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# Metu and Lee learn about Breast Cancer



**DR. SHENIN SACHEDINA**





### A Letter to the Parents

Over the last ten years as a breast surgeon, I have come to the conclusion that breast cancer is a physiologic disease of the woman involved, and a disease of the family and society at large. With the statistics as compelling as one in eight women who will face this disease in their lifetime, the resources for families facing this disease need to be expanded.

The face of breast cancer is changing. It is no longer only the disease of someone's grandmother or great aunt. It is now a real disease of women in their 30's, 40's, and 50's—women in the prime of their lives. Many are career women. Many are women who are mothers later in life. Many are already dealing with the challenges of motherhood and careers, an organized chaos. Add to that a diagnosis of breast cancer, and the challenges for the woman and the entire family multiply several fold. The confusion is greatest for the littlest victims of this disease—the children.

It is my sincere hope that this book will assist children, ages five and above, to understand the changes. Children today, more so than ever before, are truly engaged in reality. Their understanding of changes around them are well tolerated, provided they are given information to assist them. To their credit, they are able to handle more than my generation at that age. This book is dedicated to the children of the women who are battling breast cancer.

Best Wishes,



A handwritten signature in black ink, which appears to read "Dr. Shenin Sachedina".

Dr. Shenin Sachedina



Hi! I'm Chemo Commando  
and this is my  
buddy **K.I.P.**

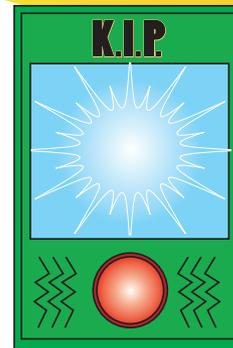
**K.I.P.**

stands for

**KNOWLEDGE IS POWER**

Along with my buddies  
Radiation Rod and Good Cells

I'm going to help you  
answer questions about  
breast cancer.



All of us wish you and your family  
luck in this battle against  
breast cancer.

The term **mithu** (me-tu) means "sweetie" for a boy, and **mithulee** (me-tu-lee) means "sweetie" for a girl.

This is in the Indian language called Kutchi.

**Metu** and **Lee** were derived from my desire to help the children of the world when their mothers are diagnosed with breast cancer.

Therefore, this book is dedicated to the mithus and mithulees of the world.

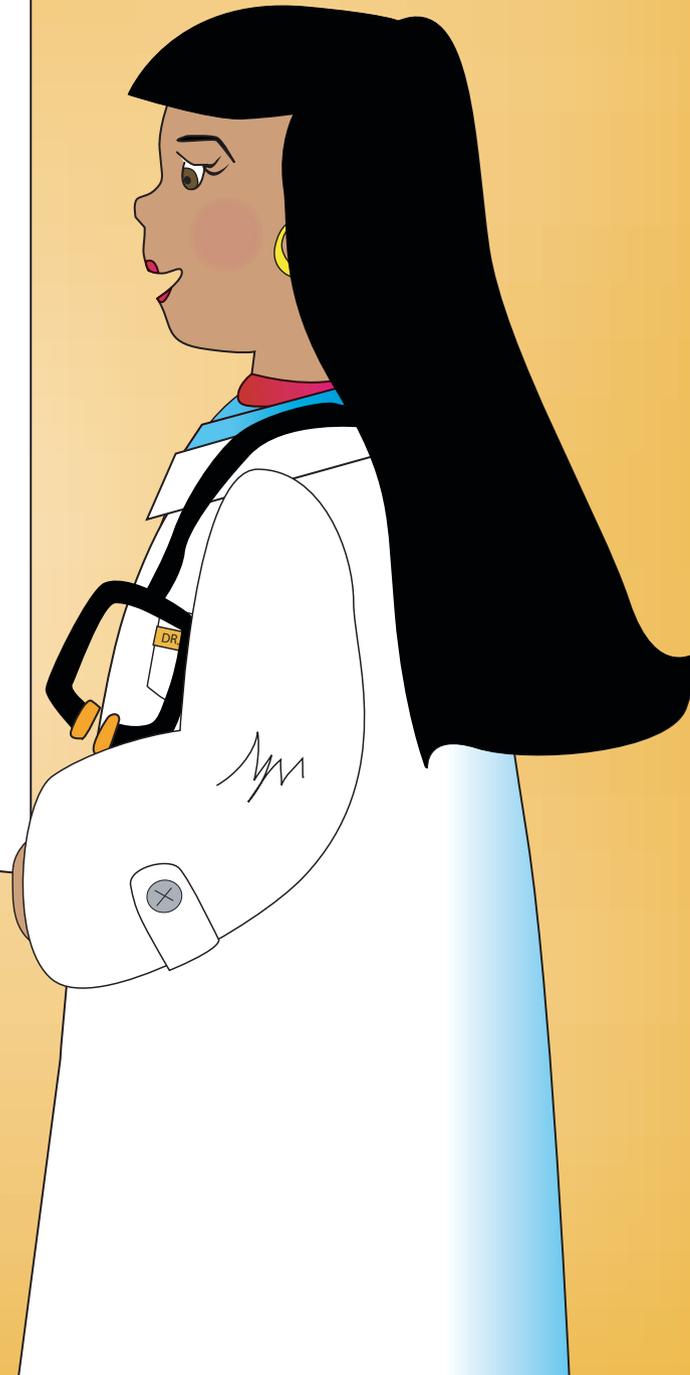


Hi! My name is Metu  
and this is my sister, Lee.



This is baby Isabella.

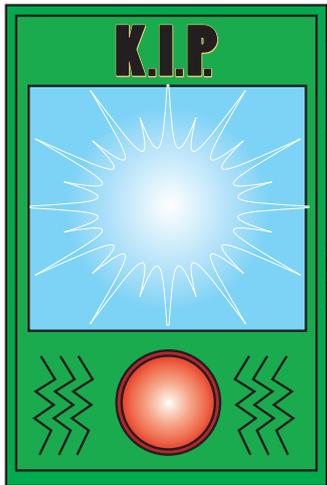
Dr. Shenin Sachedina  
BREAST SURGEON



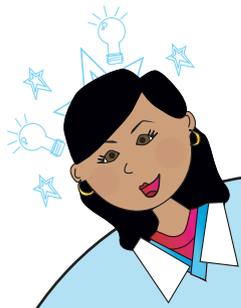
It's nice to meet you all.  
My name is Dr. Sachedina.  
My friends call me Dr. S.



What do you have  
in your hands, Metu?



It's my battle box. It has all sorts of toys.  
Do you want to see them?



Can baby Isabella  
play, too?

You bet I do.  
Why don't we all sit  
on the floor and play?

Sure she can!

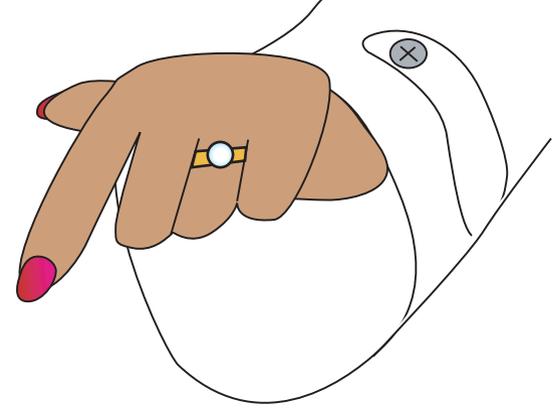


Metu and Lee, do you know  
why your mommy and daddy  
wanted me to meet you?



Mommy said you're her doctor and you're going to help her.  
She has breast cancer. **We're not sure what that is.**

You know how when you play,  
you have a camp of  
good guys and bad guys?



Well, breast cancer is like a small camp  
that the bad guys set up in your mommy's breast.



The bad guys are little bad cells. These cells are like building blocks.  
They build a tower. The cancer bump is made of those cells.  
The trick is to get the bad guys and destroy the camp.



# Why did Mommy get breast cancer?



No one knows why it happens to anybody.

But once we know, we'll be able to get the bad guys so quickly, they will not even have time to set up a potty, much less a camp!

# Can Mommy die from breast cancer?



People can die from breast cancer.

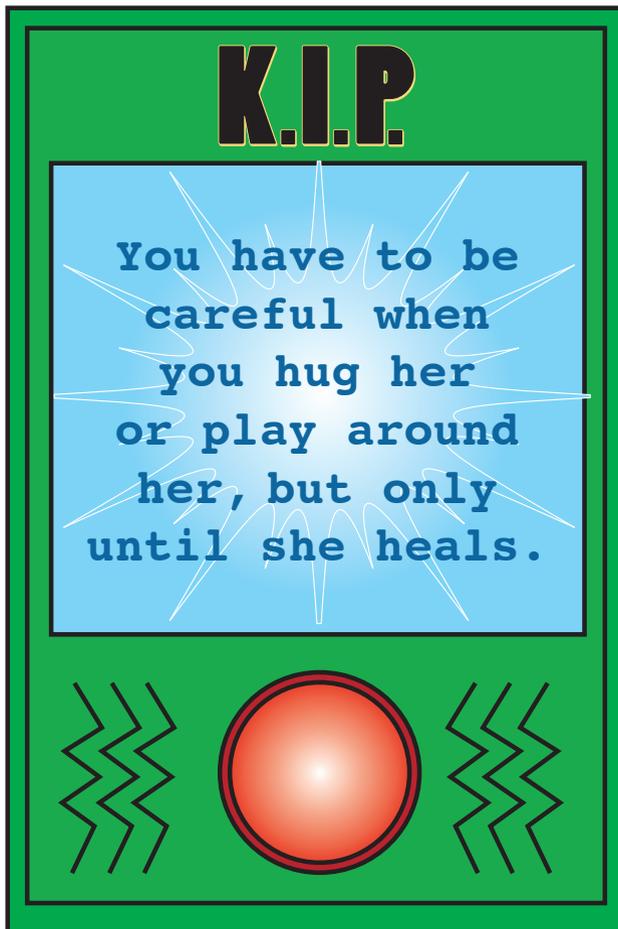
You and I both know that sometimes the bad guys do win,  
but most people do **NOT** die from it.

We have **powerful weapons** to help fight it.

Every day there are people who are helping make bigger  
and better weapons to fight the bad cells.

For example,  
we can do **SURGERY**  
and take out the cancer.

That is when your mommy's  
doctor takes the bump out.



Sometimes we even have  
to take the breast off.

Mommy will look different afterward,  
but she will not hurt.

Your mommy might have a funny tube  
sticking out of her after that.

But that tube will only stay  
for a couple of days.



We also have another powerful tool called **CHEMOTHERAPY**

The only thing is that your mommy may look different for a while. She might swell up. Her hair might fall out. She might be bald. But it is only for a short time.

When the powerful medicine is out of her body and the bad cells are gone, her hair will grow back.



## CHEMOTHERAPY

This is when we give Mommy medicine in her veins. This makes her body more powerful to beat the bad cells at their own game.



Until then, Mommy  
can play dress-up.

She can wear wigs any color  
that she wants—even purple!

Can you imagine Mommy  
with purple hair?



I'll tell you what,  
talk to your mommy.  
Maybe she will want to do  
both! You can do it, too.  
And how about Daddy,  
your sister, and even your  
grandparents?

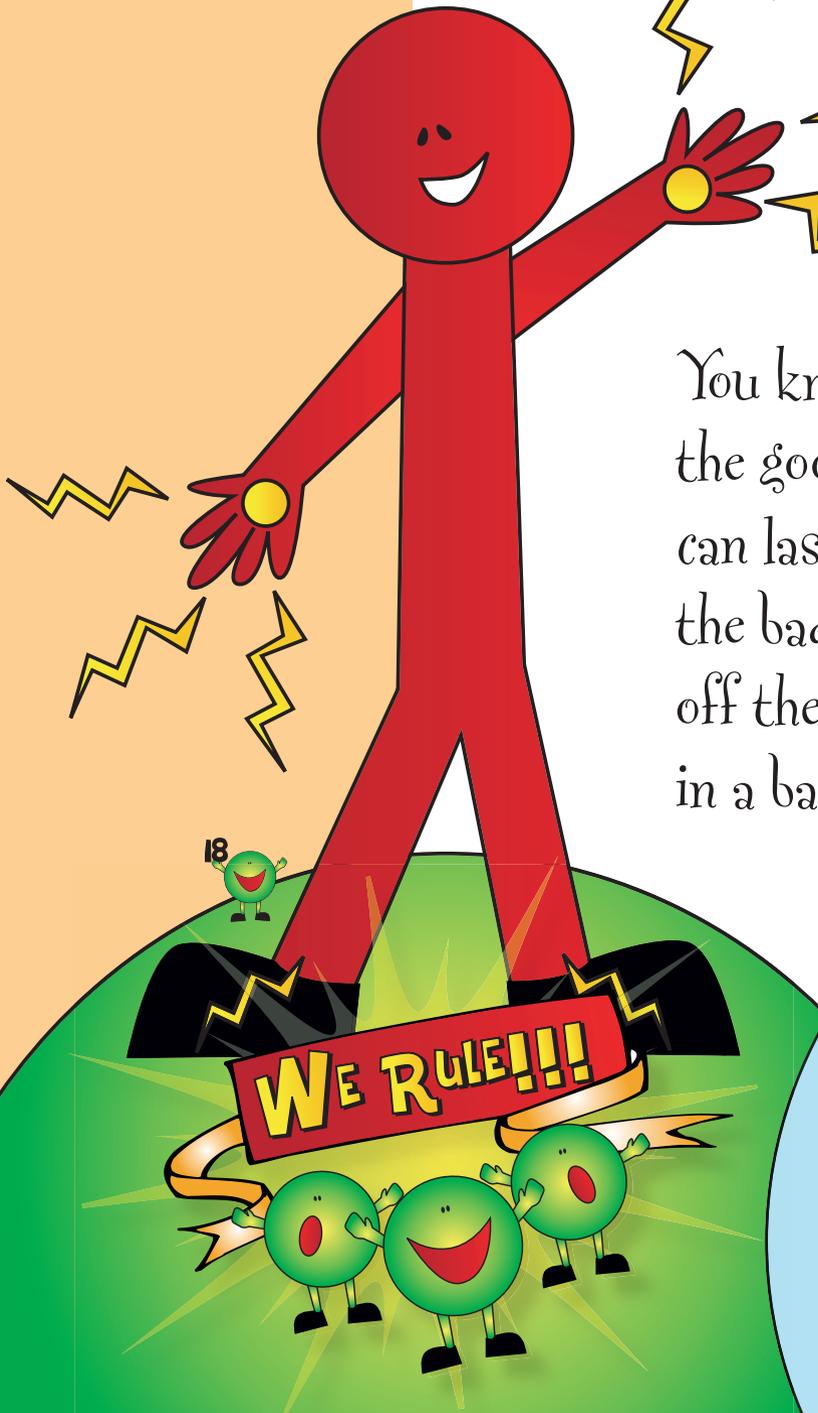


Or do you think it should be blue?

The other powerful tool  
is called **RADIATION**

You know how  
the good guys  
can laser zap  
the bad guys  
off the planet  
in a battle?

**RADIATION**  
is like that.  
Radiation is a powerful zap  
to the bad cells.  
After we use all these tools,  
hopefully the bad cells are history!



*Why is Mommy  
so tired all the time?  
She throws up, too.*



Mommy is throwing up because the powerful medicine in her veins is making her tummy a bit queasy. But it will happen for only a little while and then it will stop.

It sure is tiring fighting a battle with the bad guys!

Once the battle is done, all of Mommy's energy will come back. Then you'd better watch out, she'll chase you everywhere.

Who knows?

Maybe her super powers will make her even faster than you!



# Mommy cries a lot.

You know how when you cry,  
it is usually because you  
are scared or hurt?

Mommy is crying  
for the same reason.  
Big people cry when they are  
scared or hurt, too.

So you can do what  
Mommy does for you.

Give her hugs and kisses  
to make her feel better.

**XOXOX**



# Why do we have to stay away from Mommy when we have a cold?



You know that powerful medicine that your mom has in her veins?

It makes your mommy's body use all its energy to kill the bad cells.

If your mommy catches a cold, too, her body will have a hard time fighting both.



So just until you are feeling better, maybe someone else in your family can give you the hugs and kisses to make you feel better.

XOXOX

# When will Mommy feel better?



It seems like it takes a million years  
for her to get better.  
But it really does  
not take that long.

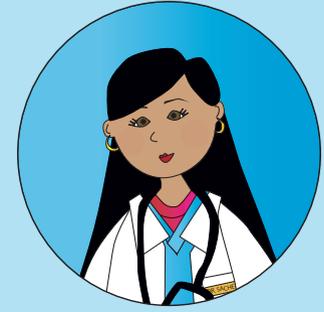


## We just have to be patient.

It's like waiting for your birthday to come.  
It seems so much longer than it really is.

# Do children get breast cancer?

*All of this scares me!*



Only grown-up men and women can get breast cancer.

Kids don't get breast cancer.

It is all right to be scared.  
But when you feel scared,  
just close your eyes and  
say a little prayer.  
It might make you feel better.

Always remember you can  
ask questions if you don't  
understand what is happening.

It is always easier to deal with  
things if you know what is going  
on around you.



I have a great idea.

Close eyes.

Open eyes.



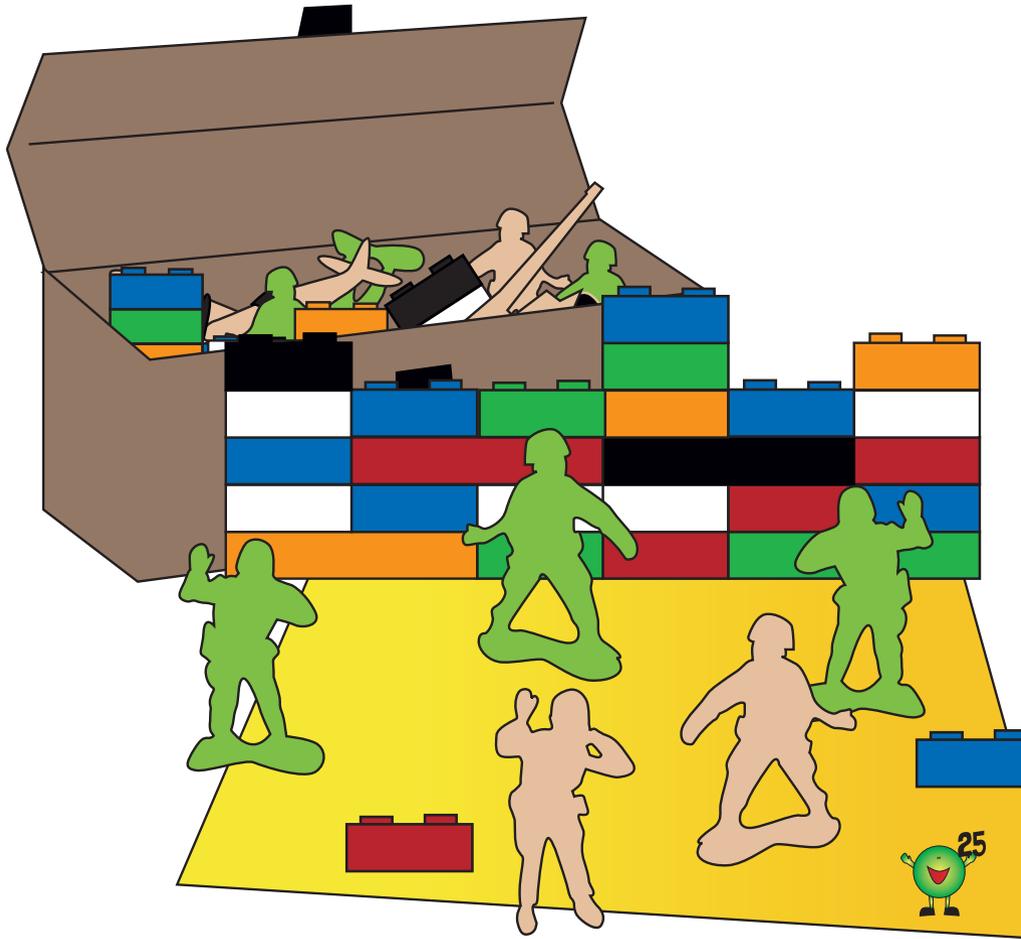
This is **K.I.P.**  
**K.I.P.** stands for  
**KNOWLEDGE IS POWER**



Cool!

Whenever you have a  
question just ask.  
**K.I.P.** will help you  
answer your question.

# Will Mommy get better?



I hope so.

Remember, we are all soldiers  
in this battle with Mommy.

We are the good guys.

We all know that most of  
the time the good guys win.

In the end, things always  
work out as they should.

No matter what,  
we have to be strong.

I'll tell you what,  
let's make a list of the things  
we can do for your mom.

## To Do List For Kids

♥ Make a bracelet for your mom.



♥ Read your favorite stories to Mom.

♥ Make Mom a picture of the two of you doing your favorite things.

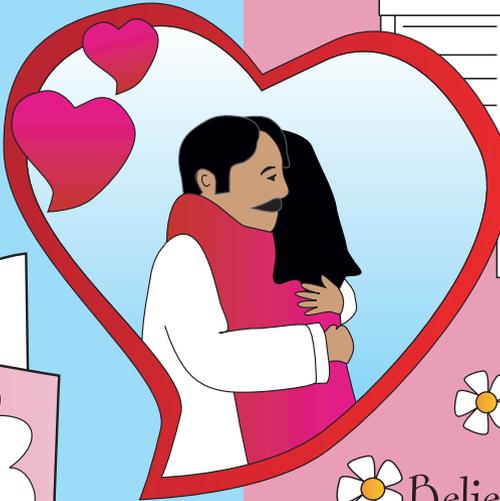


♥ Make Mom a coupon book:

- 🌸 A coupon for hugs anytime she wants.
- 🌸 A coupon for quiet time.
- 🌸 A coupon for going for a walk whenever she wants.
- 🌸 A coupon for anything she may need.



## TO DO LIST FOR DAD



## TO DO LIST FOR MOM



 Give Mom cards every week while she is in treatment.

 Give Mom a quiet night at home to rest.

 Get flowers for Mommy when she feels sad or tired.

 Arrange for a movie night at home with the kids. Mom will be the guest of honor. The kids get to pick the movie. Daddy makes the popcorn.

 **GET WELL SOON!**



 Be brave.

 Believe in yourself.

 Don't worry about us.

 Always know how much we love you.



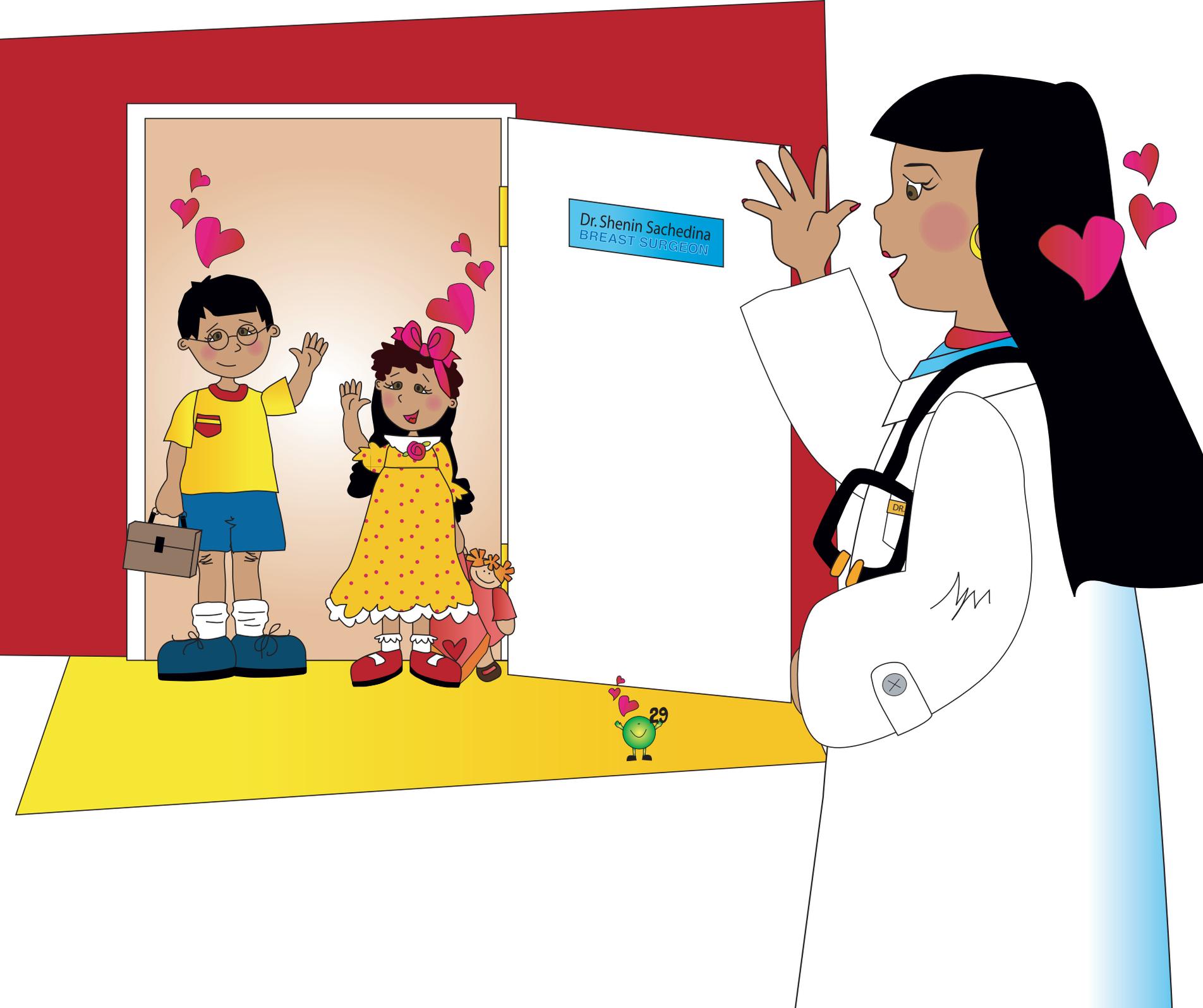
Well, Metu and Lee,  
it was really nice to  
meet you both.

And Isabella, too?

Yes, and Isabella, too.  
You guys can call me  
anytime you need me.

**K.I.P.** and I  
will be there.





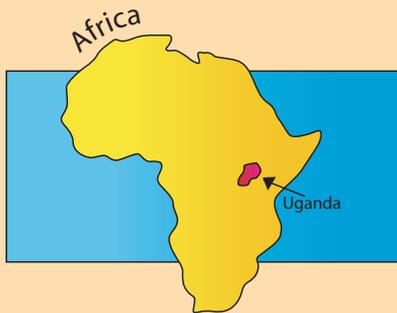
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DR.

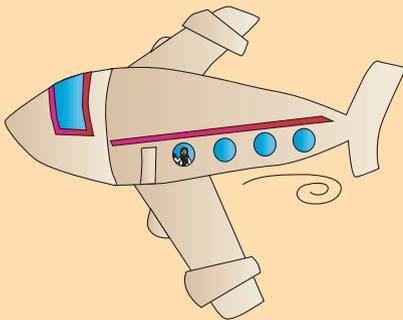




Dr. Shenin Sachedina was born in  
Uganda, East Africa.



She immigrated to the United States  
in 1972.



She is the founder of  
The Central Florida Breast Center  
in Winter Park, Florida, and has  
been in practice for ten years.  
She is a board-certified general surgeon,  
specializing in breast disease.



#### A Note from Dr. Sachedina

I am a mother of a six-year-old boy, Aman, and a four-year-old girl, Aznin. As fate would have it, my roles as physician and mother have merged to create *Metu and Lee Learn about Breast Cancer*.

This is the first in a series of books that will highlight different medical issues, with Metu, Lee, and Dr. S. as the central characters. It is my hope that this book, as well as all subsequent books, will help children understand different medical and life issues.

The subsequent books:

*Metu and Lee Learn about Diabetes* will focus on Sam, a young boy in Metu's class who has diabetes.

*Metu and Lee Learn about Leukemia* will focus on children diagnosed with leukemia. Metu and Lee will deal with their friend Chris who is battling leukemia.

I thank you for your support.

Best Wishes,


Dr. Shenin Sachedina



# ACKNOWLEDGEMENTS



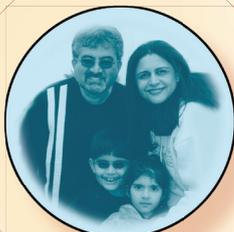
To my wonderful husband, Aziz—  
I love you heart and soul...forever,  
forever. I thank you for your help  
and support.



To my amazing children,  
Aman and Aznin—I love  
you both to the moon and  
the stars and the universe  
and back, and that's just  
to start with! Being your  
mother has been the  
greatest gift that  
God has given me.  
I thank God for you both.



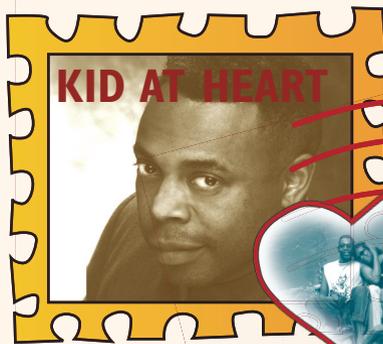
To my dad, the late Mr. Madatali Sachedina,  
and my mom, Roshan Sachedina—  
I thank you for your sacrifices that  
allowed me to become the person that I am.  
Every person that I help is helped  
because of your sacrifice.



To my entire family,  
I love you with  
all my heart.



Steven Lester, M.D. and David C. Molthorp, M.D. —  
Thank you for being my partners  
in my fight against breast cancer.



Michael & Sharon Winslow—  
words cannot express my gratitude.  
I thank you for your hard work and passion  
for this project



Tammy Sherman—whose talent and  
passion for this project made the  
characters in my head come to the  
pages of this book.

Karen Grindley—my right arm in this project  
from the beginning. Your passion and hard work  
were so greatly appreciated.



Douglas Nesbitt—  
you're the man with a  
great eye and a big heart.



Marty Windsor—  
thank you for your  
contribution.



Virginia Maxwell—  
thank you for being  
so patient in editing  
the text.



Anthony Clavizzao—  
thanks for your  
generosity and energy  
in publishing this text.

[www.metuandlee.com](http://www.metuandlee.com)

