIDE YOUR BREASTS OR ARMPIT,
OR IF SOMETHING LEAKS FROM ONE OF
YOUR NIPPLES - GO SEE A DOCTOR!

NOW START OVER WITH THE SECOND BREAST!

DO YOU HAVE
TESTICLES? ONCE
A MONTH, RIGHT
AFTER A BATH,
DO A SELF-EXAM!

EXAMINE YOUR SCROTUM
ON ALL SIDES.
LIFT IT UP A BIT.

IF YOU NOTICE A SIZE CHANGE,
A SHAPE CHANGE, A WEIGHT CHANGE
OR SKIN LOOKS DIFFERENT THAN USUAL
- GO SEE A DOCTOR!

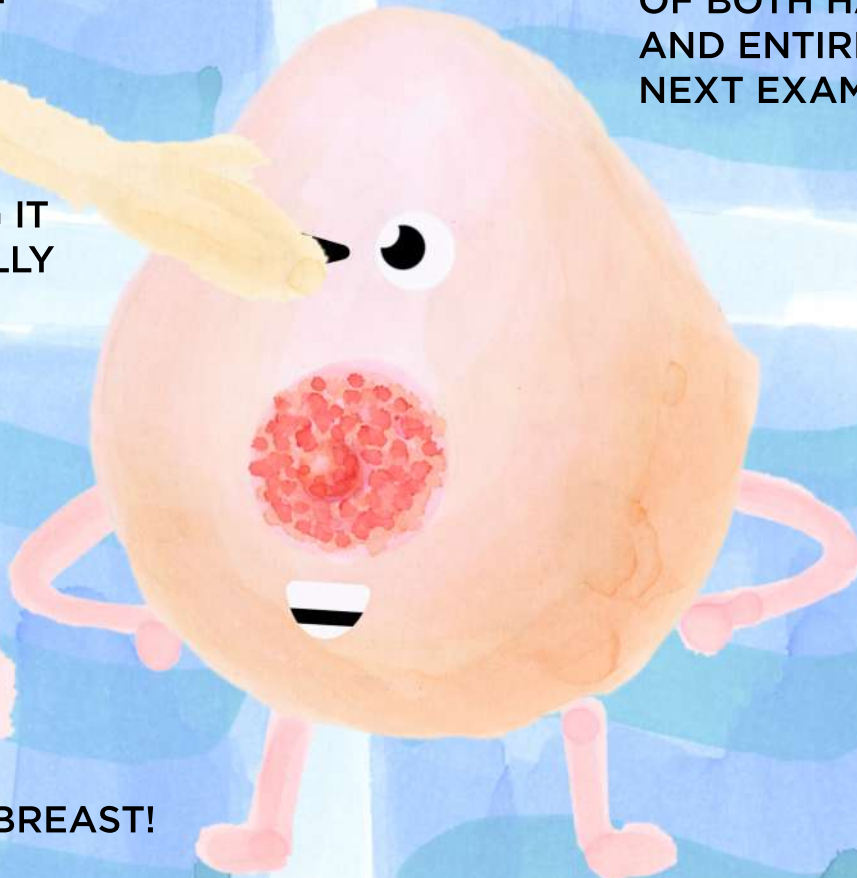
NOW EXAMINE THE TESTICLES,
BY GENTLY SQUEEZING THEM
WITH YOUR THUMBS AND
THE FIRST TWO FINGERS
OF BOTH HANDS, CAREFULLY
AND ENTIRELY, INCH BY INCH.
NEXT EXAMINE THE GROIN.

IF YOU SENSE A LUMP,
A THICKENING
OR ENLARGED
LYMPH NODES
IN THE GROIN
- GO SEE A DOCTOR!

IF YOU'RE NOT SURE
ABOUT WHAT YOU FOUND,
MAKE AN APPOINTMENT WITH
A DOCTOR, JUST IN CASE!



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For no cancer

THERE'S NOTHING CANCER HATES MORE THAN YOUR SELF-CARE.
SCARE HIM WITH THE FOLLOWING METHODS!



BEING UNDER STRESS

IS BEING UNDER RISK!

PERFORM SELF CARE,
GET YOURSELF OUT OF THE RAT RACE

PROTECT YOUR SKIN TO PROTECT YOUR LIFE!

USE SUNSCREEN,
AVOID SOLARIUM.



HEALTHY FOOD

CANCER DOES NOT LIKE IT!

FRUITS INSTEAD OF SWEETS,
VEGETABLES INSTEAD OF FAST FOOD!



QUIT SMOKING QUIT CANCER!

KICK CIGARETTES AND REGULAR
DRINKING OUT OF YOUR LIFE!



WHEN BODY MOVES, CANCER HOLDS STILL!

JOGGING, YOGA, GYM,
A QUICK WALK, NORDIC WALKING...
YOU CHOOSE!



EXAM YOURSELF SO CANCER DOESN'T PASS!

CHECK THE "KEEP CANCER AWAY" PIC!



HOW ABOUT GOOGLING
EACH THING LISTED?

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Think healthy

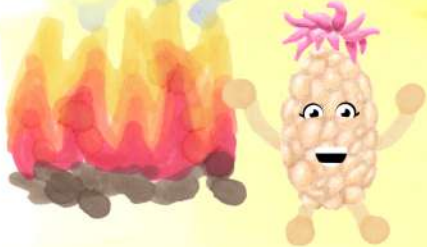
LIVE IN HAPPINESS AND FULFILLMENT,
GET TO KNOW YOURSELF,
ALLOW YOURSELF!

BE THE ONLY EXPERT OF YOURSELF

DON'T LET ANYONE ELSE TRY TO BE AN EXPERT ON YOUR ISSUES.
REMEMBER THAT OTHERS' OPINIONS
HAVE NOTHING TO DO WITH YOUR WORTH.
TRY NOT TO JUDGE OR CRITICIZE OTHERS.

DO NOT DWELL ON MISTAKES

A MAN IS A FALLIBLE BEING.
DRAW CONCLUSIONS AND CARRY ON!



CONTROL EMOTIONS

YOU'RE IN CHARGE OF YOUR
EMOTIONS, NOT THE OTHER WAY
AROUND. READ MAULTSBY'S
YOU AND YOUR EMOTIONS!



WATCH YOUR MOUTH

ALWAYS, NEVER, I FAILED, I HAVE TO.
I'M SUPPOSED TO, LAME, IDIOT, TOO DIFFICULT ...
NOPE! SAY IT DIFFERENTLY!



MAKE A LIST OF YOUR SUPERPOWERS

WHAT DO YOU LOVE DOING?
WHAT DO YOU LIKE YOURSELF FOR?
HOW CAN YOU USE IT?
IT'S WORTH KNOWING!



BREAK WITH BAD LUCK

THE UNIVERSE DOES NOT ADJUST
TO YOUR EXPECTATIONS. LIFE IS ALL ABOUT
CONTINUOUS SURPRISES. DON'T SPOIL YOUR MOOD.

TAKE A REST

PRACTICE ACTIVITIES
THAT RAISE YOUR ENERGY
AND MAKE YOU SMILE!



NO

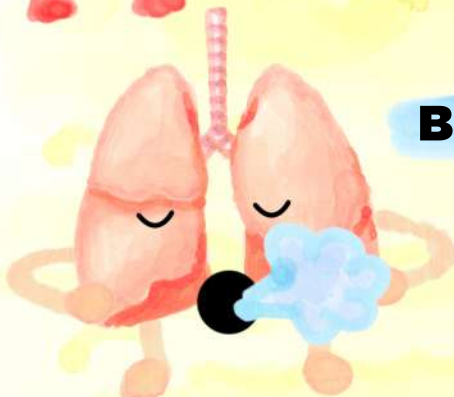


TRY TO BE ASSERTIVE

ARE YOU DISTURBED BY SOMEONE'S BEHAVIOUR?
TELL THEM HOW YOU FEEL AND WHAT YOU EXPECT.
DO YOU WANT TO SAY 'NO' TO SOMEONE? TELL
THEM YOU WILL SPEND YOUR TIME IN ANOTHER WAY.

BREATHE

DO YOU NEED TO CALM DOWN?
MAKE TEN REALLY CALM
BREATHS. HOW ABOUT USING
THE BREATHLY APP?



YOU AND YOURSELF

AREN'T YOU A PRETTY COOL
PERSON? RELAX, THINK
ABOUT SOMETHING OR NOTHING
AND HUG YOURSELF.



Body-love

SAY HELLO TO YOUR BODY:
GET TO KNOW IT, ACCEPT IT, LOVE IT!



I WON'T WORK OVERTIME TODAY.
I'M DOING A PAP TEST AND AN ULTRASOUND.



I WON'T WASH DISHES TODAY.
I'M DOING A BREAST ULTRASOUND.

WE ARE SUGGESTED THAT THERE ARE CERTAIN TYPES OF BEAUTY OR BODY THAT ARE SUPERIOR TO OTHERS. REGARDLESS OF YOUR APPEARANCE, YOU HAVE THE RIGHT TO LIKE OR DISLIKE SOME PARTS OF YOURSELF, AND OTHERS HAVE NO RIGHT TO FORCE YOU TO (DISLIKE OR LIKE) ANYTHING. DO NOT DO BODY SHAMING - DON'T CRITICIZE ANYONE'S BODY, INCLUDING YOUR OWN.

IN THE AGE OF FASHION FOR **BODY POSITIVITY** I RECOMMEND TO YOU

BODY NEUTRALITY.

IT'S ABOUT NOT JUDGING ANYONE'S BODY,
AS WELL AS ATTENTIVE AND BALANCED LISTENING TO YOUR OWN.



HEY!
YOU CANNOT EXIST WITHOUT YOUR BODY.
TO TAKE CARE OF IT, YOU TWO HAVE TO GET
ALONG. YOU AND YOUR BODY ARE ONE.
TOGETHER YOU MAKE YOUR DREAMS COME TRUE!

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I WON'T DO LAUNDRY TODAY.
I'M SEING A DERMATOLOGIST.



I WON'T RUMMAGE AROUND THE CAR TODAY.
I'M HAVING MY LUNGS EXAMINED.



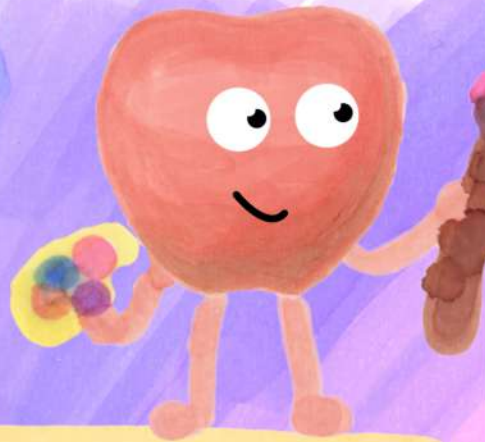
I WON'T LOOK AFTER CHILDREN TODAY.
I'M DOING A THYROID ULTRASOUND.



I WON'T SHOP TODAY,
I'M DOING A TESTICULAR ULTRASOUND.



Express yourself
HOW ABOUT USING
YOUR PASSION
TO FEEL BETTER?



ART THERAPY AND MEDICAL ART HAVE GREAT POWER,
HELPING TO STAY HEALTHY OR SUPPORTING RECOVERY
FOR PATIENTS AND CLIENTS.



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**TAKE SOME PHOTOS OF YOUR PAST.
DANCE TO YOUR TODAY'S MOOD.
DRAW YOUR DISEASE.
WRITE A POEM ABOUT YOUR FEARS.
MAKE A VISUALISATION OF YOUR BOLD PLANS.
IMAGINE AND PAINT A RELATIONSHIP REPAIR KIT.
REFLECT YOUR CHARACTER WITH AN OUTFIT.
BAKE A CAKE THAT SYMBOLIZES YOUR DREAMS.**



THE PHOTOS COME FROM "IT DOESN'T HAPPEN" - MY PROJECT
ABOUT CERVICAL CANCER. VISIT AGASZUSCIK.COM/TOSIENIEZDARZA

Know your enemy

WATCH YOUR STEPS!

THE WORD 'CANCER' IS CONVENTIONAL! IT REALLY MEANS ONLY MALIGNANT NEOPLASM OF THE EPITHELIAL TYPE.

EVERY CANCER STARTS WITH JUST ONE MEAN CELL. DUE TO DAMAGED DNA, ITS CONTROL SIGNALS DO NOT FUNCTION PROPERLY. CONTINUOUS CELL DIVISION FORMS A BENIGN OR MALIGNANT TUMOR.

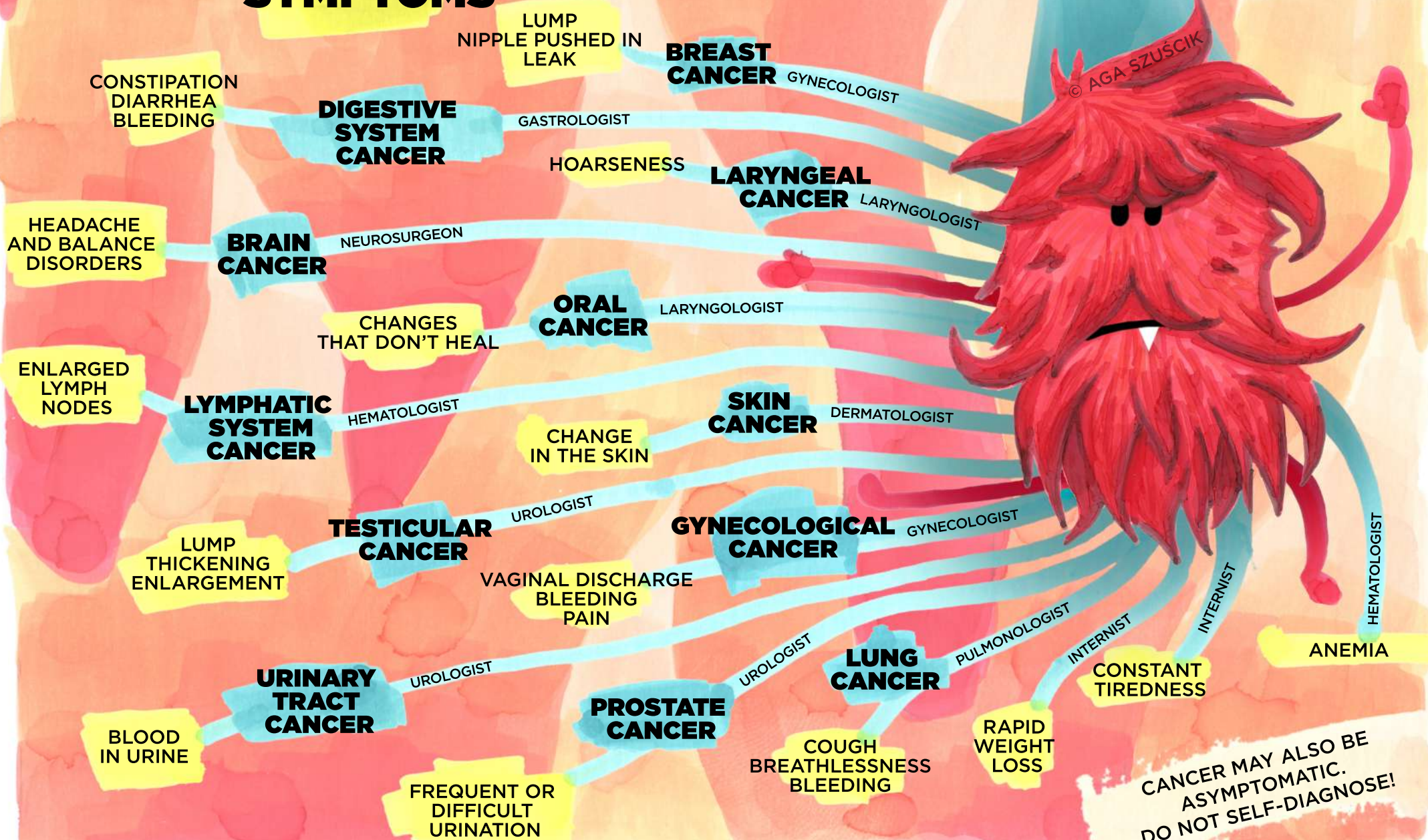
A BENIGN TUMOR HAS NO AMBITION TO SPREAD TO OTHER PARTS OF THE BODY. IT IS NOT LIFE THREATENING.

HOWEVER, A MALIGNANT TUMOR HAS SUCH AMBITIONS - MEAN CELLS CAN TRAVEL WITH THE CIRCULATORY OR LYMPHATIC SYSTEM AND CREATE SECONDARY TUMORS OR METASTASES.

A CANCER AND ITS METASTASIS HAVE THE SAME NAME AS THEY ARE THE SAME DISEASE. THAT MEANS PROSTATE CANCER IN THE LIVER IS STILL PROSTATE CANCER!

CANCER, THEREFORE, IS AN EXTRAORDINARY CELL GROWTH BEYOND CONTROL.

ALARMING SYMPTOMS

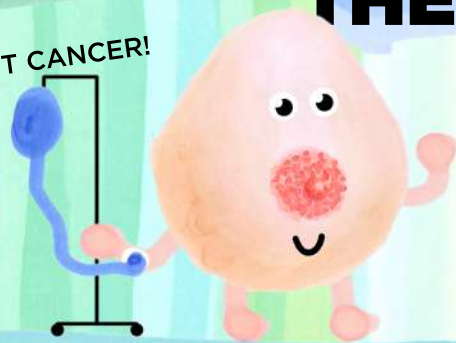


CANCER MAY ALSO BE ASYMPTOMATIC. DO NOT SELF-DIAGNOSE!

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False friends

LET'S DEBUNK THE MYTHS ABOUT CANCER!



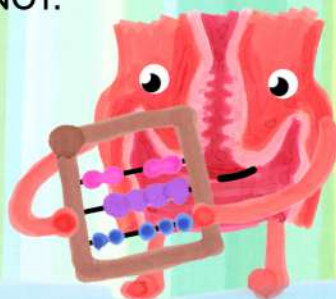
THERE IS NO CURE FOR CANCER

THERE IS, EVEN FEW OF THEM: CHEMOTHERAPY, RADIOTHERAPY, SPECIALIZED DRUGS, DIFFERENT TYPES OF OPERATIONS, INCLUDING USING THE NANO KNIFE ... WE DON'T HAVE A, YOU KNOW, MAGIC PILL, LIKE FOR PINWORMS, BUT STILL EVERY DAY MANY PEOPLE AROUND THE WORLD HEAR GREAT NEWS: „THE CANCER IS GONE”. TUMORS CAN BE TREATED!



MIND THE STATISTICS

..IF YOU ARE A DOCTOR!
PATIENT STATISTICS ARE ALWAYS 100%:
THE PATIENT WILL ALWAYS PRESENT ONE SIDE OF IT:
RECOVER OR NOT, RECUR IN 5 YEARS OR NOT.
STATISTICS ARE
NOT FOREIGNING THE FUTURE!



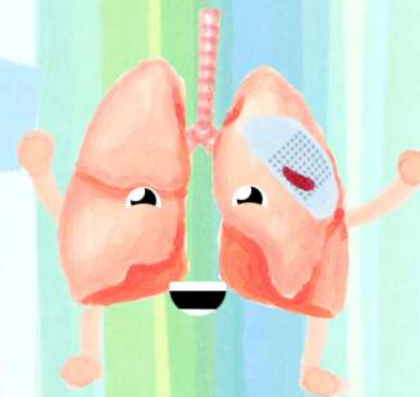
CANCER = DEATH

YES, I KNOW, IN MOVIES, PEOPLE WHO HAVE CANCER DIE IMMEDIATELY. HOWEVER, IN REAL LIFE IT'S NOT ALWAYS LIKE THAT. OF COURSE, YOU CAN BE GONE ONE MONTH AFTER DIAGNOSIS, BUT YOU CAN ALSO GET RID OF CANCER AND LIVE HAPPILY EVER AFTER.
CANCER IS A CHRONIC DISEASE.

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A CURED CANCER IS STILL A TRAGEDY

UHM, BECAUSE? SCARS CAN BE REMOVED, HAIR GROWS BACK, REHABILITATION WORKS, BEING A BIOLOGICAL PARENT IS NOT A NECESSITY. BESIDES, CANCER USUALLY OPENS EYES TO MANY IMPORTANT THINGS. NO ONE SAYS IT'S FUN TO GO THROUGH CANCER, BUT LET'S NOT OVERDO IT!



HAIR ALWAYS FALL OUT

NOT ALL TYPES OR STAGES OF CANCER ARE TREATED WITH CHEMOTHERAPY. WHAT IS MORE, NOT ALL TYPES OF CHEMOTHERAPY LEAD TO HAIR LOSS. NAUSEA, LACK OF APPETITE AND WEAKNESS ARE ALWAYS INDIVIDUAL TRAITS. IT ALL DEPENDS!

ALTERNATIVE METHODS CURE CANCER

ALTERNATIVE METHODS (USED INSTEAD OF CLASSIC TREATMENT) IS A HOAX THAT RUTHLESS SCAMMERS USE TO GET MONEY FROM PEOPLE IN A CRISIS OF DESPERATION. HOWEVER, LET'S NOT CONFUSE ALTERNATIVE AND NATURAL MEDICINE. NATURAL MEDICINE CAN SUPPORT MEDICAL TREATMENT BUT REMEMBER, SECRET WAYS DO NOT EXIST!





IT'S GONNA BE FINE

NEVER SAY THESE WORDS! NO, YOU HAVE NO IDEA IF IT'S GONNA BE OKAY. IF THE DOCTORS DON'T KNOW WHAT IT'S GOING TO BE LIKE, YOU WILL HAVE NO CLUE, RIGHT? DO NOT TRY TO POINT THE GOOD SIDES. DON'T PRETEND EVERYTHING WILL BE OK. I KNOW WE ALL WANT IT TO BE TRUE BUT WE DON'T KNOW WHAT IT'S GOING TO BE.

HOW CAN I HELP YOU?

WHAT SHOULD I SAY OR DO? HOW SHOULD I BEHAVE? THESE ARE GREAT QUESTIONS! ASK THEM OFTEN. YOU DON'T NEED TO KNOW EVERYTHING BY YOURSELF! ASK SEPARATELY FOR INSTRUMENTAL SUPPORT (GOING TO A PHARMACY, MAKING DINNER) AND EMOTIONAL SUPPORT (CONVERSATION OR A HUG).

I HOPE, THAT...

...THAT IT WILL BE OKAY! WE DON'T KNOW IF THE TREATMENT WILL WORK, BUT WE'LL DO EVERYTHING WE CAN TO MAKE IT WORK! SOUNDS BETTER THAN "IT'S GONNA BE FINE", RIGHT?

I KNOW HOW YOU FEEL

NO, YOU HAVE NO IDEA. ONLY THIS ONE PERSON KNOWS HOW SHE OR HE FEELS IN THIS PARTICULAR SITUATION, AT THIS PARTICULAR MOMENT.

MY AUNTIE HAD CANCER

DON'T TELL STORIES OF OTHER PEOPLE WHO HAVE HAD CANCER. THE FACT THAT TREATMENT WAS SUCCESSFUL OR UNSUCCESSFUL FOR ONE PERSON DOESN'T MEAN THAT ANOTHER PERSON WILL GO THE SAME WAY, EVEN WITH THE SAME DIAGNOSIS. HELP A PERSON WITH CANCER FOCUS ON HIS OR HER OWN RECOVERY INSTEAD OF OTHER STORIES.

I SUPPORT YOU!

I'M HERE! YOU CAN COUNT ON ME! DO YOU HAVE ANY IDEA HOW MUCH THESE SIMPLE WORDS MEAN? REPEAT THEM OFTEN!

[SHH]

JUST LISTEN. OR AVOID TALKING ABOUT CANCER FOR A WHILE. BECAUSE SOMETIMES ONLY THIS... OR SO MUCH IS NEEDED.



YOU SHOULD HAVE...

THE TIME OF RECOVERY IS NOT FOR REMORSE. IF A PERSON WITH CANCER HAD KNOWN HOW TO AVOID CANCER, HE OR SHE WOULD CERTAINLY HAVE TAKEN CARE OF THEMSELVES IN ADVANCE.

BE A FIGHTER!

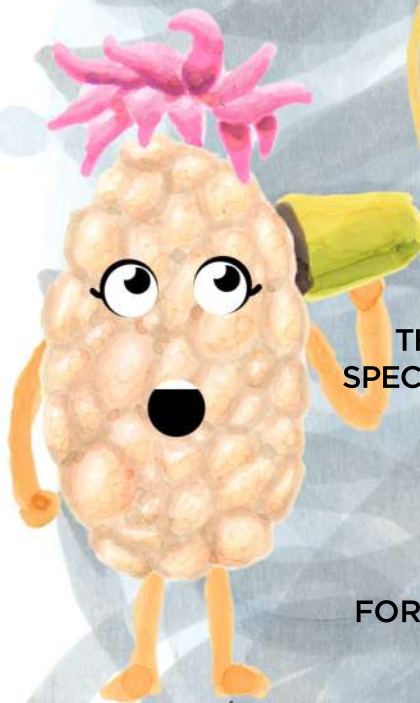
QUIT TALKING ABOUT STRENGTH, FIGHTING, DEFEATING AND WARRIORS. DON'T PUT PRESSURE. A MOMENT OF WEAKNESS IS NOT A CRIME.

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VISIT PEOPLE AFTER COMING BACK FROM HOSPITAL, TOO. SUPPORT HIS/HER RELATIVES!

Connections

YOU DO HAVE THEM!



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NATIONAL ONCOLOGY NETWORK HELPLINE

ROUND THE CLOCK; SUPPORTED BY THE MINISTRY;
FOR THE SICK AND THEIR CLOSE ONES; ALL INFORMATION,
INCLUDING PROCEDURES AND MEDICAL FACILITIES

22 755 11 55

POLISH ONCOLOGY UNION HELPLINE

FROM MONDAY TO THURSDAY, FROM 4 PM TO 7 PM; FOR
THE SICK AND THEIR CLOSE ONES; ABOUT TREATMENT METHODS;
SPECIALISTS' AND ONCOLOGISTS' CONSULTATIONS OVER THE PHONE

800 49 34 94

PTPO HELPLINE

FROM MONDAY TO FRIDAY, FROM 6 PM TO 10 PM;
PTPO IS A POLISH PSYCHOONCOLOGICAL SOCIETY;
FOR THE SICK; EMOTIONAL AND PSYCHOONCOLOGICAL SUPPORT

800 08 01 64

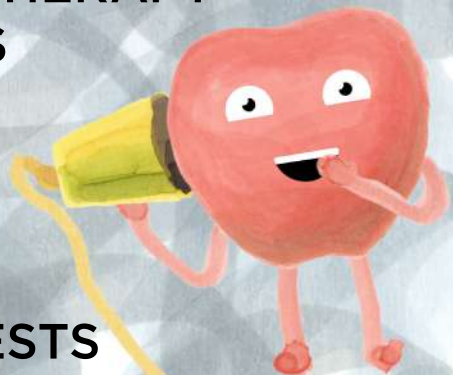
RAK'N'ROLL FOUNDATION HELPLINE

EVERY WEDNESDAY, FROM 7 PM TO 9 PM;
FOR THE SICK AND THEIR CLOSE ONES;
INFORMATION AND PSYCHOLOGICAL SUPPORT.

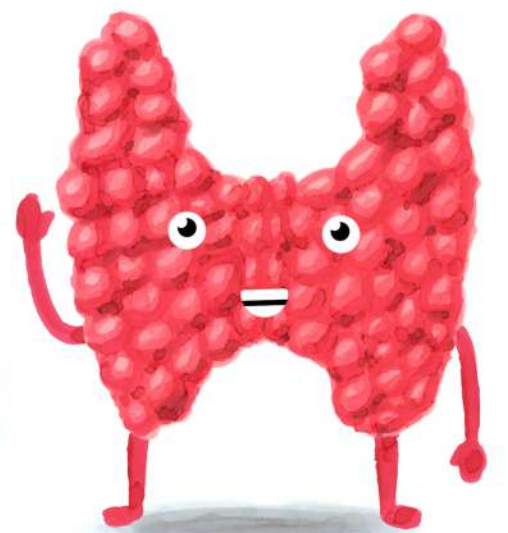
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ALIVIA.ORG.PL	ONCOLOGICAL KNOWLEDGE BASE
ZWROTNIKRAKA.PL	ONCOLOGICAL PORTAL
ONKONET.PL	FOR PATIENTS AND DOCTORS
UNICORN.ORG.PL	PSYCHOONCOLOGY, THE SIMONTON THERAPY
RAKNROLL.PL	SPECIALIZED ASSISTANCE PROGRAMS
POKONAJRAKA.COM	ACTIVE TRIPS
ONKOCAFE.PL	PATIENT CLUB
PROSTOWRAKA.PL	PERSONALIZED MEDICINE
ONKOMAPA.PL	ONKO-FACILITIES GUIDE
CENOMED.PL	COMPARING THE PRICES OF IMAGE TESTS
ONKOBAZA.PL	HELPFUL PRODUCTS AND OPTIONS
AGASZUSCIK.COM	WRITE TO ME FOR MORE LINKS

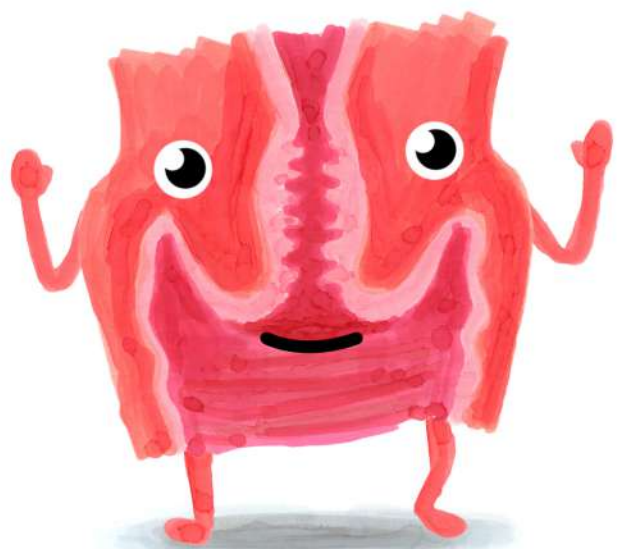
FEEL FREE TO JOIN THE GROUP
OF PATIENTS WITH THE SAME
TYPE OF CANCER!



NOTES



HEALTHY EMOTIONS



A B C

A WHAT HAPPENED?

A WHAT REALLY HAPPENED?

B WHAT AM I THINKING?

B WHAT THOUGHTS WOULD BE HEALTHY?

C HOW AM I FEELING?

C WHAT WOULD I LIKE TO FEEL?

D WHAT AM I DOING?

D WHAT WOULD I LIKE TO DO?

A WHAT
HAPPENED?

B WHAT AM I
THINKING?

C HOW AM I
FEELING?

D WHAT AM I
DOING?

A WHAT REALLY
HAPPENED?

B WHAT THOUGHTS
WOULD BE HEALTHY?

C WHAT WOULD I
LIKE TO FEEL?

D WHAT WOULD I
LIKE TO DO?

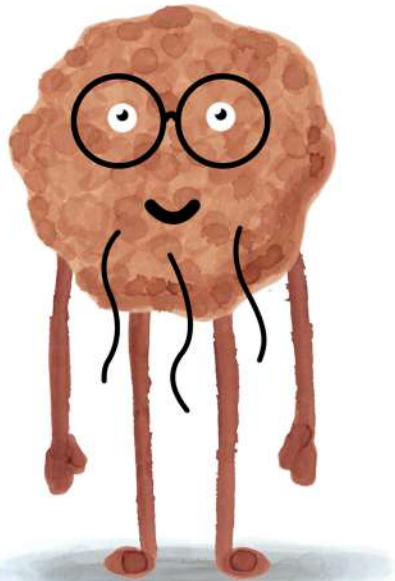
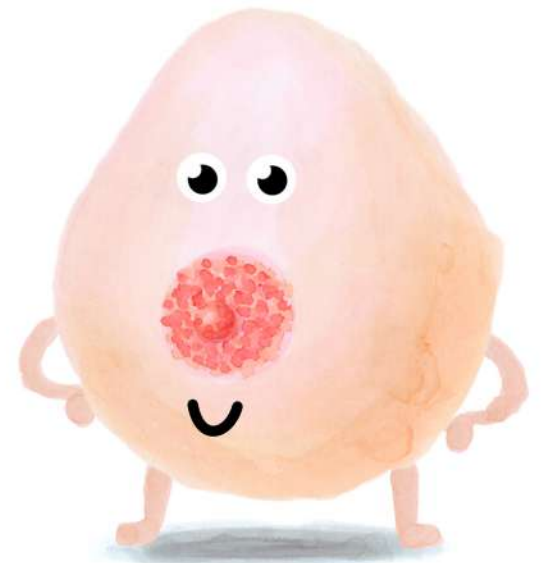
HEALTHY COMMUNICATION

KEYSTONE 1 **EMPATHY**

IT'S NOT SYMPATHY

IT'S NOT LIKING

IT'S LISTENING CAREFULLY
TO YOURSELF AND OTHERS



KEYSTONE 2 **HONESTY**

SINCERITY, CANDIDNESS, CLEARNESS

SELF-EXPRESSION

SHARING FEELINGS AND NEEDS

NOT JUDGEMENTS

OBSERVATION

I TALK ABOUT WHAT I PERCEIVE OR ASK ABOUT EVENTS, WITHOUT CRITICISM AND JUDGMENT. THIS ITEM CAN BE OMITTED!

FEELING

I TALK ABOUT SPECIFIC FEELINGS IN ME OR ASK ABOUT OTHERS' FEELINGS. IT IS AN IMPORTANT ELEMENT!

NEED

I EXPRESS MY NEED, DESIRE, EXPECTATION OR ASK ABOUT THESE THINGS. IT IS IMPORTANT!

REQUEST

NOT DEMANDING, I ASK FOR CONCRETE ACTION OR MAKE SURE I CAN DO SOMETHING. CAN BE OMITTED.

FOR READING ALOUD

A large part of my health is in my hands.

It is never too late to practice getting healthier.

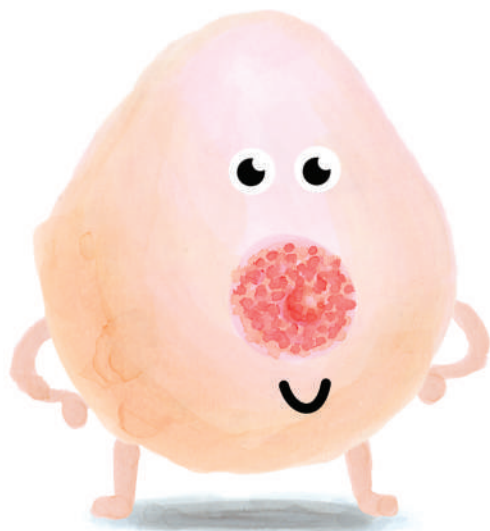
Life happens here and now.

Every moment depends on me.

I decide for myself.

I do not judge others.

I am careful with judging myself.



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ABOUT THE TRAINER

Agnieszka Szućik-Zięba

Author of the book "GinekoLOGICZNIE",
expert of the SEXEDPL foundation and trainer of the Rak'n'Roll foundation.
She runs the "Great List of Gynecologists", and she writes the blog "Life after cancer".

TEDx speaker, one of the 50 bold "High Heels", winner of the Ofeminin Influence Awards 2023,
holder of the "Leader of patient centricity" award. Ewa Borek,
a graduate of the Open World program (at the invitation of the Congress,
she learned about patient experience in the USA).

She creatively explains gynecology, oncological prevention and cancer recovery
on social media - she runs a popular educational account on Instagram.

She conducts a live online breast self-examination every month.

She lectures on patient experience at postgraduate studies at two universities
- for gynecologists and physiotherapists. Performs audits of medical facilities.

She conducts training on prevention in companies and at events,
and meets with women and young people in cultural and educational centers.

An artist by education - she graduated in photography and Polish studies,
and completed her PhD at the Łódź Film School. Just before defense, she learned that
she had cervical cancer. She underwent two rounds of treatment.
After the diagnosis, she implemented a famous photographic project about her disease,
"It Doesn't Happen". Author of spots, films, mini-guides, podcasts and campaigns.