

# INSPIRING

HIDDEN  
STRENGTH  
RESILIENCE  
ENERGY  
CANCER  
UNITED BY  
● UNIQUE  
FAITH  
DREAM BIG  
SINCERE LOVE

TRANQUILITY  
PUSH  
SMILE  
SELF-BELIEF

# POETRY

By The FST team

● SHARE YOUR STORY  
WORLD Cancer DAY.ORG



World  
Cancer Day  
4 February

UNITED  
BY  
UNIQUE\*

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# PUSH BUSH



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# PUSH buzh

Cancer can turn your life upside down,

Please smile and do not frown.

Push,

Take you time, not everything needs to be in a rush.

Do not underestimate the value of each member at a GP, hospital,  
organisation, charity, or health center.

Politicians and organizations debate to help with law, public health, and  
finance

Hospital bosses and managers help with facilities and maintenance.

Domestics and cleaners hygiene the buildings and areas,

Office staff make appointments, letters, emails, and any administrative  
carriers.

Porters send patients to departments because their mobility is on the low.

Nurses give tablets, daily observations, cleanse, and care for patients on  
the go.

Doctors refer, review care plans, and tests and analyze results,

Surgeons work with the tools and knife,

Removing any tumours and maximizing the patient's expectancy in life.

Health charities raise awareness and funds for research through events  
and marathon laps.

Volunteers help where necessary and fill any gaps.

Ambulances came to the rescue,

Saving lives too.

Do not underestimate anyone's presence,

In a healthcare system, everyone is a glowing moon crescent.



**FAITH  
WITH**



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# FAITH EVLH

Cancer can turn your life upside down,  
Please smile and do not frown.  
Faith is what brings you together,  
No matter what kind of weather.  
When your faith shakes,  
Try and grow it again slowly no matter how  
many times it breaks.

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# DREAM BIG DREAM BIG



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# DREAM BIG DREAM BIG

Cancer can turn your life upside down,  
Please smile and do not frown.

Upon hearing a diagnosis,  
Naturally, we lose our focus.

But give yourself a reason to carry on,  
Your future is still shining like the sun.

Don't focus on the therapies or the surgeries.  
Don't underestimate your strength even at times  
it is like metallic liquid mercury.

Don't undermine your density  
Complete your pending goals and dream big,  
Whether it is to complete a course, do a sport or  
even plant a tree of fruit such as fig  
Meet people you always wanted to see or even  
learn a new skill,  
With a great zeal.

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# ENERGY ENERGY



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# ENERGY ENERGY

Cancer can turn your life upside down,  
Please smile and do not frown.  
There are three things you cannot buy with money,  
Respect, health and love of people like honey.  
Drive with positive energy,  
Whether you are from the health profession,  
carer, relative or patient.  
At times it can be active whilst at other times it  
can be latent.  
Create the energy you need,  
To bypass all the negativity and this begins with a  
seed.

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# SMILE 2WIFE



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# SMILE 2WIFE

Cancer can turn your life upside down,  
Please smile and do not frown.

Smile,

Every once in a while.

Exercise your cheek muscles,  
Push yourself to create memories to be engraved like  
fossils.

The best thing to see in patient care is their smile as they  
go along their journey of cancer,  
Cancer-free or waiting for a positive answer.

Care and comfort is key,  
As they go through the operations, tablets, radiation and  
injections that sting like a bee.

We can only do what we have learnt and gained experience  
in,

Involving patients in decisions and letting them express  
their emotions as they wait for the ultimate cancer-free win.



# RESILIENCE RESILIENCE



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# RESILIENCE RESILIENCE

Cancer can turn your life upside down,  
Please smile and do not frown.  
When cancer hits you rock bottom,  
Build resilience.  
In action and in silence.  
You will experience pain not only from the  
treatment as time passes,  
Only the true people will stay whereas the rest  
flashes.  
If they go, sad be not.  
You are strong enough even when things get hot.  
At times you lose your strength,  
At times you need to go that extra length.  
Life will teach you lessons that develop into  
resilience,  
Sustenance.

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HIDDEN  
STRENGTH  
STRENGTH  
HIDDEN



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# HIDDEN STRENGTH STRENGTH HIDDEN

Cancer can turn your life upside down,  
Please smile and do not frown.

It is okay to cry,  
Especially when hearing a diagnosis or having to say  
good bye.

It is okay to feel pain,  
When going through treatment, strength will gain.  
You may not know how much hidden strength you  
have,

Until hope is the only remaining element to save.

Different stages,  
Times when things remain unsaid in empty pages.

The fight goes on,  
Do it for yourselves, your loved ones to maximise your  
days of happiness and fun.

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**SELF-BELIEF**  
**SEGE-BETIEE**



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# SELF-BELIEF SELF-BELIEF

Cancer can turn your life upside down,  
Please smile and do not frown.

To strengthen a patient-care system,  
It is not just about membership, finance and being amongst  
them.

It requires clear unified goals,  
Self-belief and growing steadily just like horses begin as  
foals.

They work hard behind the scenes,  
Thinking and planning because they know how much this  
means.

It is okay to not meet a deadline,  
Management of risks and preventative measures helps  
keep a steady line until everything is fine.

Be a voice and an advocate,  
Increase survive rates and not let another patient suffocate.  
No matter who they are,  
Let's build their health together until they become like a  
shining star.

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# TRANQUILITY TRANQUILLY



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# TRANQUILITY

Cancer can turn your life upside down,  
Please smile and do not frown.

Is it not so amazing to give patients a sense of peace and  
tranquility?

Speaking with with sincerity.

Building their self-esteem,  
Working together, making decision like a team.

It is not just about communication skills,  
It is understanding their thoughts and how they feel.

Cancer patients should never be judged by society,  
No matter what their age, race, gender, religion and level of  
piety.

Some causes of cancer are genes whilst others is lifestyle,  
We can only guide them and do our best to build their  
patient file.

Diagnostic tests, treatments and giving them peace like a  
dove.

Assurance, listening even when it gets tough.

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**SINCERE LOVE  
SINCEBE GOLE**



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# SINCERE LOVE SINCEBE GOLE

Cancer can turn your life upside down,

Please smile and do not frown.

When you mention love in medicine,

It is an ongoing lesson.

It is about passion,

Observing patients get better with care and  
compassion.

Patient care is key to success,

Involving them in care planning prevents  
avoidable mess.

Competence and courage,

Communication and commitment as each day  
flourish.

Building one another,

No matter what the weight is on our shoulder.

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