

# SPIDER-MABLE

VS LEUKEMIA



LEUKEMIA &  
LYMPHOMA  
SOCIETY  
OF CANADA

**IT'S ME,  
MABLE**

**!**

**I am from  
Edmonton, Alberta.**

**My favourite thing to do is to have lots  
of fun. I am usually running around,  
singing, dancing, swimming and  
looking for other kids to play with.**

**When I was four years old, I couldn't wait  
to start kindergarten and make new friends.  
But after just two weeks at school, I found  
out I had leukemia, a type of blood cancer. I  
missed the whole year of kindergarten.**

**Even though leukemia made me  
really sick, I wasn't going to let it  
stop me from having some fun.**

**Do you want to know how?  
Read on to find out.**

# WHO'S SPIDER-MABLE ?

In Edmonton, most people know me as Spider-Mable.

That's because I helped to defeat an evil villain who captured a hockey player and wreaked havoc in our city.



I did this with help from the Edmonton police, city mayor and the entire community when they learned I was sick.

There were TV cameras and reporters that came to capture the action, too!



That was an unforgettable day.

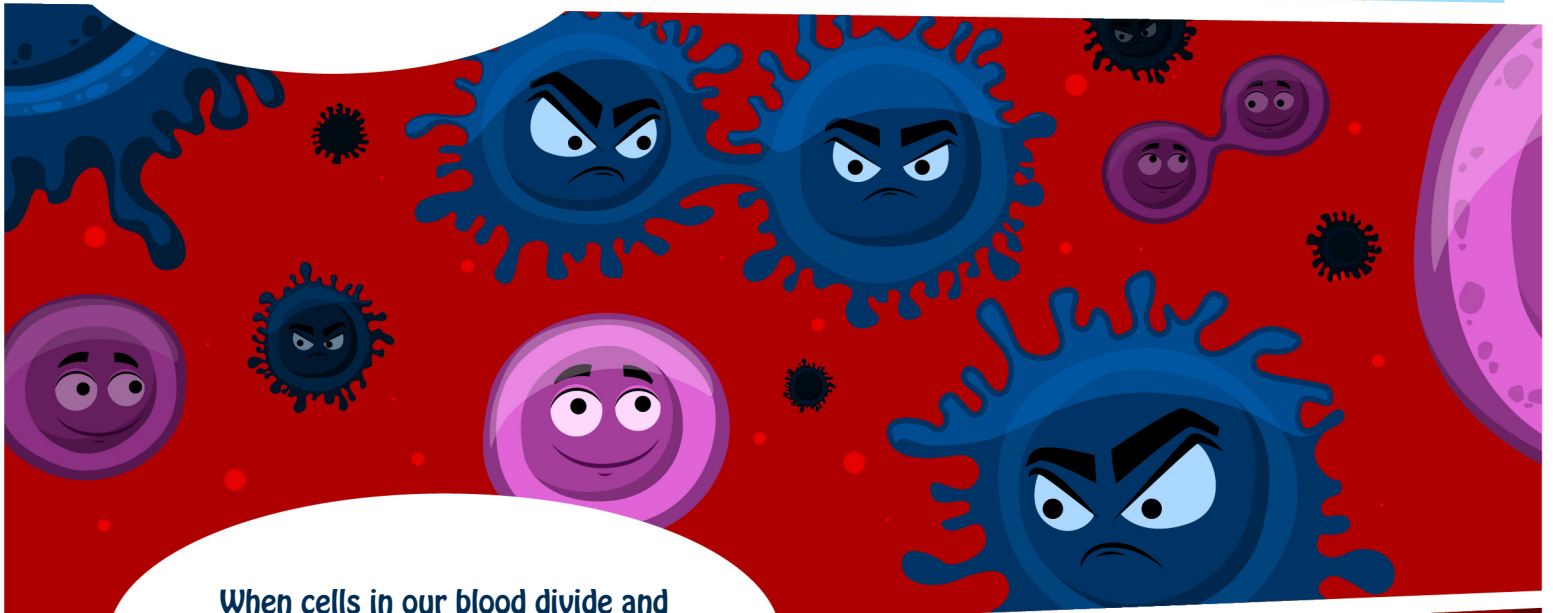
Being Spider-Mable made me feel strong and courageous while I continued to fight leukemia.



# WHAT'S LEUKEMIA?

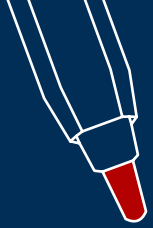


Cancer happens when a cell starts making sick cells faster than healthy ones.



When cells in our blood divide and make sick cancer cells, this is called leukemia, a type of blood cancer.

This can happen in people of all ages and it rarely happens to kids. It cannot be prevented and luckily, it's not contagious so other people cannot simply catch leukemia from someone who has it.



# MULTIPLE CHOICE BLOOD CANCERS DECODED

Spider-Mable needs to find the correct answers to these questions to uncover how many types of blood cancers there are.

Help her decode blood cancers.

**A**

It's common for kids to get a blood cancer.

1. False
2. True

**B**

Leukemia happens when:

1. A cell starts making sick cells slower than healthy ones.
2. A child doesn't behave.
3. Cells in our blood divide and make sick cancer cells.

**C**

Which one of these is a type of blood cancer?

1. Melanoma
2. Sarcoma
3. Colon cancer
4. Neuroblastoma
5. Lung cancer
6. Brain cancer
7. Leukemia

Uncover special answer



There are

types of blood cancers and related diseases.

Answers: (A) 1, (B) 3, (C) 2

# THE MAZE

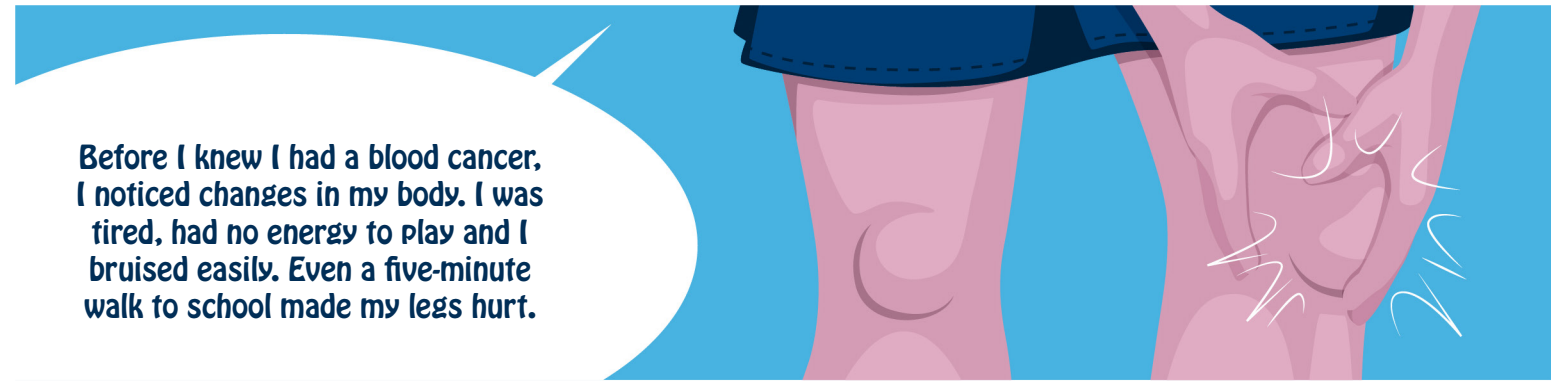
Spider-Mable is on a mission to outsmart the villain and save the captured hockey player. To get there, she'll need your help. Will you show her the way?

START



FINISH





Before I knew I had a blood cancer, I noticed changes in my body. I was tired, had no energy to play and I bruised easily. Even a five-minute walk to school made my legs hurt.



When I was in treatment, my hair also started to fall out.

## SYMPTOMS

A symptom is a signal or a clue from your body when there is something wrong. Kids with leukemia may experience symptoms such as fatigue, pale skin, bleeding, weight loss or fever.

VS

## SIDE - EFFECTS

A side effect is a negative reaction to something, usually to medicine or treatment. Some side effects to treatment may include sore mouth, nausea, vomiting, muscle and joint pain. Kids can also lose their hair, but this doesn't hurt, and their hair will grow back.





# WORD SEARCH CANCER FIGHTER

Find the symptoms and  
side effects to help  
Mable get better.

WORDS:  
Bleeding  
Bruising  
Fatigue

Fever  
Hairloss  
Leukemia  
Nausea

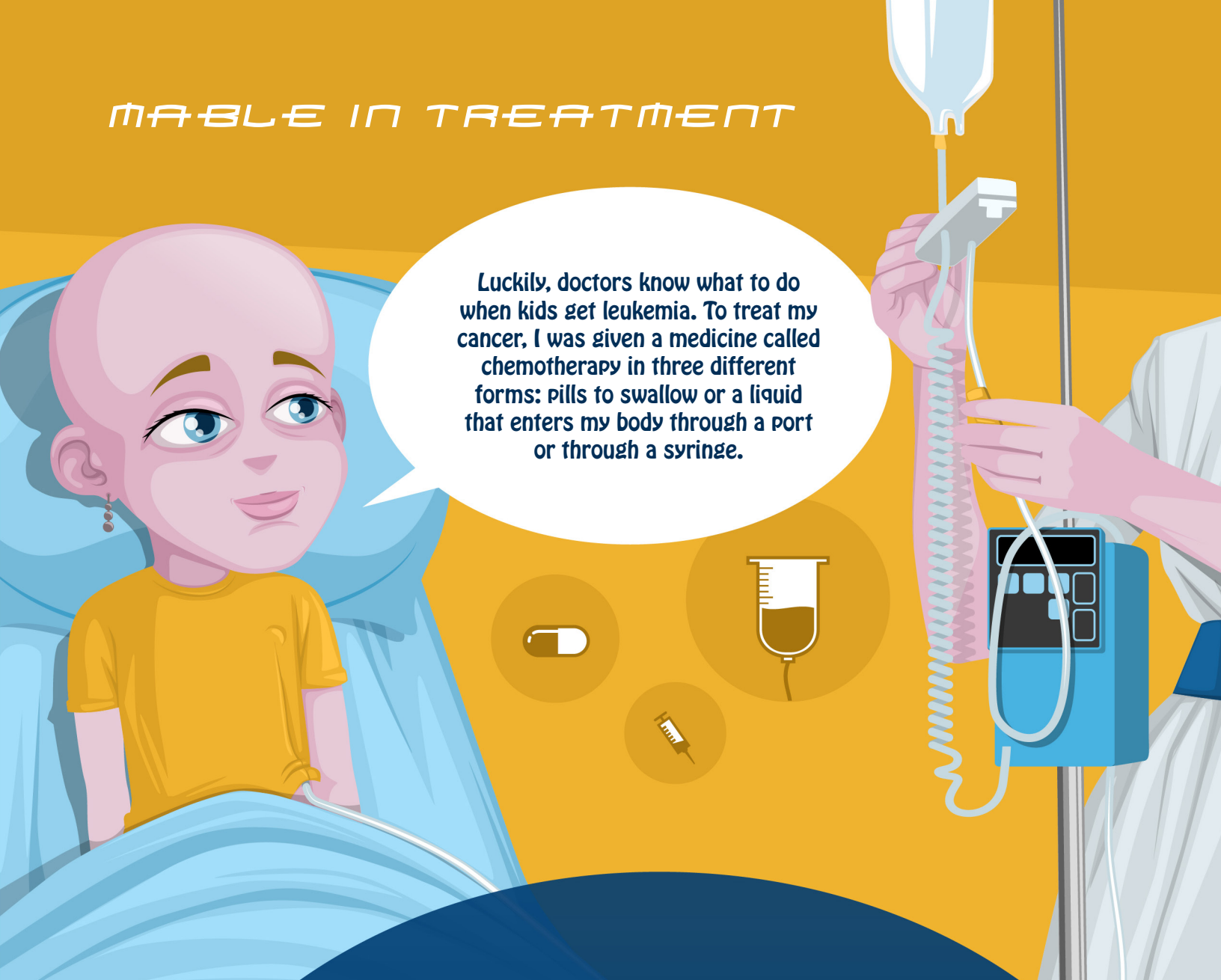
Symptom  
Vomiting  
Weight loss

G	L	S	H	O	N	V	G	M	W	G	J
U	N	E	Y	A	T	N	X	E	J	N	V
U	F	I	U	M	I	I	I	K	W	I	P
S	K	S	D	S	P	G	C	T	W	T	F
B	E	T	I	E	H	T	Y	D	E	I	A
A	A	U	T	T	E	K	O	O	S	M	T
P	R	G	L	Z	P	L	H	M	D	O	I
B	Q	O	U	T	B	G	B	E	F	V	G
C	S	L	E	U	K	E	M	I	A	A	U
S	M	N	O	N	L	R	I	U	B	R	E
F	A	H	S	S	O	L	R	I	A	H	O
T	Y	B	W	I	R	E	V	E	F	B	F

Words go across, down,  
diagonally and backwards



# MABLE IN TREATMENT



Luckily, doctors know what to do when kids get leukemia. To treat my cancer, I was given a medicine called chemotherapy in three different forms: pills to swallow or a liquid that enters my body through a port or through a syringe.



There are 4 possible ways to treat leukemia.

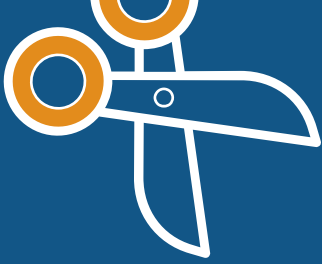


**Chemotherapy** is a strong medicine that kills cancer cells and stops them from coming back.

**Radiation therapy** is a bit like high-energy laser beams that destroy cancer cells.

**Immunotherapy** helps your immune system find and get rid of cancer cells.

**A bone marrow transplant** replaces the cells damaged by the disease.



# FILL IN THE BLANKS CANCER FIGHTER

Unlock the correct answers  
to fill in the blanks.

- (1) Leukemia affects the \_\_\_\_\_ in a person of any \_\_\_\_\_.
- (2) Doctors use \_\_\_\_\_ to help a blood cancer patient get better.
- (3) A blood cancer can cause many different \_\_\_\_\_.
- (4) \_\_\_\_\_ transplant replaces all the cells damaged by cancer.
- (5) \_\_\_\_\_ is like high-energy laser beams that destroy cancer cells.
- (6) Cancer can affect how you feel; you can be \_\_\_\_\_ one day and \_\_\_\_\_ the next.
- (7) Hair loss can be a scary thing, but it does not \_\_\_\_\_ and hair will \_\_\_\_\_ back.
- (8) A \_\_\_\_\_ is a negative reaction to something, usually to medicine or treatment.
- (9) Thanks to research, there are many different types of \_\_\_\_\_ available to treat leukemia.

## POSSIBLE ANSWERS

chemotherapy

sad

age

side effect

hurt

radiation therapy

symptoms

treatments

immunotherapy

hopeful

blood

painful

grow

bone marrow

cells

Answers: (1) blood, age, (2) chemotherapy, (3) symptoms, (4) Bone marrow, (5) Bone marrow, (6) sad, hopeful, (7) hurt, grow, (8) side effect, (9) treatments

# THE MEDICAL TEAM

It took a whole team of medical experts to treat my leukemia.



NURSE



PHYSIOTHERAPIST



PEDIATRIC ONCOLOGIST



HEARING SPECIALIST



SPEECH AND LANGUAGE SPECIALIST



NEUROPSYCHOLOGIST



SOCIAL WORKER



Treating cancer is a team effort that usually begins with a pediatric oncologist who treats cancers in children. Nurses help to prepare the medicine and report back to the doctor on how the patient is doing. A social worker makes sure that kids in treatment can cope with how they are feeling, and other specialists can help different parts of their bodies recover after treatment.

COLOURING PAGE  
SPIDER-MABLE  
TO THE RESCUE!



It's over when  
I say so!


I admire your  
courage, but I'm not  
going anywhere.




## EMOTIONS FEELING BLUE




There were days when I felt sad,  
angry and completely alone.



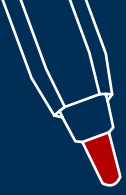
I worried a lot and wondered why  
cancer had happened to me.



On other days, I felt  
hopeful and optimistic.



When I was feeling blue, I talked to my parents  
about it so they could report it to a nurse or doctor  
to make sure everything was okay.



# MULTIPLE CHOICE QUIZ

## TEST YOUR BLOOD CANCER IQ

1

What is childhood leukemia?

- A. Cancer of the blood and bone marrow
- B. A condition when your body does not produce enough red blood cells
- C. Another word for surgery

2

These are some of the possible treatments for leukemia.

- A. Chemotherapy and radiation therapy
- B. Immunotherapy and bone marrow transplant
- C. All of the above

3

This cancer specialist evaluates and treats kids with cancer.

- A. Physiotherapist
- B. Massage therapist
- C. Pediatric oncologist

4

What is a symptom?

- A. Signal or clue from your body when something is wrong
- B. Part of your leg that's right below the knee
- C. Another word for headache

5

Some common symptoms of leukemia in children include...

- A. Being overly active and hyper
- B. Fatigue, lack of energy, weight loss, fevers or bruising
- C. Chicken pox

6

What is a side effect?

- A. Your body's negative reaction to medicine or treatment
- B. The left side of your body
- C. Dangerous chemical

7

Some common side effects of cancer treatment include...

- A. Headaches, dizziness and vision problems
- B. Toothaches and earaches
- C. Hair loss, fatigue, nausea, vomiting, muscle and joint pain

Answers: 1. A, 2. C, 3. C, 4. A, 5. B, 6. A, 7. C

# MABLE TODAY...



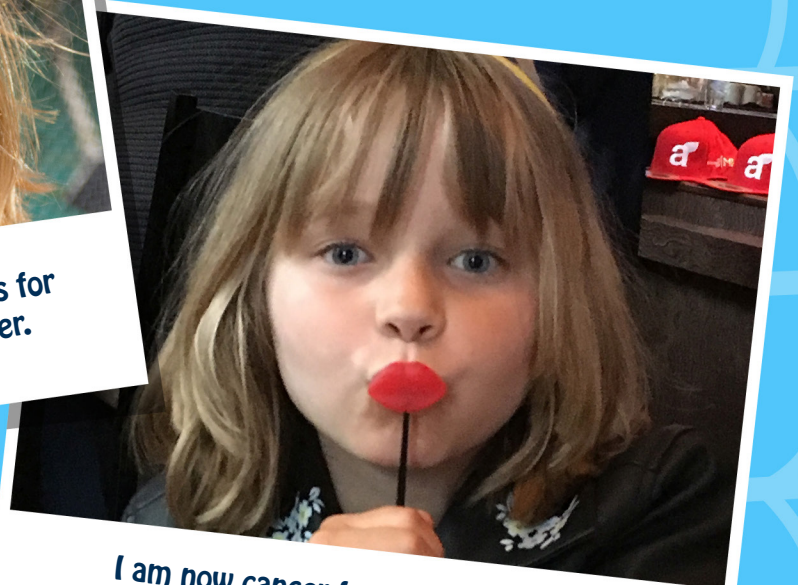
**Having leukemia was tough and I am lucky that I was able to beat it.**



**I love my parents for taking good care of me and for loving me even when I had a bad day.**



**Thank you to all the doctors and nurses for everything they did to make me better.**



**I am now cancer-free and I'm back to doing what I love most – being with friends at school and having lots of fun.**

Find more  
**information and  
resources about  
blood cancers**

**BLOODCANCERS.CA**



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