

Dear Friends,

As Co-Chairman of the Cancer Fund, I thought I would share with you some of my thoughts having recently past the fifth anniversary of survivorship. I feel a great sense of gratitude that I am in remission. It has made me reflect on the day I was diagnosed with cancer and the physical and emotional ups and downs throughout my cancer journey. Cancer does not stop because of the Coronavirus; my thoughts go out to all those who are being diagnosed and told they have cancer every day.

I thought I knew a lot about cancer until I found myself on the receiving end. Going through the treatment was challenging to the extreme. It was the uncertainty of what laid ahead that was harrowing, what the side-effects of the treatment might do to the body and mind, how would this affect my work, my daily life, and my relationships with those around me, would I ever be normal again?

Not wanting to add to Sally's emotional burden, I was able to turn to the Cancer Fund professional team who were able to answer my questions and concerns and how to deal with my stress levels, emotions and side-effects of chemotherapy. Their social worker, Tommy was able to assure me that much of what I was feeling was expected. Katrina, the oncology nurse gave me practical advice on how to improve my poor blood circulation, how to build up muscle strength in the body, arms and legs. Fion, the dietician designed a meal plan for me, as I had lost a lot of weight. She also advised on the right supplements for my cancer. They gave me the hope and confidence that I so desperately needed.



Thinking of all those who are now going through chemo treatment, I remember what a huge toll it took on my body. I had problems with my balance and experienced many black



outs. I turned to the Cancer Fund Wellness programmes. I was advised to join yoga, chi gong and other classes, run by professional teachers, where I learned breathing techniques to improve better circulation, exercises to build up muscle strength, improve stability and balance. Today I am still going to their yoga classes.

Keeping a diary at that time at Tommy's suggestion, I was able to express how I felt emotionally and physically from day-to-day. It was such good advice as I was able to release my inner feelings; I also noticed a pattern of good days and bad days usually following treatments.

With the current pandemic, I understand very well the vulnerability everyone is feeling especially those who have experienced cancer. Every day is a gift, I am grateful to be able to look forward to more precious moments with my beautiful grandchildren - watching them grow gives me the greatest joy.

And my amazing wife, Sally, who has been my rock throughout this journey.

And a huge thank you to the many donors whose generosity have made it possible for the Cancer Fund to provide their much needed professional help to ensure no one faces cancer alone.



Yours sincerely,

Robert Lo