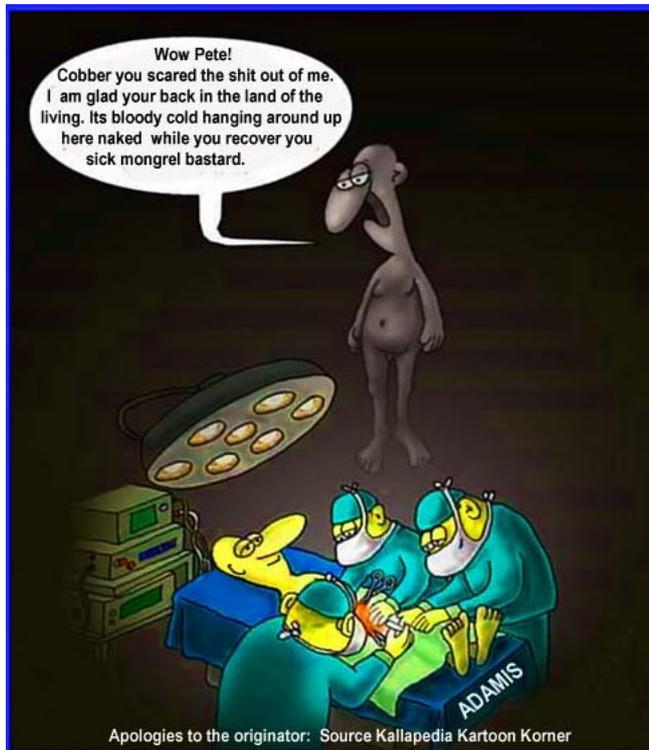


A PERSONAL CANCER HEALTH UPDATE MESSAGE

Peter Adamis Abalinx - 29 November 2015



As always I like to make light of matters concerning myself, but there is some good news. It has been in excess of three months since I was first diagnosed with a very poor outcome.

The news I have to pass on is certainly positive but not yet reached the pinnacle of success or come to a definite conclusion. All that I can say is that we are moving in the right direction slowly and carefully every step of the way.

The Oncology Cancer Consultant has given me six weeks off to strengthen my body for hopefully the last chemotherapy in early January 2016. Apparently I have an infection which needs to be eradicated before the final heavy dose.

I have apparently responded well so far given the original two grim diagnoses which have surprised the oncologist consultants. Although the final diagnosis is that I have a very nasty and aggressive Lymphoma, I still have a long way to go to the end of the tunnel. The cancer name that I have been diagnosed with now is CD5 + DLBCL (CD% - Diffused Large B-Cell Lymphoma). However from what I can gather given my limited knowledge of such matters is that there is some light at the end of the tunnel.

I am hoping that with wise management, the infection disappears and I gain the strength to handle the final heavy dose of chemotherapy. I cannot be amongst crowds, must keep away from working in the garden, and distance myself from those who have colds, infections and/or bugs. But this is to be expected and although I must get out and walk to build up the strength I have lost, I must keep the above in mind. We dont know the future other than to add that we are on firmer ground than we were three months ago and look forward to seeing the end of the tunnel in the future.

FIVE YEAR SURVIVAL PERIOD.

At the end of the treatment there is what cancer survivors and oncology consultant call the five year survival cycle. What this means is that in the first twelve months checks are conducted every month. This is followed by the next two year checks conducted every three months and finally another two years at checks every six months. If at the end of the five year period, the cancer has not returned the patient is considered cured.

SCENARIOS. In short, consider these scenarios. Two very, poor diagnoses resulting with end of time fatal prognosis. Making decisions that meant preparing for the next journey and leaving everything behind. Following the consultant's advice diligently and hoping for the best. In and out of hospital, keeping away from people and crowds; staying at home and being a recluse, watching diet and on medication.

Writing articles and using social media to stop one from going insane. Climbing the mountain, step by step, hoping that the answers can be found at the top. To a point near the top where there is some measure of success and remission from this arduous climb to health and well being.

CREATOR. For those that dont know, I do have a strong belief in the faith that there is a creator, otherwise why are we here in the first place. I have never been afraid of dying and as such my faith in the creator (call him what you like, God, Allah, Yahweh they all mean the same) has not diminished. I have drawn much courage from my beliefs and faith in the creator being there for me at all times throughout my life.

FAMILY. My wife has been a tower of strength and without her life would have been far more difficult and more time spent in hospital. I can never find the words to truly express my love for her support throughout this very difficult period. She is a bloody marvel. Mind you as couples we still have our moments. My sons, family and relatives have been great, extremely supportive and I thank them for their visits and being there for me.

SOCIAL MEDIA. Thank you to all the wonderful people out there in social media who I have met and not met. You are all truly a marvellous mob. I have been overwhelmed by the many kind words of encouragement. Thank you for putting up with my articles and for your constructive criticism.

MILITARY. I want to thank everyone whom I have met in my time within the Royal Australian Regiment (Military), especially thank those blokes who I have never met but who have endured the training as a digger and of the RAR. Those who have worn the uniform of Australia will truly understand what I am saying and that mateship means much to me even though we have long since left the active ranks of service.

POLITICAL. To all my political mates, there is nothing better than a simple 'Thank you' to express my sincere appreciation for being there for me. There are many who I cannot name but they know who they are who have been very encouraging and supportive and pleased to see that our friendship was not based on politics alone.

HELLENIC COMMUNITY. The Hellenic community response has been an emotional roller coaster which has emotionally overwhelmed me. I thank my Laconian friends, yes even my Cephalonian, Thracians and Messenian mates. A special vote of thanks to Nick Bantounas, Peter Vlahos, Con Zois and the many, many others who have continually rung and kept in touch with me during this difficult time.

CANCER SURVIVORS. To those who have been through the cancer treatment and are managing the illness, thank you for your enduring kind words of encouragement. Many of you I have met through social media and have never met. I pay tribute and salute their courage in overcoming this illness that strikes at any time and unexpected.

In conclusion, I wish everyone a very Merry Christmas and a Happy and safe New Year. I will keep all interested updated at the end of January 2016 and the final chemotherapy treatment.

Thank you again. Stay strong; keep the faith and thank you.



Peter Adamis is a Journalist/Social Media Commentator and writer. He is a retired Australian military serviceman and an Industry organisational & Occupational (OHS) & Training Consultant whose interests are within the parameters of domestic and international political spectrum. He is an avid blogger and contributes to domestic and international community news media outlets as well as to local and Ethnic News. He holds a Bachelor of Adult Learning & Development (Monash), Grad Dip Occupational Health & Safety, (Monash), Dip. Training & Assessment, Dip Public Administration, and Dip Frontline Management. Contact via Email: abalinx@netspace.net.au or via Mobile: 0409965538