

## Cancer Journal Example

January 24<sup>th</sup>, 2022

Dear Diary,

I had the worst day EVER today. I woke up this morning, feeling nauseated, tired with a sharp pain in my stomach and this horrible heartburn. Despite the pain, I got up, got dressed and went downstairs. My mom was in the kitchen, cooking my favorite breakfast, veggie omelet and pancakes. I ate a little bit even though I was not very hungry but I didn't want my mom to notice that something was wrong. I had an organic chemistry test today, so I had to rush to school. I kissed my mom goodbye and got in the car with Ryan.

When I arrived at school, I had 15 minutes before exam started. To kill time, I researched my symptoms to see what I could do to help me ease the pain. "Indigestion" was one of the causes. I had that before, it didn't feel like that. It just felt different. The list of possible causes was long. It included food poisoning, GERD, gastritis, dehydration, even morning sickness. The last one made me laugh. Not possible. But then I saw something that scared and intrigued me. One of the possible causes was stomach cancer. Of course, I started researching to see what other symptoms would a person with stomach cancer be experiencing. Sure enough it was everything that I was feeling: nausea, heartburn, loss of appetite, excessive fatigue, etc.

"Could it be? Am I nauseas because I just read it or because I really do feel nauseated? Am I a hypochondriac now? Should I talk to my mom? What if it's nothing and knowing her she would worry even it is just indigestion. I did eat a whole bag of flamin' hots last night. Maybe it's from them. By the way, what sane person does that? I really need to figure out my eating habits..... On top of it all, if this gets worse, I would have to see a doctor. But how do I tell my mom that I have to go see a doctor since we do not have health insurance? Maybe Ryan would have a good advice, his mom works as a nurse. I think I will talk to him first. "

All of this was racing through my head when the professor snapped me out of my nightmare "John, put your laptop away.". If that wasn't enough to snap me out of my million thoughts, the 10-page exam sure did. How could only 3 lectures turn into these many questions? I studied, I really did. Well, more like crammed last night, but I figured I would know most of the answers since it was fresh in my mind. Was I wrong. The professor focused only on 3 topics out of 15. The whole exam was just on 3 topics! AND it was the stuff I least knew. I think I totally bombed that exam.

After such a stressful day, I finally got home and was able to relax a little before the pain started to act up again.

'til next time,  
John