My Bowel Cancer Journey 2017 - 2018

Keith (Norm) Hoffmann Aboriginal Health Promotion Officer Primary Health Care Outreach TEW

Investigation and Testing







Sent x 3 Vials For Testing

Referral To AWCCC



Talk With Chemo DR Who Explained What's Next

Treatment



Had x 2 Chemo Tablets



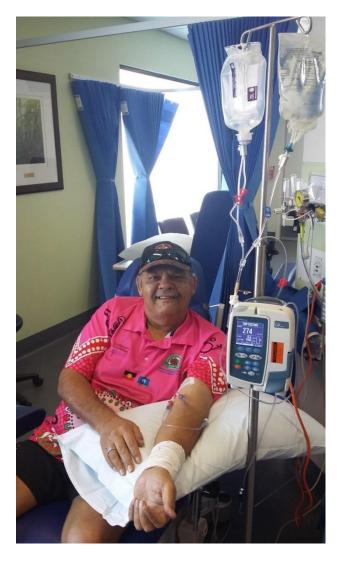
Radiotherapy For 5 Weeks To Shrink Them

Treatment



Surgery To Remove x 2 Cancers With Bowel Now Sitting Lower Part Of My Belly And Colostomy Bag Attached

Treatment



Started Chemo At AWCC For 8 months - Once Every Fortnight for 3 hours

Post-treatment



Treatment Finished After 8 months Had Colostomy Bag And Pic Line Removed

Post-treatment



Talk To Nutritionist About What I Can and Cannot Eat

A year later...



Surgery to look at bowel Drs happy they are gone

From Working to Centrelink Benefits

- > No leave entitlement left
- > Centrelink sickness benefits
- > Strong management support

Ongoing issues from the chemotherapy

> Tingling sensations with hands and feet

Support from my family and friends

- > Family making healthy breakfast, lunch and dinner
- Mates taking me to the footy and club
- > Taking our grandsons to the park and pools
- Catching up with mates and passing on my experience and journey

Going through this Journey was very, very tough because at stages I thought I cant do this, or I've had enough, and if it wasn't for my Family/Friends who supported me, I will probably not be here today.



Make sure you do your bowel screening tests - it could save your life!

This is me now

