



# ***FAQ's about Living with Cancer***

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## FAQ's



- I should be coping better.
- Dealing with the “Deep and Meaningful”.
- What should I tell my children?
- Why doesn't he understand?
- Is my doctor really interested in how I feel?
- Am I going to die?
- Why don't I feel normal now that my treatment is finished?
- How can I be realistic and remain hopeful?



*I should be coping better*



Patients recall  
only 25% of  
information  
discussed in a  
cancer  
consultation



# *Deep and Meaningful?*

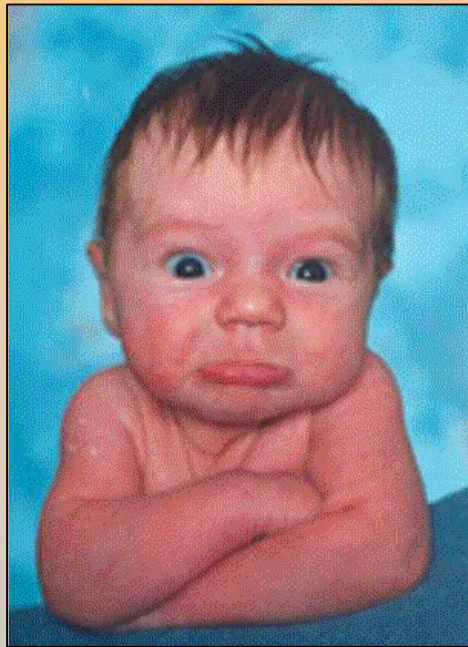




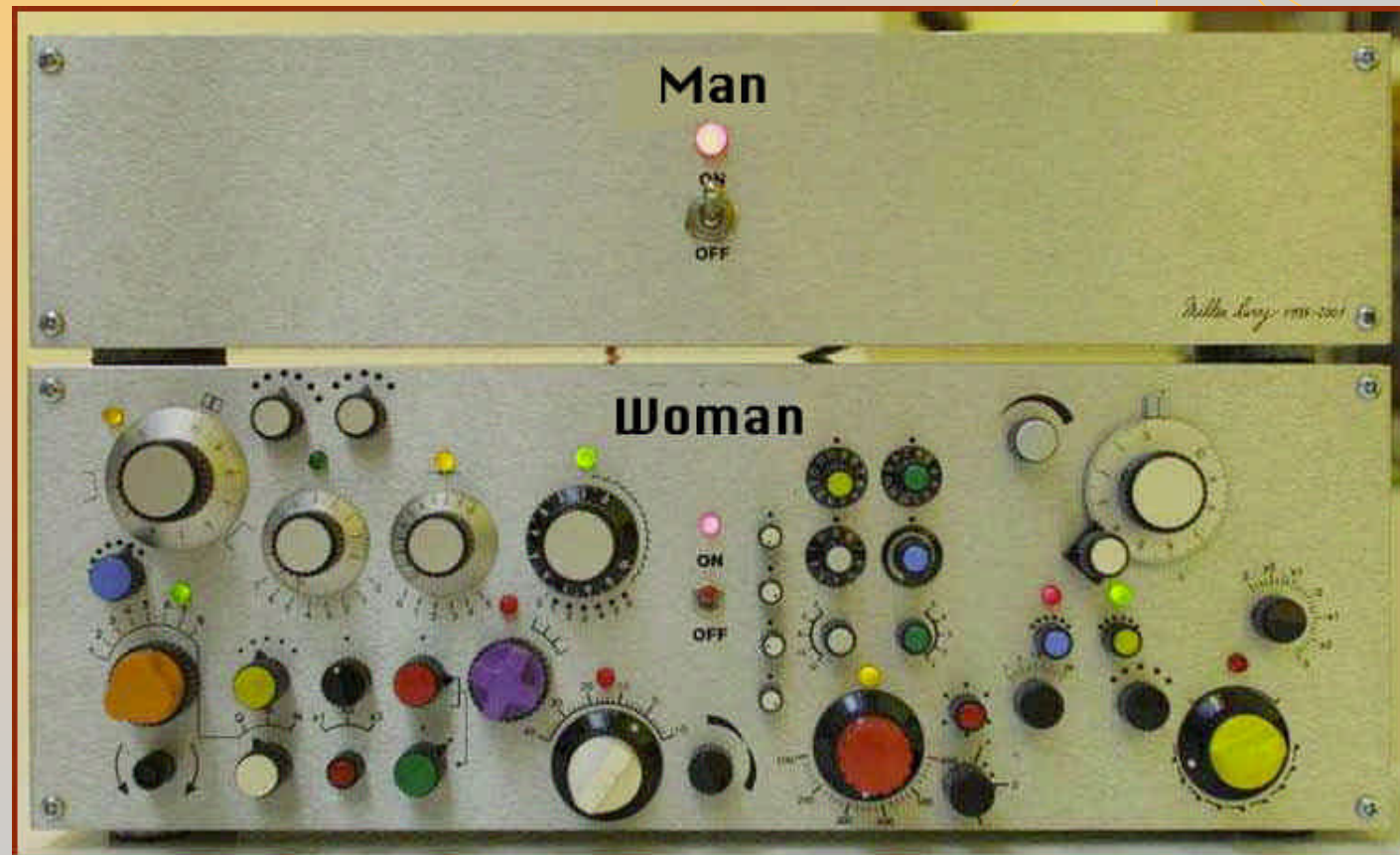


# *What should I tell my children?*

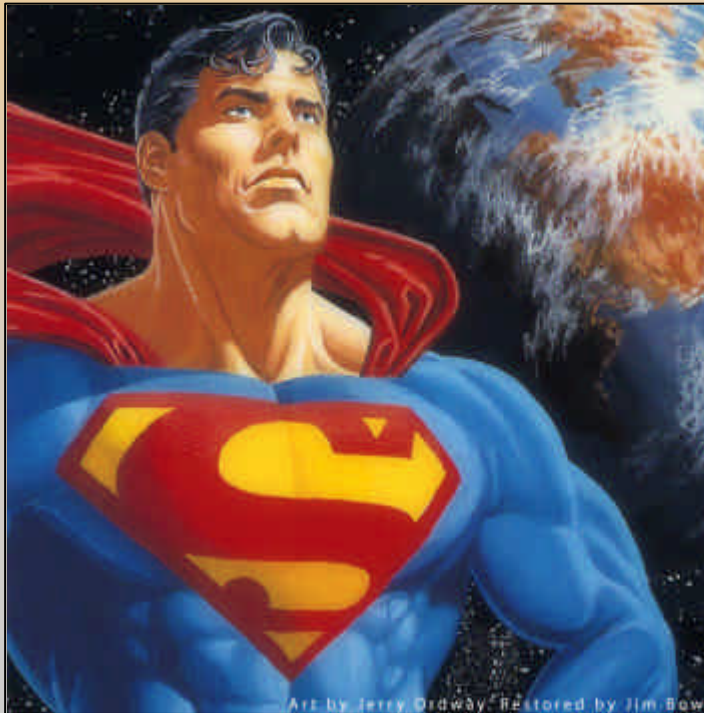
When they  
need us most  
...we're mostly  
not there



*Why doesn't he understand?*



*He's trying to be Superman*



Art by Jerry Ordway. Restored by Jim Bowers at CapedWonder.com







## *5 rules for healthy relationships with men*

1. It is important that a man helps you around the house and has a job.
2. It is important that a man makes you laugh.
3. It is important to find a man you can count on and who doesn't lie to you.
4. It is important that a man is good in bed and loves making love to you.

**It is important that these four men don't know each other.**



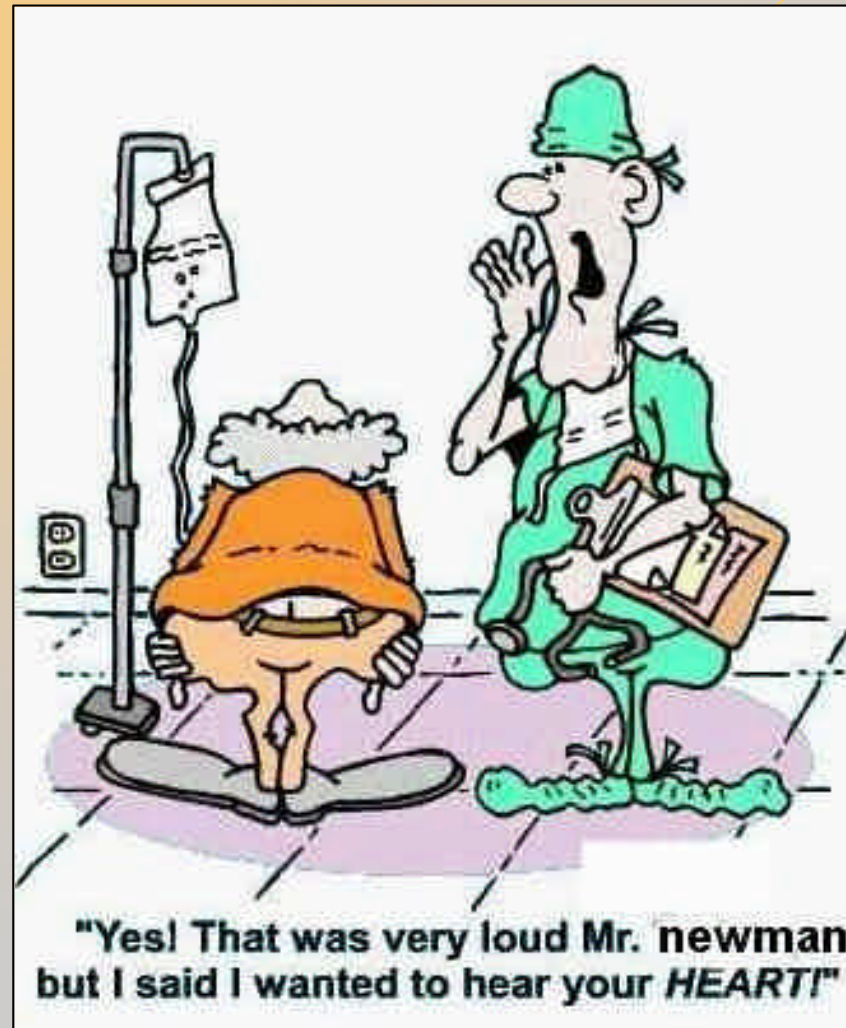


## *5 rules for healthy relationships with doctors*

1. It is important that a doctor is practical and has expert knowledge in their job.
2. It is important that a doctor makes you laugh.
3. It is important to find a doctor you can count on and who doesn't lie to you.
4. It is important that a doctor is good in tight places and supports you emotionally.

**It is important that these four doctors do know each other.**

*Is my doctor really interested  
in how I feel?*





## *Oncologists responding to emotion*

	Responded		Not responded		Total	
	Sum	%	Sum	%	Sum	%
Informational cues	498	72	195	28	693	68
Emotional cues	89	28	230	72	319	32
Total	587	58	425	42	1012	100



# Efficient, effective consultations

**Control  
(n = 158)**

**32.09 min**

**Prompt Sheet  
alone  
(n = 79)**

Recall 44%  
Anxiety 37

**34.36 min**

**Prompt Sheet  
+ Proactive Dr  
(n = 81)**

Recall 52%  
Anxiety 31

**28.5 min**

20

25

30

35

Brown RF, Butow PN, Dunn SM, Tattersall MHN. Promoting patient participation and shortening cancer consultations: a randomised trial. Br J Cancer 2001; 85(9):1273-79.



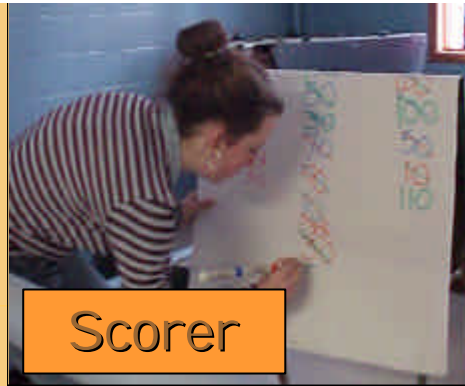


# *Living with dual realities*





Player



Scorer



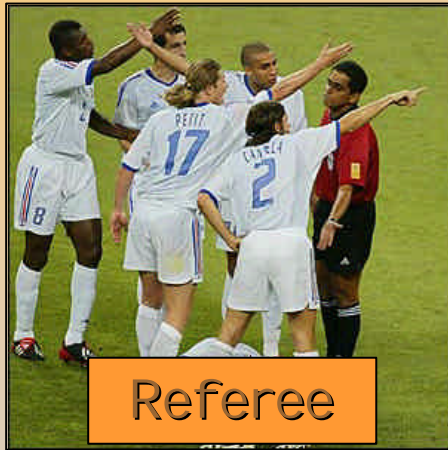
Sponsor



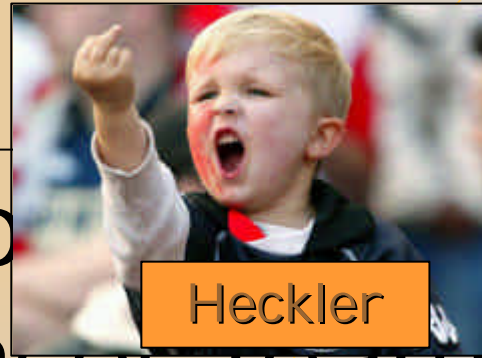
Supporter



Captain



Referee



Heckler

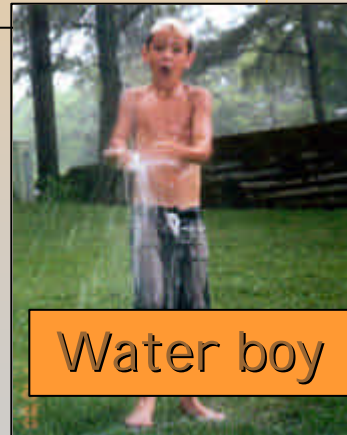


Manager

Coach



Armchair critic



Water boy



Streaker



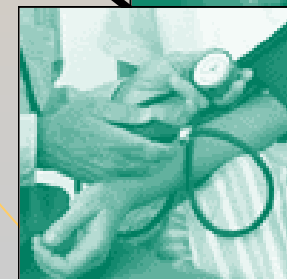
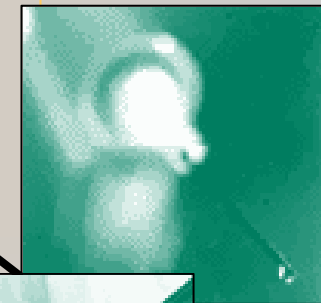
# *The doctor-patient relationship*

*“He  
knows  
how I  
look  
inside”*





# *Am I going to die?*







*To know that one's living  
has had a profound impact*

*To know that one's dying will not*



It's important to  
be optimistic  
if you want  
to beat  
cancer



# *Optimism and survival in metastatic melanoma*

124 patients with metastatic melanoma

Controlling for 1<sup>o</sup> characteristics, metastatic site, treatments etc.

“Optimists” lived twice as long as “non-optimists”



# *Reasons for optimism*

## **Breast Cancer**

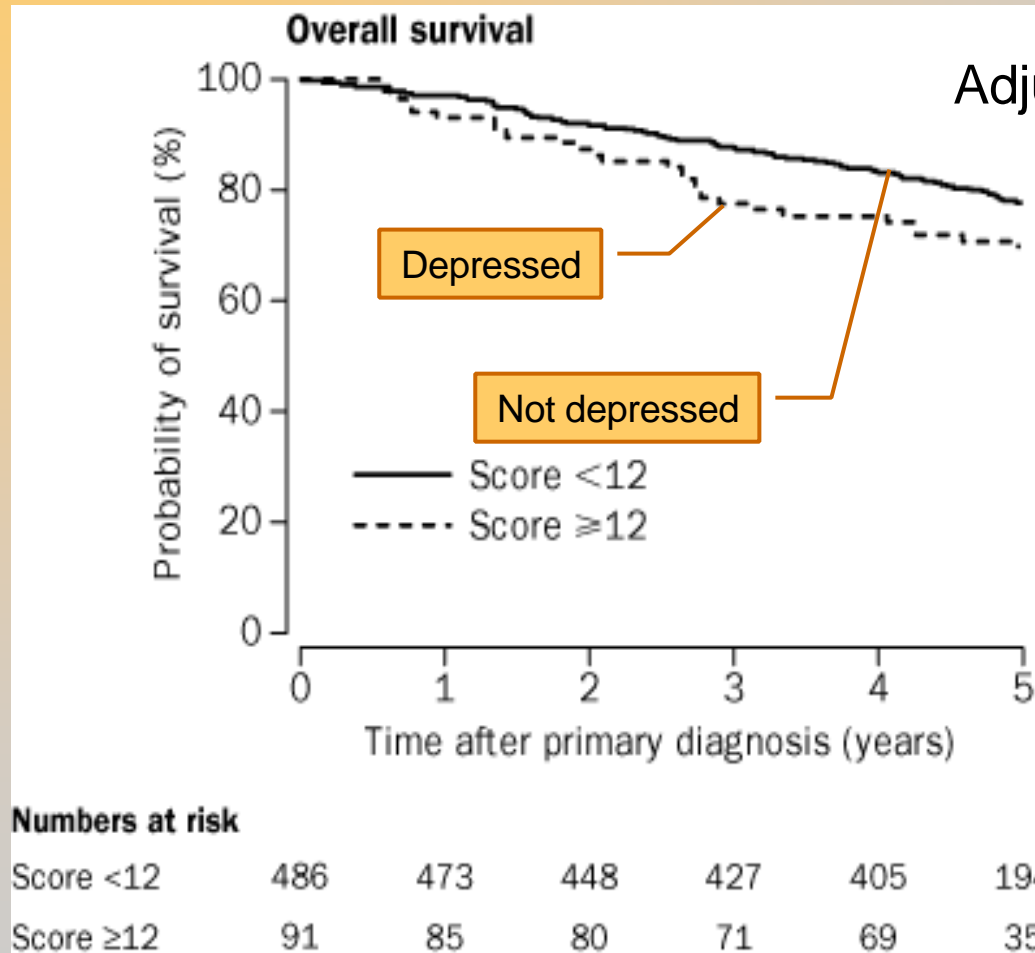
- ☆ Genetic mutations
- ☆ Risk-reducing agents (endocrine)
- ☆ Digital mammography
- ☆ Ultrasound with contrast media
- ☆ Magnetic resonance
- ☆ New radio-guided techniques
- ☆ Conservative surgery (axillary nodes)
- ☆ Sentinel node biopsy
- ☆ Intra-operative radiation with electrons
- ☆ Biomolecular targeting

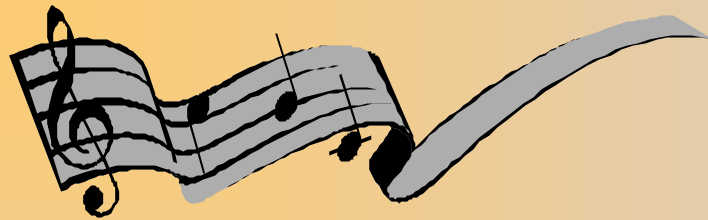
**Cancer mortality rates have been declining at an average of 1.7% for men and 1.3% for women since 1993**





# Depression is a risk factor





*The  
second  
movement*



Courageous

Better human being

Inspiration

A good ending

Disengaged

Set apart

Parallel universe

All else is trivial

Move on

Put it behind you

Pervasive and continuing

Existential issues - not psychopathology



*How can I  
be realistic  
and remain  
hopeful?*







## *Conclusions*

- You're probably coping remarkably well
- Tell people how to act
- Talk to your children & grandchildren
- Find a doctor you trust to worry about you professionally
- Live each day
- Allow yourself time to feel bloody miserable
- Nurture realistic optimism
- Accept you will forever be different

