

TO MY SOUL  
OUR SOUL  
ENGAGE SOUL

Ic6 T6th, ENGAGe PAS, Istambul, 2023.



## SOUL DEFINITION

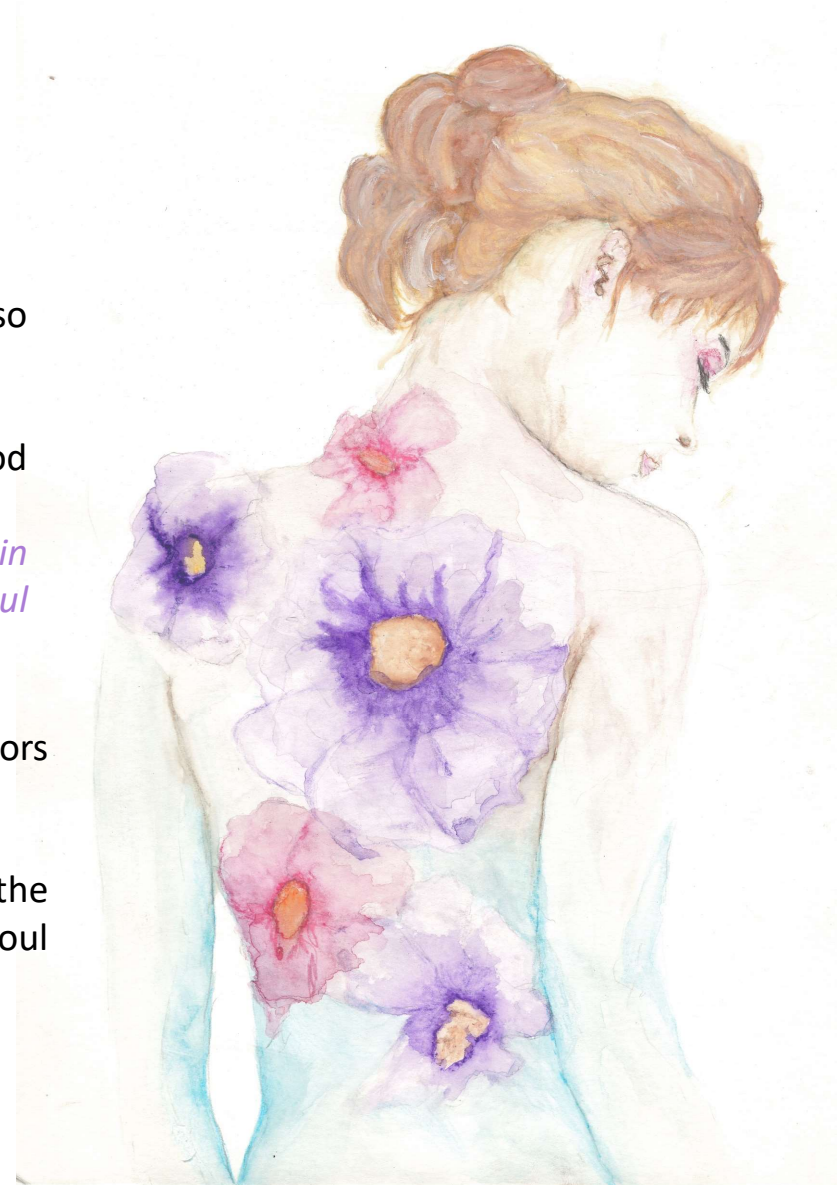
The original, basic meaning of the Greek word "psyche" is life - but it also means breath, personality, soul.

In some languages, separate words are used to express the Spirit of God and the soul of man:

*the Hebrew ruach and nefes, the Greek pneuma and psyche, the Latin spiritus and anima, the German Geist and Seele, the English spirit and soul and Hungarian lélek.*

A self-aware person with his mind; the totality of those spiritual factors which together animate the body; the life-giving source in the body.

The soul itself is invisible to the eye. There is much debate about when the soul comes into contact with the body. When the body dies, the soul "departs".

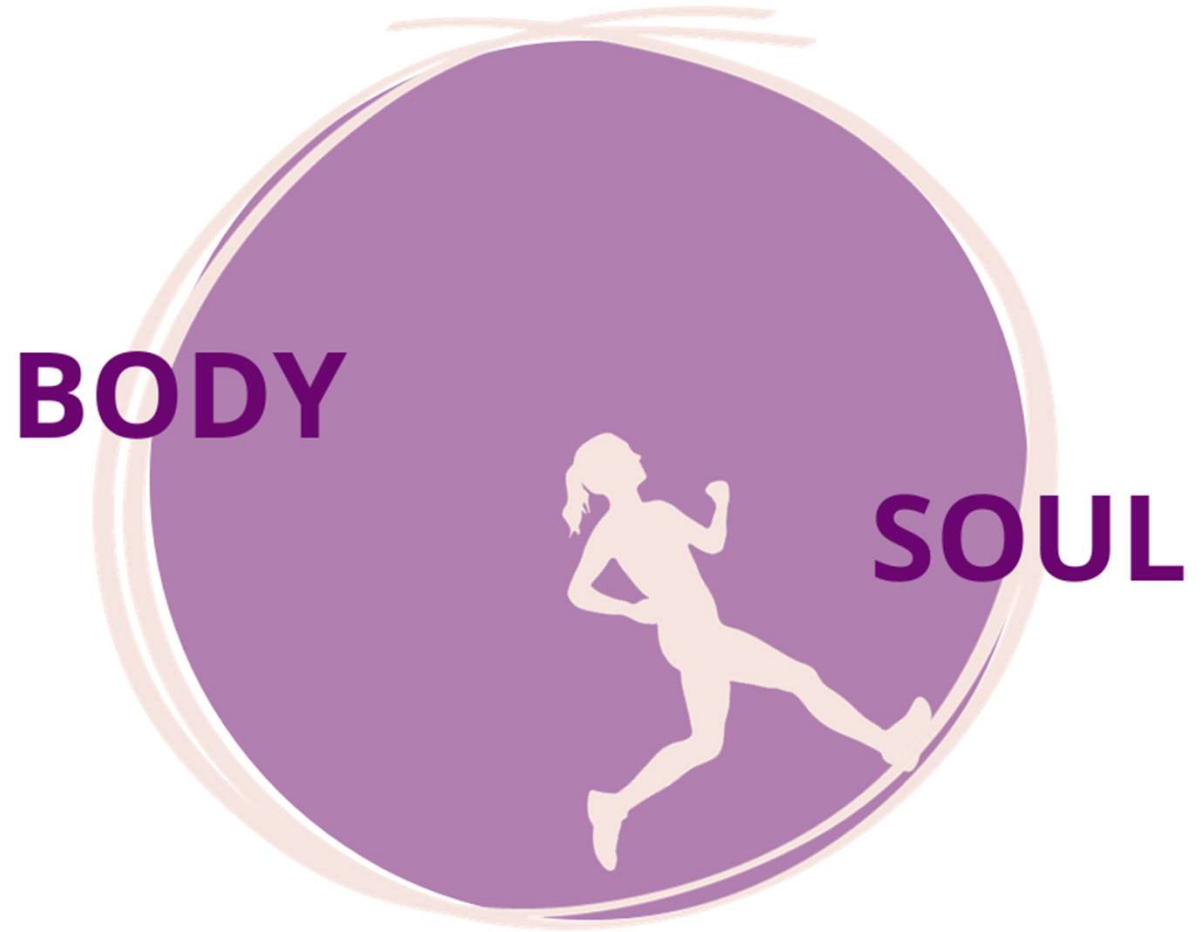


# SOUL AND BODY

Look me in the eye; I know it's not a  
breeze! Yet, grasp my hand, sweetheart,  
and come with me, please!  
It's a wide road, so let's just stick together,  
We both agree; do it for one another!



to take care...



# QUALITY OF LIFE PROJECT

Under the umbrella of ENGAGE  
Collaboration Committee

Projects in 2023



*Kim Hulscher (NL)*



*Dr. Zoia Razumova (S)*



*Dr. Nadja Taumberger (AT)*



*Prof. dr. Jalid Sehouli (Ge)*



*Icó Tóth (HU)*



*Prof. dr. Murat Gultekin (TR)*



*Maria Papageorgiou (GR)*



# TO MY SOUL - BOOKLET



## Why a „working” book for women?

- no chance to have a psychologist
- can't afford
- shame
- supplementary
- PAG can easily offer it to support the psyche and soul
- experts wrote the content/  
psychologists/storyteller/patients

## Table of contents

### *Welcome*

- 12 Attunement prior to treatment
- 13 Emotional thermometer
- 14 The princess and the quince tree
- 16 The tale of princess Mallow Flower, who was bold enough to toss the frog against the wall
- 20 The apples of a smile
- 22 Queen Mallow Flower and the time
- 24 The greatest treasure
- 26 Psychology techniques and tasks to overcome pre-hospital stress
- 30 My mantras
- 32 Relaxation
- 36 Creative workshop
- 37 To your strength - messages from fellow companions

### *In the hospital*

- 40 Emotional thermometer
- 41 The way I see myself
- 42 Colouring pages
- 44 The gift of my losses - The story of Judit
- 46 The morning of treatment
- 48 The miracle is within us - An educational tale
- 50 For your strength - messages from fellow companions
- 51 Creative workshop
- 52 An old Hungarian Blessing
- Home again*
- 56 Emotional thermometer
- 57 How to say it?
- 62 Asking for help

- 64 Psychological tasks and techniques that help recovery
- 78 I want to change things!
- 87 Creative workshop
- 88 Beyond my strength - messages from fellow companions
- 89 Mr. Sándor Drótos - M.T: "It's never too late"
- Rest!*
- 92 Building a social support network map
- 94 List of assertive rights
- 96 Quick and easy ways to reduce anxiety
- 97 Breath(e)
- 98 Red balloon

- 99 Put it on the shelf!
- 100 Safe space
- 101 Thought - STOP
- 102 Creative workshop

### *Relax!*

- 106 Paint your serenity!
- 107 How to gather strength?
- 108 Crosswords
- 110 My flower - Origami
- 112 Quiz
- 118 Solutions
- 119 My world of colours
- 120 Colouring pages
- 122 About ESGO ENGAGE
- 124 Poems





# DIAGNOSES DELIVERY IMAGES

By ISGOPPI

**PROCEDURES**

- **HPEC** (Hyperthermic Intraperitoneal Chemotherapy)
- **CHEMOTHERAPY**
- **SURGERY** - removal of:
  - Uterus (hysterectomy)
  - Tubes and ovaries
  - Omentum (layer of fatty tissue resting on intra-abdominal organs)
  - Parts of the legs and/or small bowel and appendix
- Spleen
- Gallbladder (portion of the liver)
- Portion of the bladder or ureter
- Lymph nodes
- Internal Lining of the abdomen (peritoneum)
- Diversion of bowel via stoma (bowel bag)

**SURGICAL COMPLICATIONS**

- Bleeding
- Infection - wound / chest / pelvis / urine
- Damage to bladder / bowel / ureters / nerves / blood vessels
- Secondary procedure to manage complication
- Blood clot
- Difficulty in passing urine or stools
- Swollen or painful legs - lymphoedema
- Menopausal symptoms (i.e. hot flashes)
- Lymphoedema (lymphatic fluid)
- Hernia at surgical site

**COMMON TREATMENT SIDE-EFFECTS**

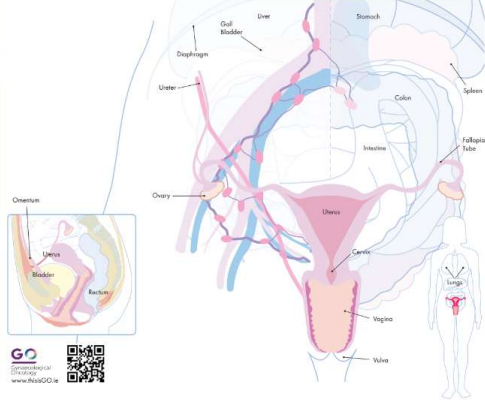
- Bleeding / Infection
- Diarrhoea / incontinence / constipation
- Fatigue & Mood changes
- Menopausal symptoms (i.e. hot flashes)
- Sexual dysfunction (i.e. vaginal dryness, painful sex)
- Hair loss
- Abnormal connection between bowel or bladder and vagina (fistula)
- Neuropathy (numbness of hands and feet)

**Ovarian Cancer**



STAGE

GRADE



**PROCEDURES**

- Hysteroscopy + biopsy + hormonal ablation (device Essi)
- **CHEMOTHERAPY**
- **SURGERY** - removal of:
  - Uterus (hysterectomy (open/keyhole))
  - Tubes and/or ovaries
  - Lymph nodes (sentinal / full)
  - Omentum (layer of fatty tissue resting on intra-abdominal organs)
  - Biopsies any suspicious area in the abdomen
  - Chemotherapy
  - Radiotherapy external and/or internal (brachytherapy)

**SURGICAL COMPLICATIONS**

- Bleeding
- Infection - wound / chest / pelvis / urine
- Damage to bladder / bowel / ureters / nerves / blood vessels
- Secondary procedure to manage complication
- Blood clot
- Difficulty in passing urine or stools
- Swollen or painful legs - lymphoedema
- Menopausal symptoms (i.e. hot flashes)
- Lymphoedema (lymphatic fluid)
- Hernia at surgical site

**COMMON TREATMENT SIDE-EFFECTS**

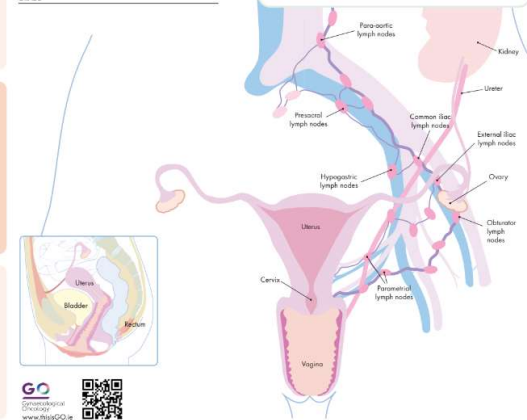
- Bleeding / Infection
- Inflammation of the bladder, bowel or skin
- Diarrhoea / incontinence / constipation
- Fatigue & Mood changes
- Menopausal symptoms (i.e. hot flashes)
- Sexual dysfunction (i.e. vaginal dryness, painful sex)
- Hair loss
- Swollen or painful legs - lymphoedema
- Abnormal connection between bowel or bladder and vagina (fistula)
- Neuropathy (numbness of hands and feet)

**Uterine Cancer**



STAGE

GRADE



**PROCEDURES**

- **CHEMOTHERAPY**
- **SURGERY** - removal of:
  - Cervix (cone biopsy / trachelectomy)
  - Uterus (hysterectomy (open/keyhole))
  - Moving or removing ovaries / tubes
  - Lymph nodes (sentinal / full)
  - Insertion of stents to protect ureters
  - Diversion of bowel via stoma (bowel bag)
  - Chemotherapy
  - Radiotherapy external and/or internal (brachytherapy)

**SURGICAL COMPLICATIONS**

- Bleeding
- Infection - wound / chest / pelvis / urine
- Damage to bladder / bowel / ureters / nerves / blood vessels
- Secondary procedure to manage complication
- Blood clot
- Difficulty in passing urine or stools
- Swollen or painful legs - lymphoedema
- Menopausal symptoms (i.e. hot flashes)
- Lymphoedema (lymphatic fluid)
- Hernia at surgical site

**COMMON TREATMENT SIDE-EFFECTS**

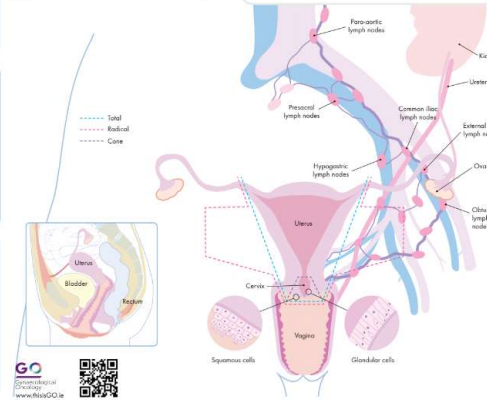
- Bleeding / Infection
- Inflammation of the bladder, bowel or skin
- Diarrhoea / incontinence / constipation
- Fatigue & Mood changes
- Menopausal symptoms (i.e. hot flashes)
- Sexual dysfunction (i.e. vaginal dryness, painful sex)
- Hair loss
- Swollen or painful legs - lymphoedema
- Abnormal connection between bowel or bladder and vagina (fistula)
- Neuropathy (numbness of hands and feet)

**Cervical Cancer**



STAGE

GRADE





### PROCEDURES

- **CHEMOTHERAPY**
- **SURGERY** - removal of:
  - Local Vagina (partial or total)
  - Lymph nodes in groin and/or pelvis
  - Reconstructive plastic surgery
  - Diversion of bowel via stoma (bowel bag)
  - Chemotherapy
  - **Radiotherapy** external and/or internal (brachytherapy)

### SURGICAL COMPLICATIONS

- Bleeding
- Infection - wound/chest/pelvis/urine
- Damage to bladder/bowel/ureters/nerves/blood vessels
- Secondary procedure to manage complication
- Blood clot
- Swollen or painful legs - lymphoedema
- Lymphocyst

### COMMON TREATMENT SIDE-EFFECTS

- Bleeding / Infection
- Inflammation of the bladder, bowel or skin
- Diarrhoea/ incontinence / constipation
- Fatigue & Mood changes
- Menopause symptoms (i.e. hot flashes)
- Sexual dysfunction (vaginal dryness, narrowing/shortening, painful sex)
- Hair loss
- Swollen or painful legs - lymphoedema
- Abnormal connection between bowel or bladder and vagina (fistula)
- Neuropathy (numbness of hands and feet)

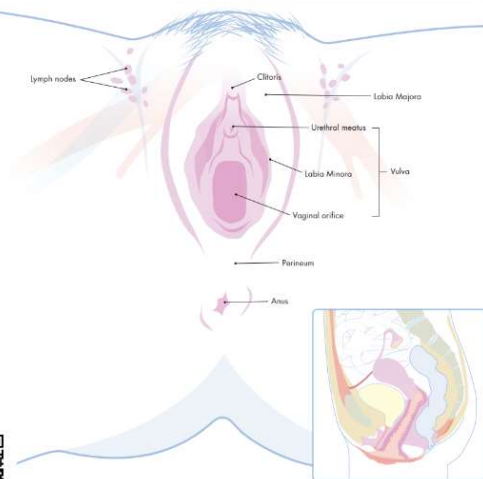
## Vaginal Cancer



STAGE

GRADE

PATIENT NUMBER STICKER HERE



## Vulval Cancer



STAGE

GRADE

This is not a consent form or a legal document. Design & Illustration: Mark Workham ERKCD-008

PATIENT NUMBER STICKER HERE

### PROCEDURES

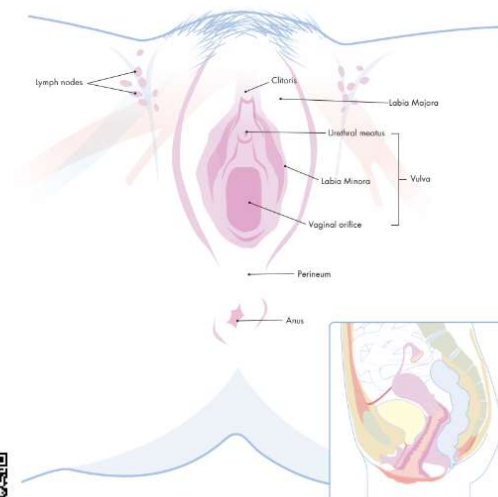
- **CHEMOTHERAPY**
- **SURGERY** - removal of:
  - Vulva (partial or total)
  - Lymph nodes in groin and/or pelvis
  - Reconstructive plastic surgery
  - Diversion of bowel via stoma (bowel bag)
  - Chemotherapy
  - **Radiotherapy** external and/or internal (brachytherapy)

### SURGICAL COMPLICATIONS

- Bleeding
- Infection - wound/chest/pelvis/urine
- Damage to bladder/bowel/ureters/nerves/blood vessels
- Secondary procedure to manage complication
- Blood clot
- Swollen or painful legs - lymphoedema
- Lymphocyst
- Loss of skin sensation (numbness)
- Seroma (build-up of fluid where tissue removed)

### COMMON TREATMENT SIDE-EFFECTS

- Bleeding / Infection
- Inflammation of the bladder, bowel or skin
- Diarrhoea/ incontinence / constipation
- Fatigue & Mood changes
- Menopause symptoms (i.e. hot flashes)
- Sexual dysfunction (vaginal dryness, narrowing/shortening, painful sex)
- Hair loss
- Swollen or painful legs - lymphoedema
- Abnormal connection between bowel or bladder and vagina (fistula)
- Neuropathy (numbness of hands and feet)



# Sexuality and intimacy following gynaecological cancer treatment



*“ Stay silent, please! ”*

“ Stay silent, please! Stay silent, please!

I want you to feel your heartbeat...

Hear its pounding!

It shows you life could be astounding.

If your body is in distress and dread rules your soul,

Stay silent, please, listen to the melody condole.

If you hold my hand and it's squeezed by another,

We listen to the heart throbbing in a slumber.

Reminds you of your strength, not an opinion,

The body with the spirit, a companion.

So stay silent, please, and squeeze my hand,

Be blessed with strength and peace, I command.

If you quiver and feel the wrath inside you form,

Just stay silent, please, don't try to control the storm.

Your heart is racing, please close your eyes,

You will hear the pounding of your life.

There is strength and peace for you! No lies...

Stay silent, please! Stay silent, please!

I want you to feel your heartbeat,

Hear its pounding!

If you hold my hand and it's squeezed by another,

We listen to the heart throbbing in a slumber.

Reminds you of your strength, not an opinion,

The body with the spirit, a companion.

I offer you my embracing hands,

Feel my unwavering faith from them.

I'll be there for you; just follow your heart,

Hear it's beating when it gives life a start.

If you hold my hand and it's squeezed by another,

We all know what it means to be together.

I support you, and you support me forever,

We all know what it means to be together.

Stay silent, please! Stay silent, please! ”

*Ic6 T6th - M. T*