Sources of More Information on Cancer

Books

Childhood Cancer Survivors – A Practical guide to your future
Written by Nancy Keene, Wendy Hobbie, Kathy Ruccione (2000)

What to do when they say “It’s Cancer” – A survivors guide
Written by Joel Nathan (1998)

Childhood Leukaemia – A guide for families Friends and Caregivers
Written by Nancy Keene.

Living with Childhood Cancer
Written by John Spinetta, Patricia Deasy-Spinetta (1981)

Childhood Cancer – Understanding and Coping
Written by Henry Eckert (1989)

Cancer Pain
Written by Roger Woodruff (1999)

Coping with Childhood Cancer. Where do we go from Here?
New revised edition 1993 David Adams, Eleanor Deveau

Gary’s Wish List
Mary Louise Selph (2000)

Making Cancer Less Painful – A Handbook for Parents
Patrick McGrath, Allen Finley, Catherine Turner. 1992

A Primer Of Brain Tumours – A Patient’s reference Manual
American Brain Tumour Association

Parent Library in Ronald McDonald Children’s Clinic
Children’s Books

What About Me? When Brothers and Sisters Get Sick.
Allan Peterkin (1992)

With Some Help From Our Friends. Keeping Well While on Cancer Treatment.
Amgen

Kathy’s Hats: A Story of Hope
Trudi Krisher & Albert Whitman (1992)

The C – Word Teenagers and Their Families Living with Cancer.

Chemo Girl – Saving the World One Treatment at a Time.
By Christina Richmond (1979)

The Jester Has Lost His Jingle
By David Saltzman (1995)

Dear Bruno
By Alice Trillin (1996)

By Charles M. Schulz

My ABC Book of Cancer
By Shannin Chamberlain.

Videos

Why Charlie Brown, why?
Children with Cancer ... the first days.
Oncology Unit, Royal Alexander Hospital for Children

What am I, Chopped Liver? Communication with Your Doctor
Starbright Videos

Understanding Leukaemia and related bone marrow disorders for adults
Leukaemia Foundation

CD Rom’s

Kidz with Leukaemia

These books and more are available in the Parent Library located in Ronald McDonald Children’s clinic. Please ask staff if you wish to borrow any.
Web sites related to cancer.

The web sites listed contain information that you may find helpful, there are many more site that have not been included. Please remember that it is important to discuss any information you may find on web sites with your treating doctor to check if it is relevant to your child.

Disease Information:
www.cancerbacup.org.uk – Welcome to Cancer Bacup

www.cancer.gov – National Cancer Institute – Cancer Information

http://www.nih.gov – NIH – Health Information

www.royalmarsden.org – The Royal Marsden Hospital

www.stjude.org – St Jude’s Children’s Research Hospital

www.acor.org – Types of Cancer

www.oncolink.upenn.edu/ - Oncolink - types of cancer

www.rch.unimelb.edu.au/haem_oncology/ - Women’s and Children’s Health

www.cancersa.org.au – Cancer Council of SA

www.leukaemia.com – Leukaemia Foundation

www.cancerindex.org/ - About Cancer – Guide to Internet Resources for Cancer

www.sch.edu.au/ - Sydney Children’s Hospital


www.outlook.life.org – Outlook Portal

http://is.dal.ca/~pedpain/ Paediatric Pain management
Children’s Sites

www.cancerkids.com – Children Learn about Cancer

www.kidswithcancer.com/ - Kids with Cancer

www.kidscope.org/ - Kids Cope Frames

www.cancersourcekids.com – a World of Understanding for Children and Parents

www.royalmarsden.org.uk/captchemo/adventures.asp for 9-12 year olds

Support Groups

www.campquality.org.au – Camp Quality

www.makeawish.org.au – Make a Wish Foundation

www.childhoodcancer.asn.au – Childhood Cancer Association

www.cancersa.org.au - Cancer Council SA
### Common Terminology

**Acute**
- starting suddenly

**Adjuvant chemotherapy**
- chemotherapy given after tumour surgery

**Alopecia**
- hair loss

**Anaemia**
- a decrease in the haemoglobin level

**Anaesthetic**
- **general** – when the patient is put to sleep and feels no pain
- **local** – when a part of the body is numbed by injection/cream

**Anorexia**
- loss of appetite

**Antibiotic**
- drug used in the treatment of bacterial infection

**Antibodies**
- protein substances which react against bacteria and other material

**Anti-emetic**
- a drug to prevent or alleviate nausea and vomiting that can sometimes be a side-effect of chemotherapy

**Apheresis**
- The process of removing a specific component from blood and returning the remaining component to the donor, in order to collect more of one particular part of the blood than could be separated from a unit of whole blood. Also called haemopheresis or pheresis.

**Artery**
- blood vessels that carry blood from the heart to the tissues and organs

**Aspiration**
- the procedure of removing by syringe and needle a liquid portion of (e.g.) bone marrow
**Audiology**

hearing test

**Autologous**

in blood transfusion and transplantation, a situation in which the donor and recipient are the same person

**B-Cell (B lymphocyte)**

a type of white blood cell normally involved in the production of antibodies to combat infection. The mature B cell is often called a plasma cell. An antibody ‘sticks’ to an antigen on a foreign cell, causing the antibody-antigen cell to be destroyed or to breakdown. Tumours of mature B cells result in B cell lymphoma and sometimes myeloma.

**Bacteria**

living one celled organisms that are only visible through a microscope. While most bacteria are harmless, they can cause disease if the body’s resistance is lowered

**Benign**

not cancerous

**Biopsy**

a procedure in which a small solid piece of tissue is removed either with a needle or by a small operation

**Blast**

an immature white or red blood cell

**Blood count**

the number of cells of different types contained in a sample of blood

**Blood transfusion**

the transfer of blood or blood products from one person (the donor) to another (the recipient) bloodstream
**Bolus**

intravenous drug administered over a short period of time

**Bone marrow**

the factory for developing blood cells inside bones

**Bone marrow aspiration**

the removal of a small sample of bone marrow (usually from the hip) through a needle for microscopic examination.

**Bone marrow transplantation**

a procedure in which diseased or damaged bone marrow is replaced with healthy bone marrow. The bone marrow to be replaced may be deliberately destroyed by high doses of chemotherapy and or radiation therapy. The replacement marrow may come from another person, or it may be the patient's own marrow (which was removed and stored before treatment). When marrow from an unrelated donor is used, the procedure is an allogeneic bone marrow transplantation. If the marrow is from an identical twin it is termed syngeneic. Autologous bone marrow transplantation uses the patient's own marrow.

**Cancer**

a general term for a large number of diseases characterised by uncontrolled, or abnormal growth of cells.

**Carcinogen**

a cancer causing agent.

**Cardio-**

to do with the heart.

**CBP**

Complete Blood Picture see FBE

**CT scan**

Computerised Tomography – a diagnostic x-ray procedure in which
a computer is used to generate 2 dimensional images.

**Cell**  
the basic building block of living things.

**Chemotherapy**  
treatment with anti-cancer drugs.

**Chronic**  
lasting a long time.

**Cross match**  
ensuring blood to be transfused is compatible with the patient’s blood.

**Chromosome**  
a thread-like structure which contains the genetic material, in the nucleus of a cell.

**CSF**  
cerebro-spinal fluid – the fluid produced within the brain, which bathes the brain and spinal cord.

**Central Venous Catheter (CVC)**  
permanent intravenous line made from a thin flexible silicone rubber tube.

**Cyto-**  
to do with cells.

**Cytotoxic drug**  
a drug which kills cells

**Diarrhoea**  
a passing of frequent watery stool

**DNA**  
deoxyribonucleic acid – a substance which contains information to direct activities of a cell; DNA is organised in long threads called chromosomes.

**Drip**  
see intravenous

**Drug levels**  
drug levels in the blood can vary between patients, even when the same dose is given. It is necessary to measure the blood level of some drugs to ensure an effective dose is given. Some antibiotics need to be
monitored in this way. For some drug levels it is necessary to collect the blood specimen by means of a finger prick to get an accurate recording.

**Dysfunction**
not working properly

**Echocardiograph (Echo)**
an ultrasound of the heart which is used to give information about the pumping efficiency of the heart.

**Electrocardiograph (ECG)**
records the rate, rhythm, and electrical activity of the heart.

**Electrolytes**
minerals that are required to provide the proper environment for the cells of the body. May be measured through a blood test.

**Embryonic cells**
undeveloped or immature cells

**‘EMLA’ (magic cream)**
a local anaesthetic cream used to numb the skin for painful procedures.

**Endocrine**
to do with hormones

**Erythrocytes**
red blood cells

**Febrile**
the presence of fever

**Fever**
when the body temperature rises above 37.5

**Finger prick**
the process of obtaining a sample of blood via a needle prick to the finger.

**Full Blood Examination (FBE)**
examines the blood and gives a breakdown on the number of red blood cells, white blood cells (total number and different types), and platelets circulating in the blood.
<table>
<thead>
<tr>
<th><strong>G-CSF</strong></th>
<th>Granulocyte-colony stimulating factor (G-CSF). A protein that stimulates the growth and maturation of neutrophils (White Cells).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gene</strong></td>
<td>a hereditary unit made of DNA, located on a chromosome; humans have many thousands of genes which control physical characteristics and body functions.</td>
</tr>
<tr>
<td><strong>Genetic</strong></td>
<td>inherited; passed on from parents to their children</td>
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<tr>
<td><strong>Glomerular Filtration Rate (GFRs)</strong></td>
<td>a test to measure the function of the kidneys</td>
</tr>
<tr>
<td><strong>Graft</strong></td>
<td>any organ or tissue that is transplanted to replace a part. The transplantation may come from one part of a person’s body to another, or from another person.</td>
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<tr>
<td><strong>Haematology</strong></td>
<td>the study of blood</td>
</tr>
<tr>
<td><strong>Haemoglobin</strong></td>
<td>the red, iron-containing pigment in the red blood cells, which carries oxygen to the tissues.</td>
</tr>
<tr>
<td><strong>Haemorrhage</strong></td>
<td>a general term for loss of blood from blood vessels</td>
</tr>
<tr>
<td><strong>Histopathology</strong></td>
<td>the study of body tissues</td>
</tr>
<tr>
<td><strong>Hormone</strong></td>
<td>a substance made and secreted by a gland and carried in the bloodstream to other parts of the body, where it has a specific effect on the way the body works.</td>
</tr>
<tr>
<td><strong>Immune system</strong></td>
<td>the body’s system of defence against disease, composed of white</td>
</tr>
</tbody>
</table>
blood cells, antibodies and other proteins

**Immunology**

the study of the body’s immune system

**Immunosuppressed**

when a person’s immune system is functioning at a lower than normal level.

**Infection**

when small organisms get into the body and cause trouble either at the site of entry or elsewhere in the body.

**Infusion**

a procedure in which a drug is administered directly into a vein over a period of a few hours

**Intravenous**

injected into a vein

**Liver Function Tests (LFTs)**

measures a variety of substances that reflect normal or abnormal liver function

**Lumbar Puncture (LP)**

lumbar puncture or spinal tap – a diagnostic procedure that involves taking and examining a sample of spinal fluid

**Lymph**

an almost colourless liquid carried in the lymphatic vessels

**Lymphocyte**

a type of white blood cell which helps fight infection either by producing antibodies (B lymphocytes) or other methods (T lymphocytes)

**Lymph nodes**

small, bean-shaped structures scattered along the lymphatic vessels, particularly in the neck, armpit or groin. They filter the lymph to remove bacteria and other harmful agents to prevent them from entering the bloodstream.
Lymph nodes also produce lymphocytes, a type of white blood cell. Lymph node positive test results show that cancer cells are present in the lymph nodes.

**Magnetic Resonance Imaging (MRI)**

a diagnostic test using a magnetic field to take pictures of parts of the body.

**Malignant**
cancerous; if a tumour is malignant it grows uncontrollably and can spread to other parts of the body

**Metastasis**
a growth of tumour cells (or ‘secondary’) at a site distant from the original tumour (or ‘primary’)

**Microbiology**
the study of infectious organisms

**Micrometastasis**
a tiny, undetectable deposit of tumour

**Myelosuppression**
a reduction in the number of circulating blood cells as a result of the toxic effects of chemotherapy on the bone marrow

**Nasogastric tube**
a fine plastic tube that passes in through the nose, down the throat and directly into the stomach. It is used to feed someone who has temporary problems with eating or swallowing.

**Neutropenia**
a low neutrophil count (less than $1.0 \times 10^9$/ml)

**Neutrophil**
a type of white blood cell which helps fight infection by destroying bacteria

**Oncogene**
growth gene sometimes involved in cancers
Oncology  
the study and treatment of cancer

Osteo-  
to do with bones

Petechiae  
small red spots (bruises) on the skin that usually indicate a low platelet count

Peripheral line  
an intravenous line inserted into one of the veins in the hand, arm, or foot

PET scan  
Positron Emission Tomography, a highly specialised imaging technique using short-lived radioactive substances. This technique produces three dimensional coloured images. PET scanning provides information about the body’s chemistry not available through other procedures. Unlike CT (computerised tomography) or MRI (magnetic resonance imaging), which look at anatomy or body form, PET studies metabolic activity or body function.

Platelets  
small cells involved with blood clotting

Pre hydration  
intravenous fluids necessary prior to certain chemotherapy

Post hydration  
intravenous fluids necessary following certain chemotherapy

Port  
a central venous catheter surgically inserted under the skin usually he chest wall. It provides quick and easy access to the blood and can be left in place for a long time.

Prognosis  
the outlook or expected outcome of a disease
<table>
<thead>
<tr>
<th><strong>Prophylaxis</strong></th>
<th>preventative treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protocol</strong></td>
<td>the plan of treatment</td>
</tr>
<tr>
<td><strong>Push</strong></td>
<td>the manual administration of an intravenous medication over a short period of time.</td>
</tr>
<tr>
<td><strong>Radiotherapy</strong></td>
<td>the use of x-rays, radiation from radioactive substances, and other similar forms of radiant energy, in the treatment of disease</td>
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<tr>
<td><strong>Red Blood Cell (RBC)</strong></td>
<td>blood cells that pick up oxygen from the lungs and transport it to tissues throughout the body</td>
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<tr>
<td><strong>Relapse</strong></td>
<td>state where clinical assessment and/or test show that the cancer has returned</td>
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<tr>
<td><strong>Remission</strong></td>
<td>state where clinical assessment and/or tests show no evidence of cancer</td>
</tr>
<tr>
<td><strong>Secondary</strong></td>
<td>(see metastasis)</td>
</tr>
<tr>
<td><strong>Stem Cells</strong></td>
<td>early bone marrow cells, which have the potential to infinitely self-renew, and give rise to all cells in the blood (red cells, white cells and platelets)</td>
</tr>
<tr>
<td><strong>Thrombocytopenia</strong></td>
<td>decreased number of platelets in the peripheral blood</td>
</tr>
<tr>
<td><strong>Tumour</strong></td>
<td>an abnormal lump of tissue formed by a collection of cells; it can be benign or malignant</td>
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<tr>
<td><strong>Ultrasound</strong></td>
<td>the use of very high frequency, inaudible (not able to be heard) sound waves that are transmitted into the body to create a picture of</td>
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</tbody>
</table>
the underlying structures. It is a painless procedure

**Vein**  
blood vessels that carry blood from the tissues and organs back to the heart

**Virus**  
a group of tiny organisms, smaller than bacteria that can produce diseases

**White Blood Cell (WBC)**  
blood cells with the chief function of protecting the body against foreign substances. WBC are divided into groups with different functions.

**X-Ray**  
radiation that can be used to penetrate solid to form a picture.