



English script for 'Blood cancer information in Punjabi' video

This is a film by Blood Cancer UK, the UK's specialist blood cancer charity.

In this film, we will tell you about blood cancer, and ways to get support and information in your own language.

Being told you have blood cancer can be frightening. It's natural to feel scared, overwhelmed or sad. But there are effective treatments for blood cancer, and lots of people today survive blood cancer.

There is lots of support available to help you understand and accept your diagnosis, both from your medical team and from Blood Cancer UK.

Let's start by finding out about blood cancer.

What is blood cancer?

Blood cancer is the fifth most common cancer in the UK. There are around 280,000 people living with or after blood cancer.

It is a type of cancer that affects your blood cells. Your whole body is made up of cells, including your blood.

When you have blood cancer, something goes wrong inside your blood cells, and your blood stops working properly.

We know that blood cancer starts with a problem in the DNA inside cells, but we don't know exactly why this happens.

It's not your fault though. Lifestyle factors like smoking and diet do not play a big role in blood cancers, so you have not done anything to make it happen.

Also, you cannot catch blood cancer or pass it on to someone else.

The main types of blood cancer are leukaemia, lymphoma, myeloma, myelodysplastic syndromes (MDS) and myeloproliferative neoplasms (MPN).

They all develop differently and need different treatments.



How is blood cancer treated?

Many types of blood cancer are treated with chemotherapy, but there are other treatments. Some people have treatment in hospital, and others can take tablets or injections at home.

In some types of blood cancer, the aim of treatment is to get you into remission. That means there is no sign of the cancer, or there is such a low level that it does not cause any problems.

For other types of blood cancer, treatment aims to control the cancer. That means you can live with blood cancer and still have a good quality of life.

Some people with blood cancers that grow very slowly might not need treatment straight away. They can be monitored by their healthcare team, sometimes for many years, until they do need treatment.

If you have blood cancer, you probably want to know what will happen in the future. This is called your prognosis.

Your prognosis is very individual to you. Things that affect your prognosis include your type of blood cancer, how early it was detected, how you respond to treatment, your age, and your general health and wellbeing.

To find out about your prognosis, speak to your medical team. They know your individual situation and can help you understand what it means for you.

About your appointments

Your hospital treatment should be free on the NHS if you live in the UK permanently.

You do not have to be British or be born in the UK. But you do need to be here legally and have the right to live here. You may hear this called settlement, or indefinite leave to remain.

NHS cancer care is also free for refugees and asylum seekers.

If you need or prefer information in Punjabi, you can ask for an interpreter to be there in your appointments. Let the hospital know as early as possible so they can arrange this.



Even if you have a family member or friend who can translate, it is a good idea to have a professional medical interpreter. They can ensure you get accurate information about your condition – including any private or sensitive topics that you might not want to discuss in front of a relative or friend.

Whatever your language or background, you can expect the same level of care as any other patient. Try to build a good relationship with the people in your medical team. Be honest about how you are feeling – the more they know, the better they can help you.

It is also important to discuss the things that matter to you. This includes anything from treatment options and side effects to advice on your diet, or how to meet your religious or spiritual needs during treatment.

Even if your medical team do not share your culture or religion, they should respect and support your personal wishes and beliefs.

You can ask to see a female or male doctor if this is important to you. If a different doctor is not available, you can ask for another person to be in the appointment with you. This person is known as a chaperone.

This might delay your treatment if no-one is available straight away, but it is your right to wait if you prefer.

Remember, you should have the name and contact details of someone in your medical team. This will usually be a nurse, like a clinical nurse specialist (CNS). You should contact them if you have any problems or questions in between appointments.

Things you can do

There are lots of things you can do to help yourself and improve your chances of staying well.

Eat well. It's best to have a healthy, balanced diet with plenty of fresh fruit and vegetables. Your medical team can let you know if there's anything you need to eat more or less of.

Speak to your medical team before taking any supplements, herbal or ayurvedic medicines. Some of these could be harmful while you are having treatment for blood cancer.



Keep active. Keeping yourself moving will help. Do what you can, and listen to your body. Even a five-minute walk is good for you.

Watch out for signs of infection. If you get an infection when you have blood cancer, it could become serious quickly. Tell your medical team straight away if you get any possible signs of infection, such as a temperature, or cold or flu symptoms. This is very important – do not wait until you feel very unwell.

Ask about financial help. Don't be embarrassed to ask about money, it's a very common question. You might be able to get certain benefits, and help with energy or food costs. You can also get free prescriptions, and help with the cost of parking and travel to the hospital.

Get your vaccinations. Vaccinations can help your body to fight infections, so speak to your medical team about which vaccinations to have and when.

It can be harder to avoid infections if you live with lots of people or often have visitors at home. Open windows as much as you can and try to encourage people to avoid close contact, or ideally postpone their visit, if they are unwell.

Getting more support in Punjabi

Blood Cancer UK are here to support everyone affected by blood cancer.

If you have any questions about your diagnosis or just want to talk, our support line is here for you.

You can talk to our blood cancer nurses in Punjabi using an interpreter, free of charge. To use the service, call **0808 2080 888** and say you speak Punjabi.

They will ask for your phone number and call you back after around 5 minutes, with an interpreter on the call.

Blood Cancer UK are here for you.