



# Hello, State Street!

**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!

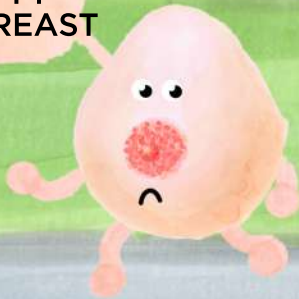
**LET'S KICK CANCER OUT OF THE GAME!**

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MEET MY TEAM

# The Previews

BETTY  
THE BREAST

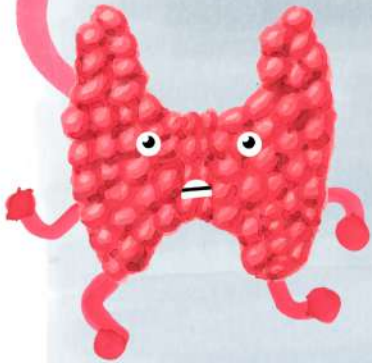


CALVIN  
THE CANCER

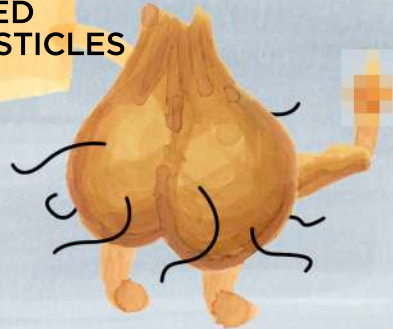
HE'S NOT IN OUR TEAM  
BECAUSE HE'S NOT FUN



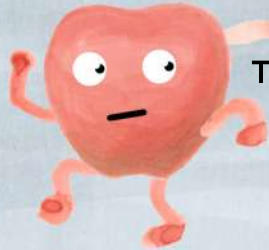
THERESA  
THE THYROID



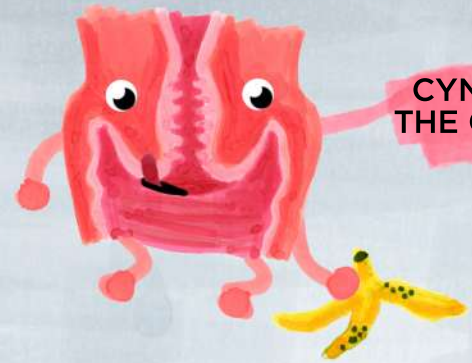
TED  
THE TESTICLES



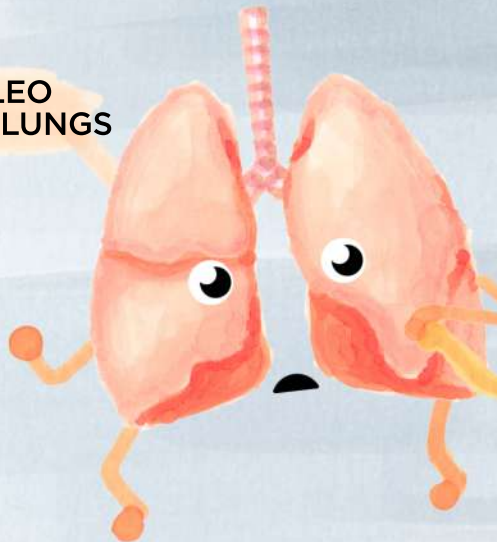
PABLO  
THE PROSTATE



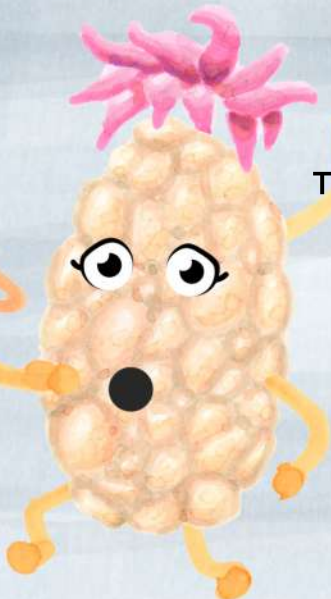
CYNTHIA  
THE CERVIX



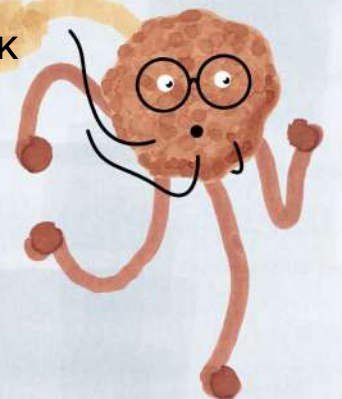
LEO  
THE LUNGS



OLIVIA  
THE OVARY



MARK  
THE MARK



ADAM  
THE ANUS



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# 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?

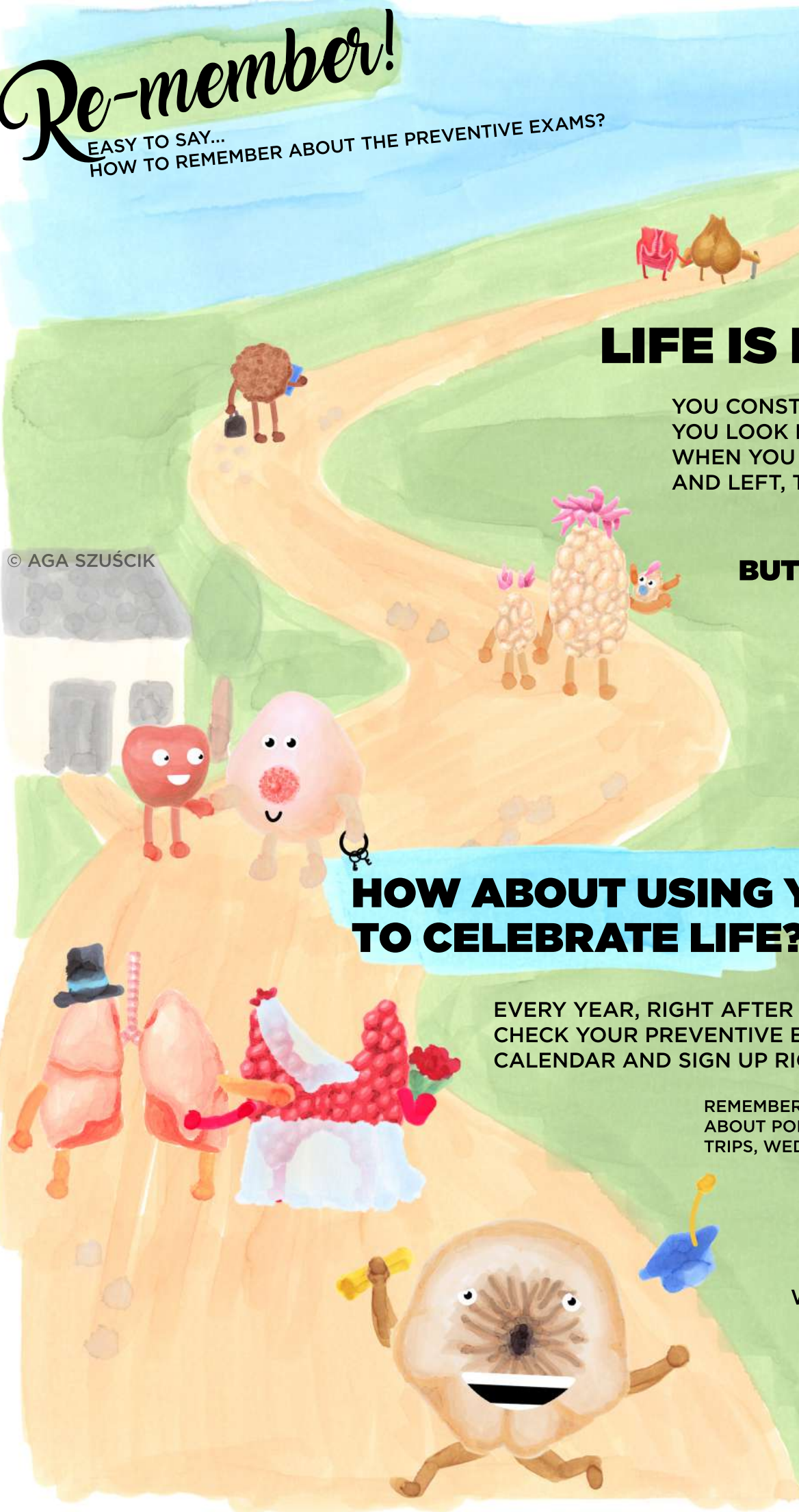
THE ROAD SURFACE IS YOUR HEALTH.  
DON'T RISK STUMBLING OVER THE POTHOLE  
OR FALLING INTO A DEEP PIT.  
REGULAR INSPECTIONS AND MAINTENANCE  
ARE HIGHLY NEEDED, AREN'T THEY?

## 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 (AFTER PERIOD, IF YOU HAVE IT) 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!

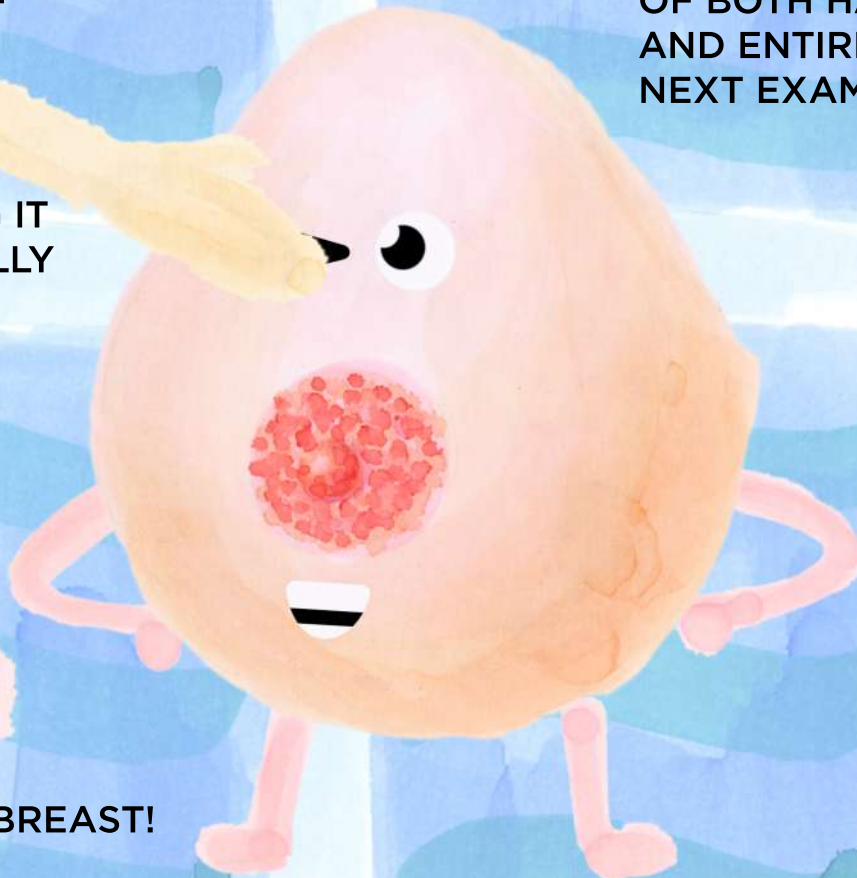
NOW EXAMINE THE TESTICLES, BY GENTLY SQUEEZING THEM WITH YOUR THUMBS AND THE FIRST TWO FINGERS OF BOTH HANDS, CAREFULLY AND ENTIRELY, INCH BY INCH. NEXT EXAMINE THE GROIN.

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!



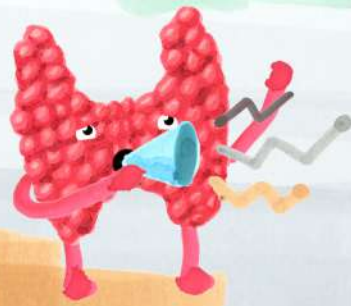
## WHEN BODY MOVES, CANCER HOLDS STILL!

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

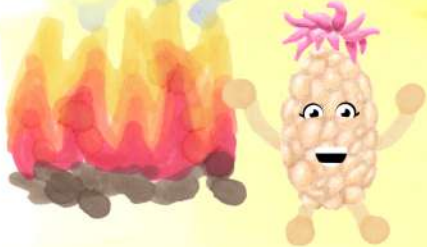
LIVE IN HAPPINESS AND FULFILLMENT,  
GET TO KNOW YOURSELF,  
ALLOW YOURSELF!

## 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

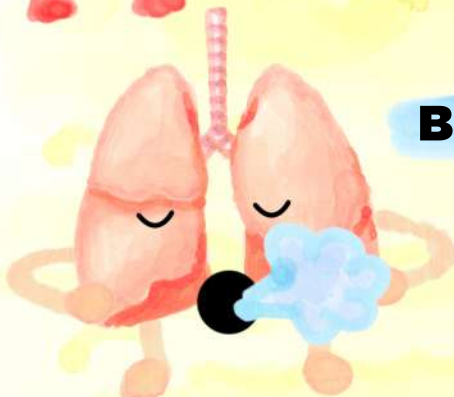


## TRY TO BE ASSERTIVE

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.

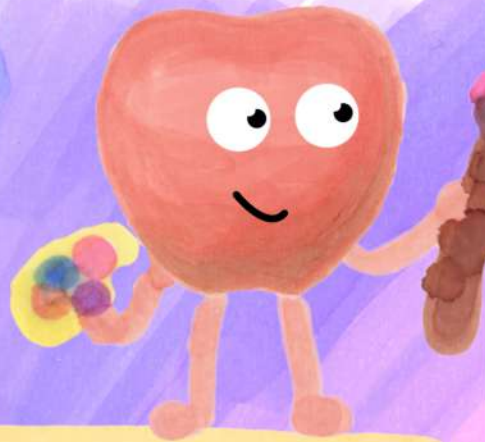


I WON'T SHOP TODAY,  
I'M DOING A TESTICULAR ULTRASOUND.





*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](http://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.

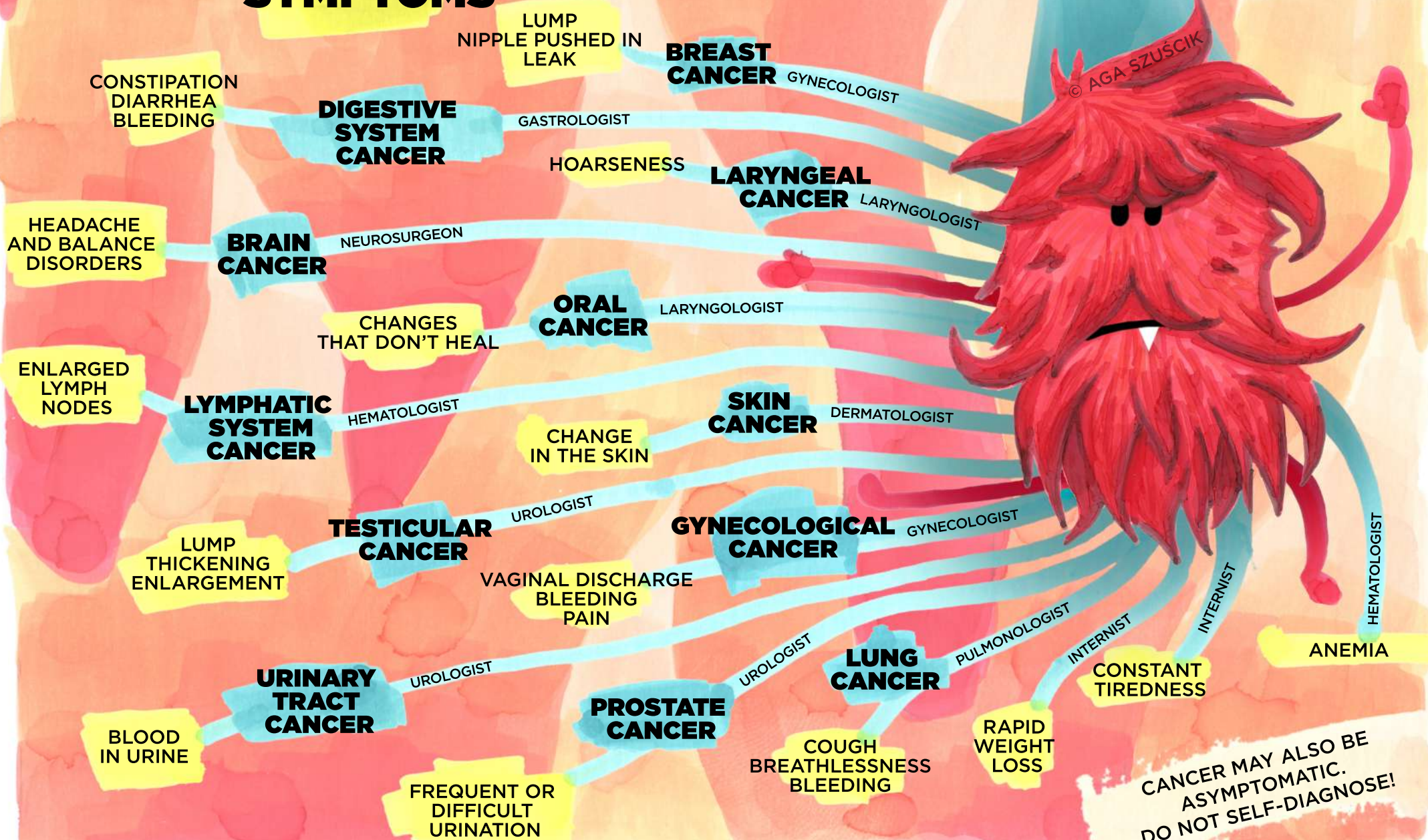
A BENIGN TUMOR HAS NO AMBITION TO SPREAD TO OTHER PARTS OF THE BODY. IT IS NOT LIFE THREATENING.

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

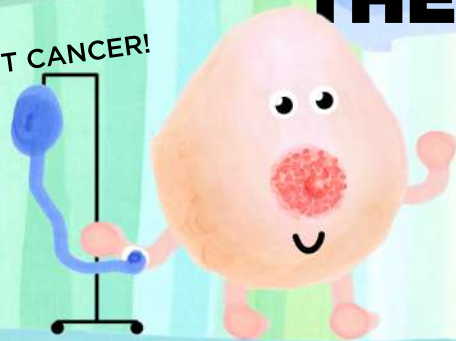


CANCER MAY ALSO BE ASYMPTOMATIC. DO NOT SELF-DIAGNOSE!

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# False friends

LET'S DEBUNK THE MYTHS ABOUT CANCER!



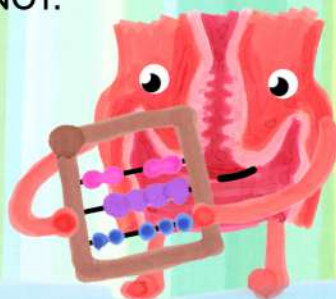
## THERE IS NO CURE FOR CANCER

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!



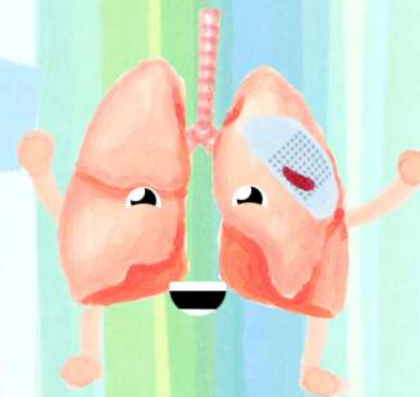
## CANCER = DEATH

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.

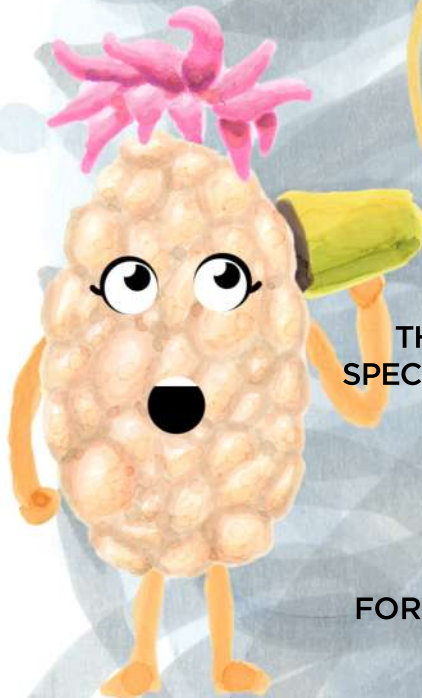
## **BE A FIGHTER!**

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

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**

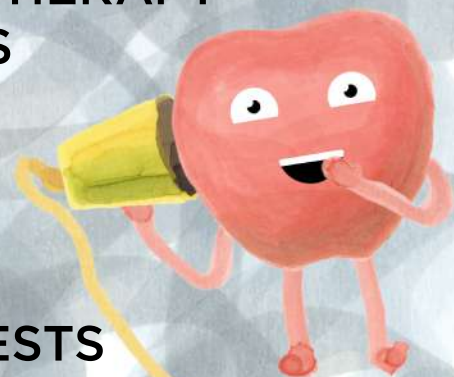
## RAK'N'ROLL FOUNDATION HELPLINE

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

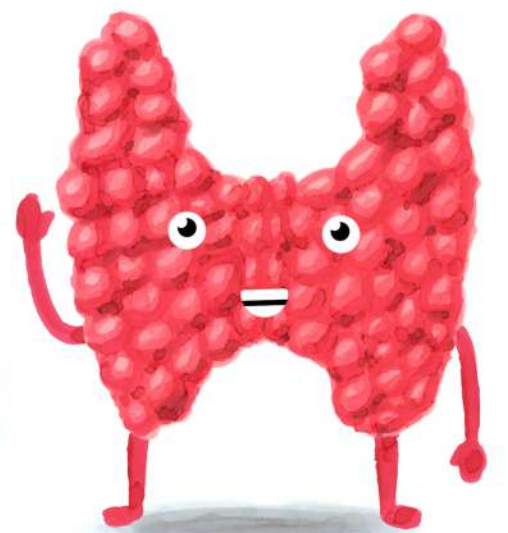
**500 459 450**

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

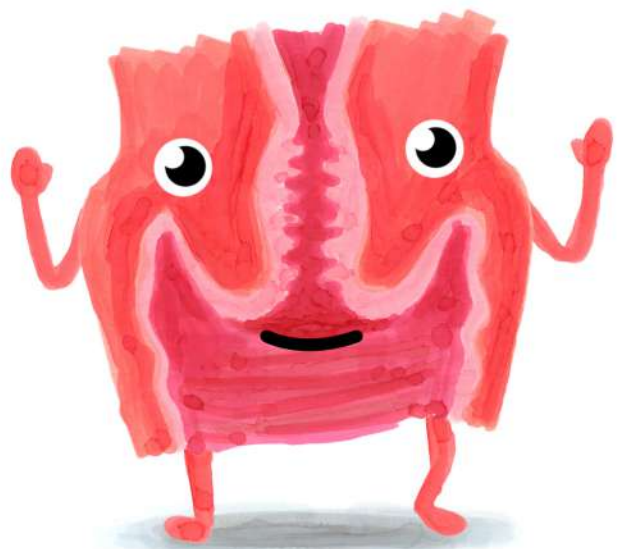
FEEL FREE TO JOIN THE GROUP  
OF PATIENTS WITH THE SAME  
TYPE OF CANCER!



# 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?



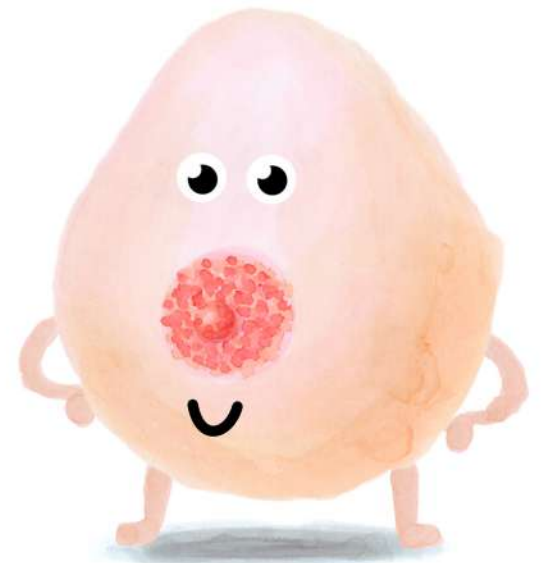
# HEALTHY COMMUNICATION

## 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.**

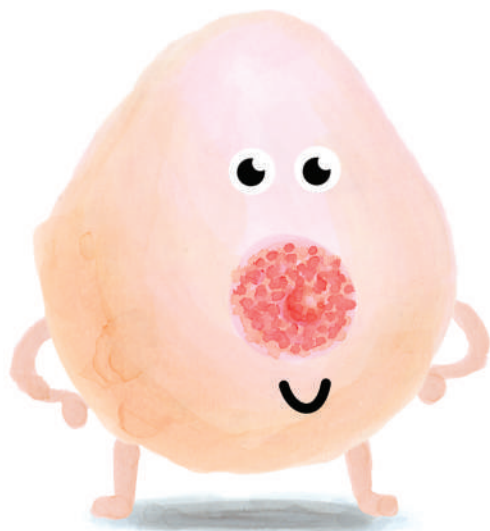
**Life happens here and now.**

**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.