




**Over
Cancer
Together**


Call to Action

**What we can do to make a cancer
friendly society**



**Over Cancer Together (OCT)
Campaign**

Cancer Survivorship –This term refers to the lives of all people who have been affected by cancer in some way. Survivors include patients who have been diagnosed, their families, caregivers, and friends. Through the voices of cancer survivors, we pursue better ways to live with cancer and how to overcome physical, emotional and practical challenges. We strive to live fully on our own terms with cancer.



Call to Action

What we can do to make a cancer friendly society

1

Cancer and the surrounding community - Family and work environment -

Work
&
School

To encourage employees and students to learn appropriate information about cancer in order to understand survivors' needs

To Create the opportunity to share the voice of a survivor and to think about working or studying with a survivor.

Mr. Toshiaki Shimizu (Carcinoma linguae survivor)

It is important to inform employers and colleagues about your condition and treatment so that you can continue to enjoy the satisfaction of work.

2

Cancer and yourself - know your disease, treatment and life -

Medical
Staff

To provide cancer survivors with information not only about treatment but also ways how to live in their community with cancer

To learn more about survivors' lives by listening to survivors' voices and to providing information survivors need. To provide education about survivorship to the young generation of healthcare providers.

Ms. Akiko Minagawa (Breast Cancer Survivor)

There is a limited amount of information available for hearing-impaired people. It would be difficult to ask all hospitals to provide sign language interpreters, but please be aware that physically challenged individuals want as much information as possible.

Dr. Kazuhiko Nakagawa (Oncologist at Kinki University Faculty of Medicine)

Not only surgical oncologists, but also internal medicine doctors who try to be physicians should learn about cancer by actively listening to survivors' voices. We would like to provide information to meet the needs of cancer survivors.

Ms. Megumi Umeda (Palliative care partners, Cancer specialized nurse, Deputy representative of Japanese Association of Certified Nurse Specialist)

Professional cancer education for Nurses has just started. As there are 500 cancer specialized nurses in Japan, we would like to do our best to support the Japanese medical frontline of cancer care both in and outside of the hospital.

Mr. Kunihiro Hisada (Chronic myelogenous leukemia survivor)

Without knowing your cancer, treatment options, and possible side-effects, it would be challenging to endure cancer treatment. I would like to see improvement in communication between patients and healthcare providers.

Dr. Hideko Yamauchi (Breast surgeon at St. Luke's Hospital)

All healthcare practitioners should not only look at disease clinically but rather embrace the humane relation that enables heart to heart communications. I would like to transmit that skill to the next generation as well.

Survivor

To share your voice and encourage other survivors to raise their voices too

To raise voices actively with constructive suggestions to solve issues and spread solutions in various ways.

Ms. Miho Suzuki (Breast cancer survivor, Journalist at Japan TV)

I would like survivors to live energetically by meeting people who can share their stories and sharing information about their livelihood and treatment.

Ms. Rie Anami (Japan Cancer Society, Member of National Cancer Control Committee)

Sharing the survivors' stories brought me a new network and new field of activity. I would like survivors to use your precious experience as a tool to change society.

Mr. Tohru Kishida (Embryonic carcinoma survivor)

Information about rare types of cancer is very valuable for survivors. Sharing your experience can contribute to other cancer survivors in various ways.

The OCT campaign will support survivors by providing opportunities to learn

OCT Survivor Forum was held on 7 December at Akihabara UDX Theater in the theme of “Survivorship- To know cancer through survivors’ story and eliminate stigma on cancer.” At the forum, cancer survivors discussed about survivorship and shared their stories to audience representing including healthcare providers and policy makers.

It is said that 1 in 2 people are diagnosed with cancer in their life time in Japan. However, stigma and misunderstanding seeming to continue to surround cancer. In order to have a cancer-friendly society where there is no stigma, we, participants of the survivor forum, would like to make the following suggestions.

**Local
Govt**

To establish a community where cancer survivors can live fully

To include cancer survivors in the process of local cancer control promotion and plan making, and to include life support items such as peer support, employment support and cancer education in local cancer control plans.

Mr. Osamu Takemoto (Chief Counselor, Political Policy Bureau, Kanagawa Prefectural Government, lymphoma survivor)
Nobody is immune to cancer. If every cancer patient speaks out, we can create new incentives to help each other. I want to create a society like that. Kanagawa Prefecture made a cancer control plan. It might take time, but we must persist until we succeed. I would like to ask survivors to speak out about your thoughts since the local government make policies based on the national government and the voices of residents in local areas.

Mr. Kouzou Namise (Spouse of survivor)
My wife and I both received support from peer supporters and the support center at the hospital. Even now I regularly go there and receive care for my loss. Let’s live strongly by supporting each other kindheartedly.

3

Cancer and Society – The gap between social perception and the reality of cancer -

**Japanese
Govt**

To propagate correct information about cancer and to eliminate social stigma

To increase awareness about cancer information through awareness activities. Topics include “survivorship” the likelihood that one in two can be diagnosed with cancer, cancer surveillance system, and education about cancer in schools.

Mr. Shigo Adachi (Colorectal cancer survivor)
It is not only society that stigmatizes you but you also stigmatize yourself. Self-stigmatization can be overwhelming but you must break your shell and live fully.

Ms. Yuma Asami (Borderline ovarian tumor survivor)
Stigma still exists against female-related cancers. I would like to raise awareness of female-related cancers and spread appropriate information.

Ms. Wakana Munakata (Tissue sarcoma survivor)
If school friends or co-workers had a little bit of knowledge about cancer, survivors’ lives would be easier. As a survivor, I will work to raise awareness of cancer in society.

Mr. Shigeki Shiiba (Deputy chief, Cancer Prevention and Health Improvement Division, Health Service Bureau, Ministry of Health, Labour and Welfare)
It is very essential to gain correct information and to reduce stigma. Ministry of Health, Labour and Welfare does not specialize in education, but we would like to support the Ministry of Education through our activities. We will utilize information which is collected through cancer registration to reflect about cancer control.

Media

To deliver varied information about cancer including survivors’ life style

To broadcast information about actual life stories of cancer survivors.

Mr. Satoshi Imoto (Mainichi Broadcasting Information)
I believe that valuable messages should be emphasized repeatedly and that this is the role the media should play. We cannot be socially responsible by simply focusing on greater viewership. We would like to collaborate with other media sources if necessary to transmit important messages.

You

To learn more about cancer survivors and spread awareness to people around you

To understand the importance of listening to survivors’ voices by actively listening and sharing their stories among friends and family

public speaking skill and to share their story.

OCT needs your support. Please join us in our efforts!

For details, visit <http://www.octjapan.jp/join>

Survivors

Share your experience as a cancer survivor through video, text, and forums

video

Share your experience in a 3 minute video and send it to OCT

text

Share your experience in a personal comment or essay and upload it to the OCT website

Organizations

Support the OCT campaign as a company

Affiliate

Donate funds and goods necessary for OCT's activities

Partner Organization

Actively raise funds and awareness for OCT at events

Support Organization

Declare support for OCT's goals

Individuals

Learn about cancer survivorship, listen to survivors' voices, and support survivors

know

Listen and read the voices of cancer survivors

support

Express your support for the OCT campaign through a photograph, donation or through social media (Facebook, twitter)

Facebook: www.facebook.com/octjapan.jp Twitter: @octjapanjp (#octjapan)

Please Donate

We are always looking for donations to support our cause

The voices of cancer survivors are a driving force for change in society. We are able to continue our efforts thanks to your generous donations. Thank you for your kindhearted support.

JustGiving Japan™

Donate with JustGiving
<http://justgiving.jp/c/8872>

Donations through bank transfer

After any donations made through bank deposit transfer, please contact us with your name and address and we will print a receipt. (In order to verify your identity for a smooth transfer, additional information about the transfer date, bank, and amount would be much appreciated)

Bank account to be transferred into

Tokyo Mitsubishi UFJ Bank Akasakamitsuke Branch (064) ordinary deposit 0172503

Non-profit organization Health and Global Policy Institute OCT fund

*For some transfers, a transfer fee may be required depending on the financial institution used.

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