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Metu and Lee

Learn about Leukemia



DR. SHENIN SACHEDINA



As a breast surgeon since 1995, I have come to the conclusion that cancer, or any oncologic disorder, is a physiologic disease of the individual, and a disease of the family and society at large.

The word leukemia comes from the Greek words Leuko, meaning "white", and Aim, meaning "blood". It is a disorder that starts in the bone marrow. The diseased bone marrow makes a lot of abnormal white cells called leukemia cells. Since they crowd the bone marrow, the other cells that are normally present in a healthy bone marrow do not have room to exist. According to the leukemia and lymphoma society, currently approximately 231,461 people are living with leukemia in the United States.

Often, when a child or an adult is diagnosed with leukemia, it is confusing for the patient as he or she goes through treatment and experiences the physical changes that accompany it. The confusion is greatest for the littlest victims of this disease—the children.

It is my sincere hope that this book will assist children to understand these changes. Children today, more so than ever before, are truly engaged in daily events. 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 whose lives have been touched by leukemia.

Best Wishes,



Dr. Shenin Sachedina

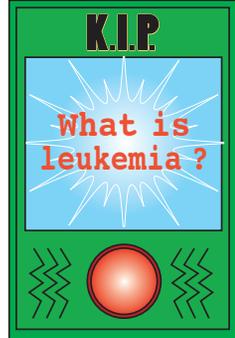


www.metuandlee.com

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 leukemia.



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



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 they or someone they know is diagnosed with leukemia.

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



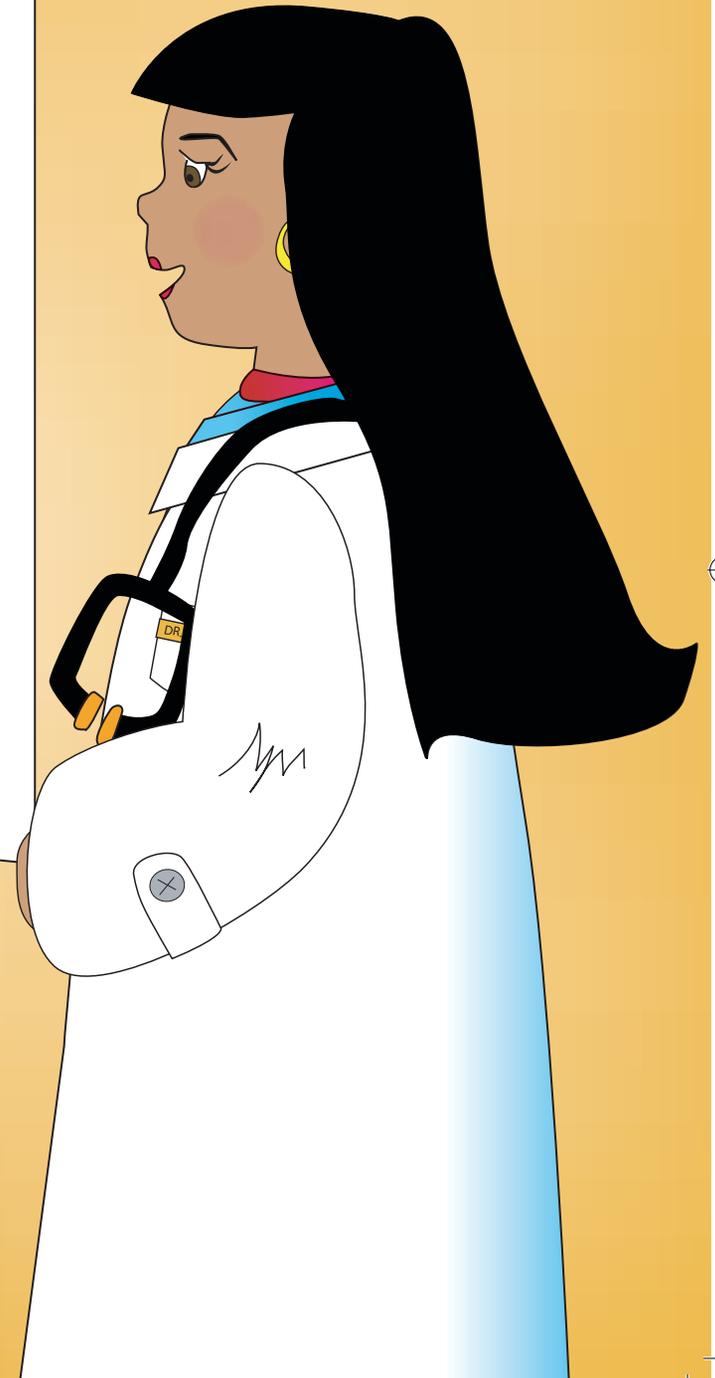
Hi! My name is Metu
and this is my sister, Lee.

Dr. Shenin Sachedina
DOCTOR



This is baby Isabella.

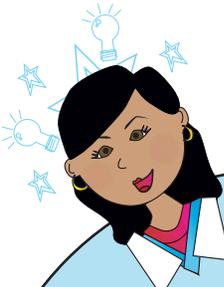
It's nice to meet you all.
My name is Dr. Sachedina.
My friends call me Dr. S.



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?



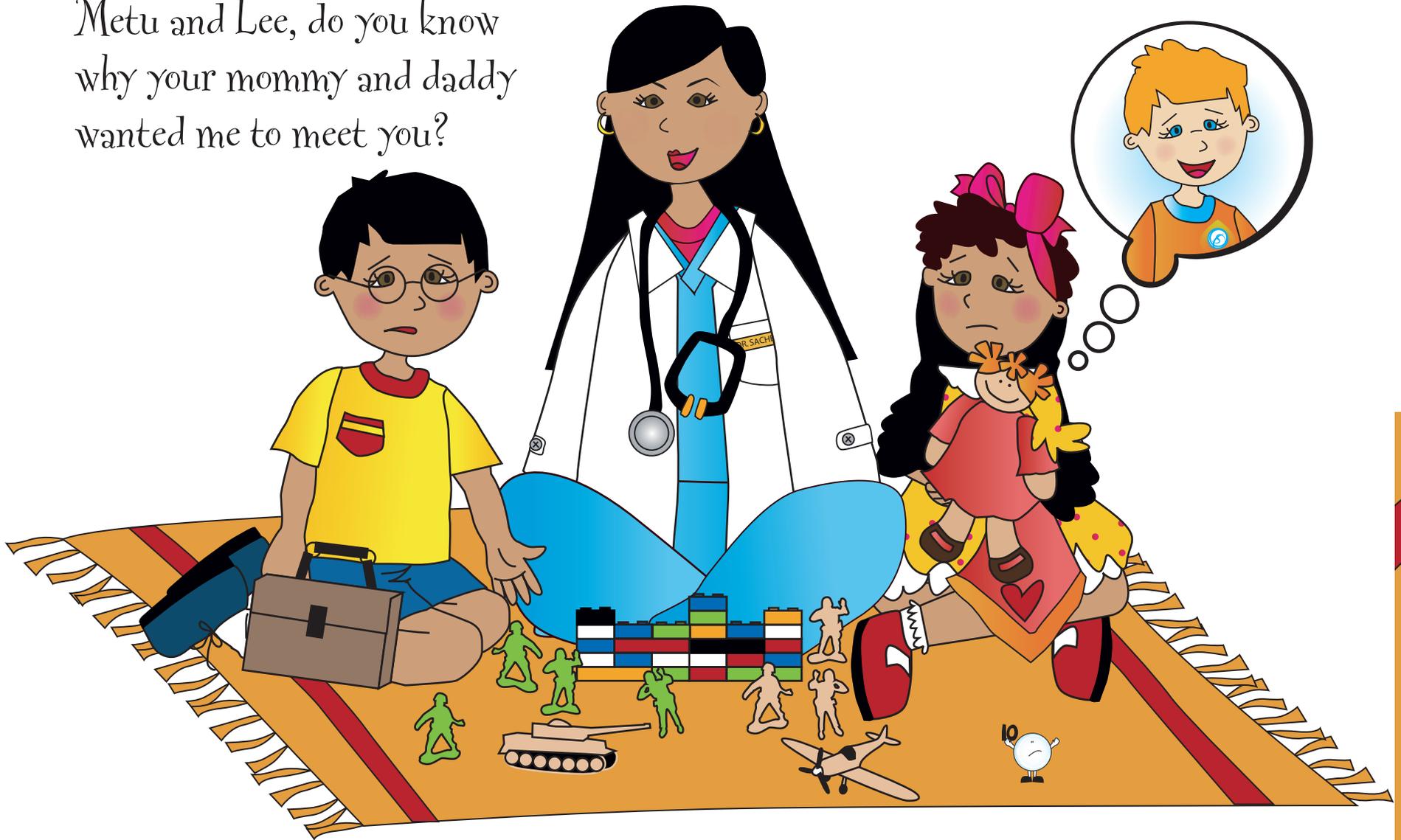
You bet I do.
Why don't we all sit
on the floor and play?

Can baby Isabella
play, too?

Sure she can!

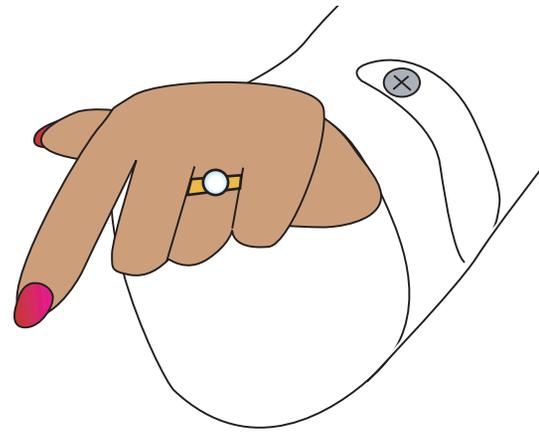


Metu and Lee, do you know why your mommy and daddy wanted me to meet you?



Mommy said you're a doctor and you're going to help my friend Chris. He has leukemia. **We're not sure what that is.**

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





Well, leukemia is like a small camp that the bad cells set up in Chris's bone.

BAM!!!



The bone marrow is the spongy part of your bone. It makes good cells that help you fight a cold.

BOP! POW!

The bad cells like to take over the bone marrow. The good cells have no room in the bone marrow. The trick is to get the bad cells out of the bone and destroy them.

Why did Chris get leukemia?



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 Chris die from leukemia?



People can die from leukemia.

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 have a powerful tool called **CHEMOTHERAPY**

The only thing is that Chris may look different for a while.

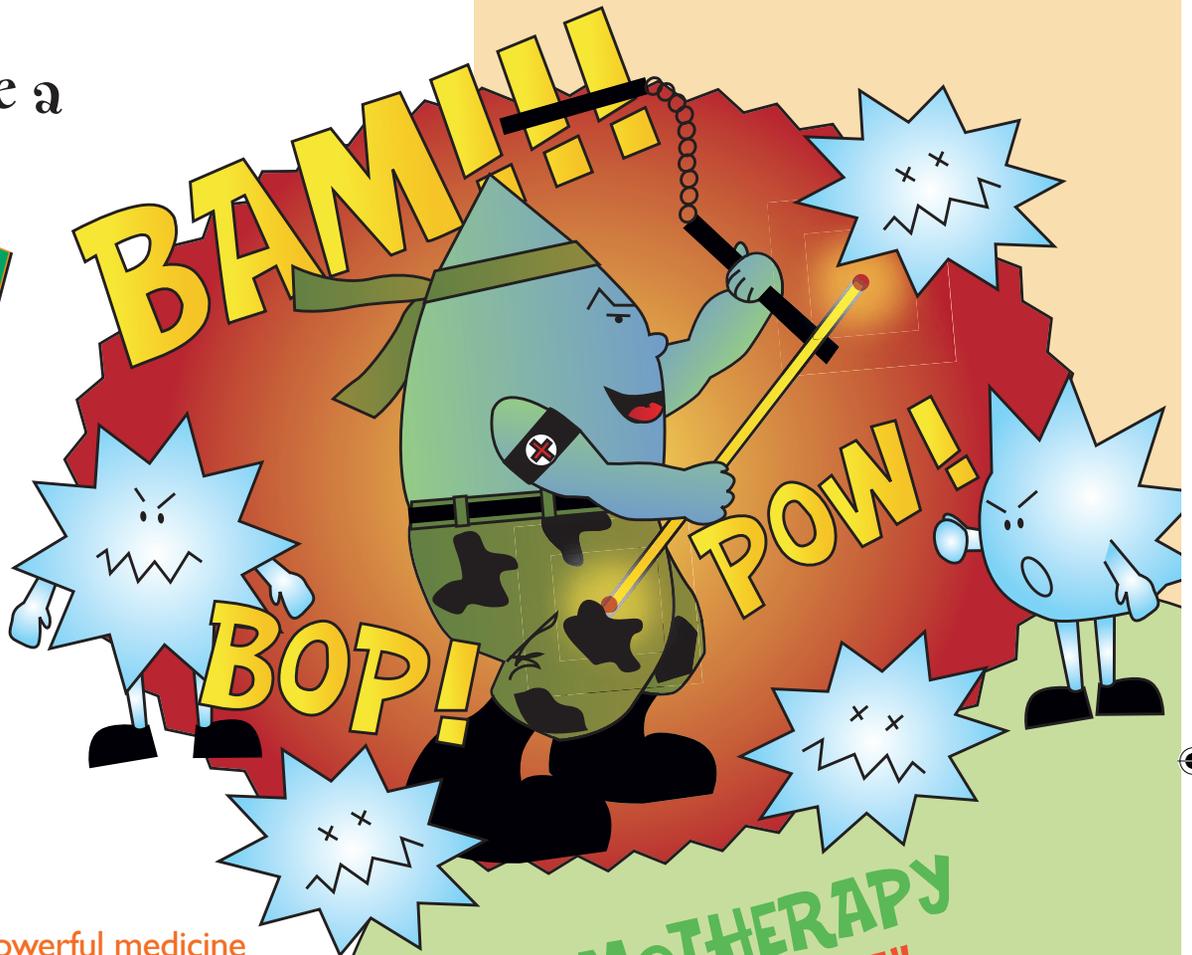
He might swell up.

He might be bald.

But it is only for a short time.



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



CHEMOTHERAPY
"goofy MEDICINE"

This is when we give Chris medicine in his veins. This makes his body more powerful to beat the bad cells at their own game, but this medicine might make him act goofy.





Until then, Chris can play dress-up.



He can wear wigs any color that he wants—
even purple!

Can you imagine
Chris with
purple hair?

Or do you think it should be blue?

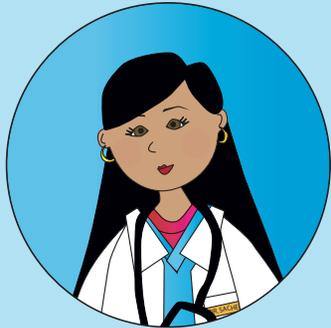
The other powerful tool
is called **RADIATION**



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!





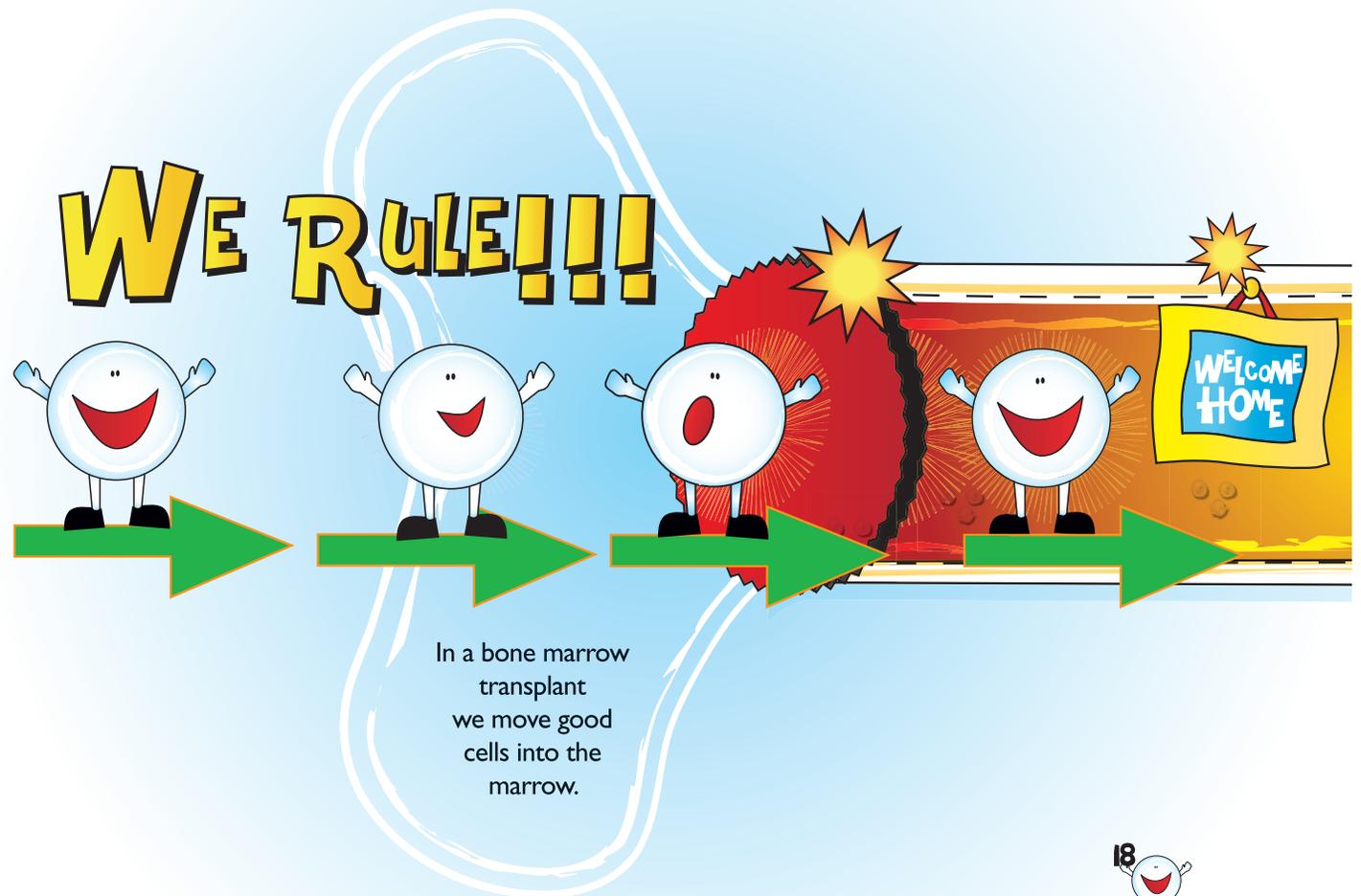
Bone marrow
is empty after
chemotherapy
and radiation.

Chemo Commando
and Radiation
Rod did their job.

The good cells
now have a nice
home of their own.

Sometimes we can do a
BONE MARROW TRANSPLANT

A transplant is where we move someone
or something from one place to another.



**Why is Chris
so tired all the time?
He throws up, too.**



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

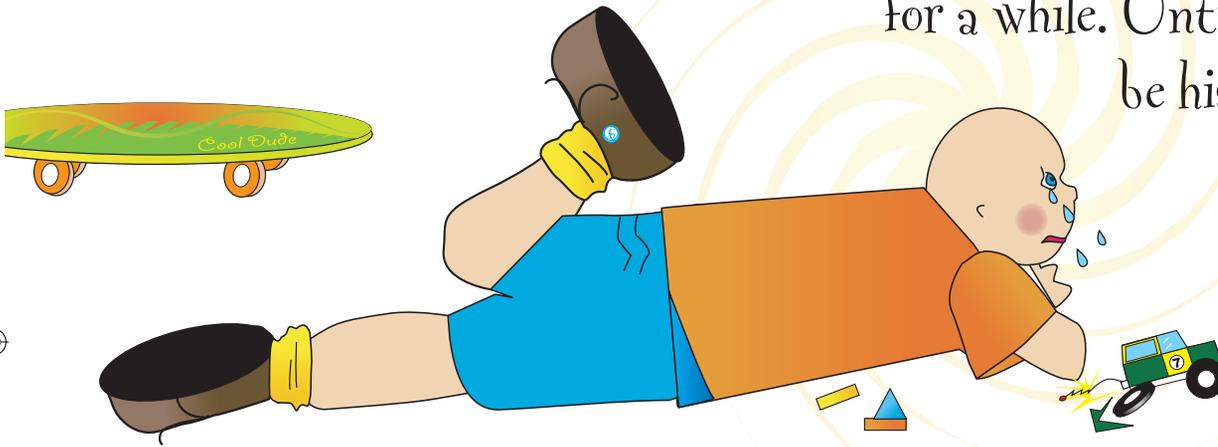
It sure is tiring fighting a battle with the bad guys!

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

Who knows?
Maybe his super powers will make him stronger than Chemo Commando!

Why is Chris so mean sometimes?

You need to remember that Chris's mind and heart are also affected by that goofy medicine. But the goofy medicine will only be in his body for a while. Until then just be his friend.



Why does Chris cry a lot?

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

Chris is crying for the same reason. People cry when they are scared or hurt, just like you.



♥XOXOX♥

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



You know that powerful medicine that Chris has in his veins?

It makes his body use all its energy to kill the bad cells.

If Chris catches a cold, too, his body will have a hard time fighting both.



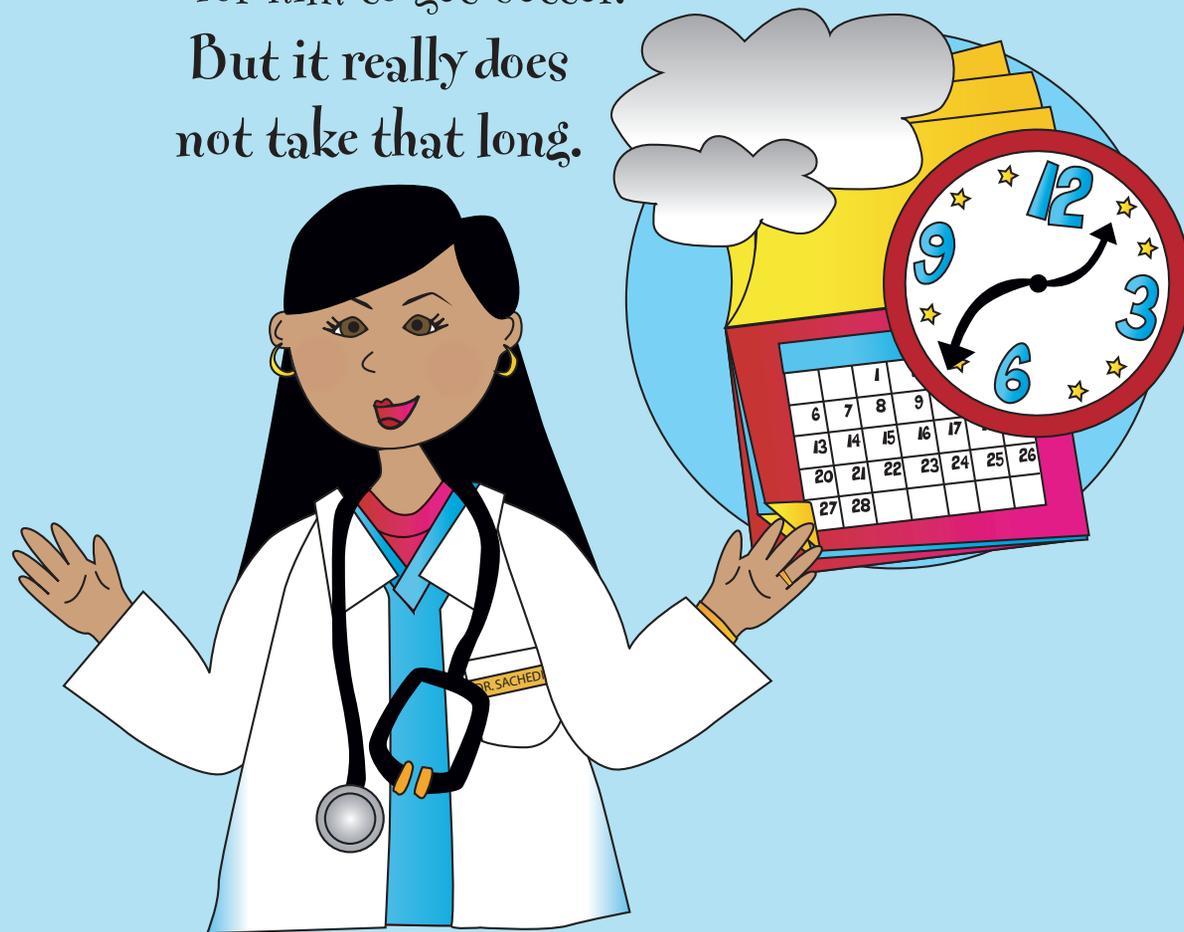
So just until you are feeling better, maybe you can talk to Chris on the phone.



When
will Chris
feel better?



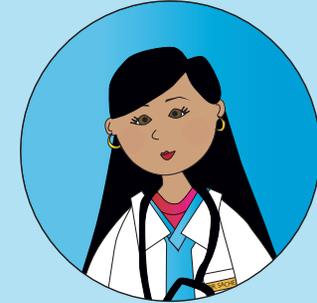
It seems like it takes a million years
for him to get better.
But it really does
not take that long.



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 all children get leukemia?

All of this scares me!



NO — some grown-ups and kids can get leukemia.

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.



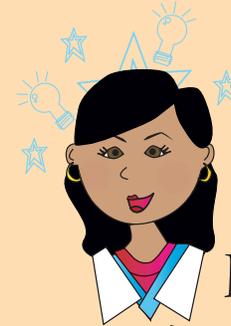
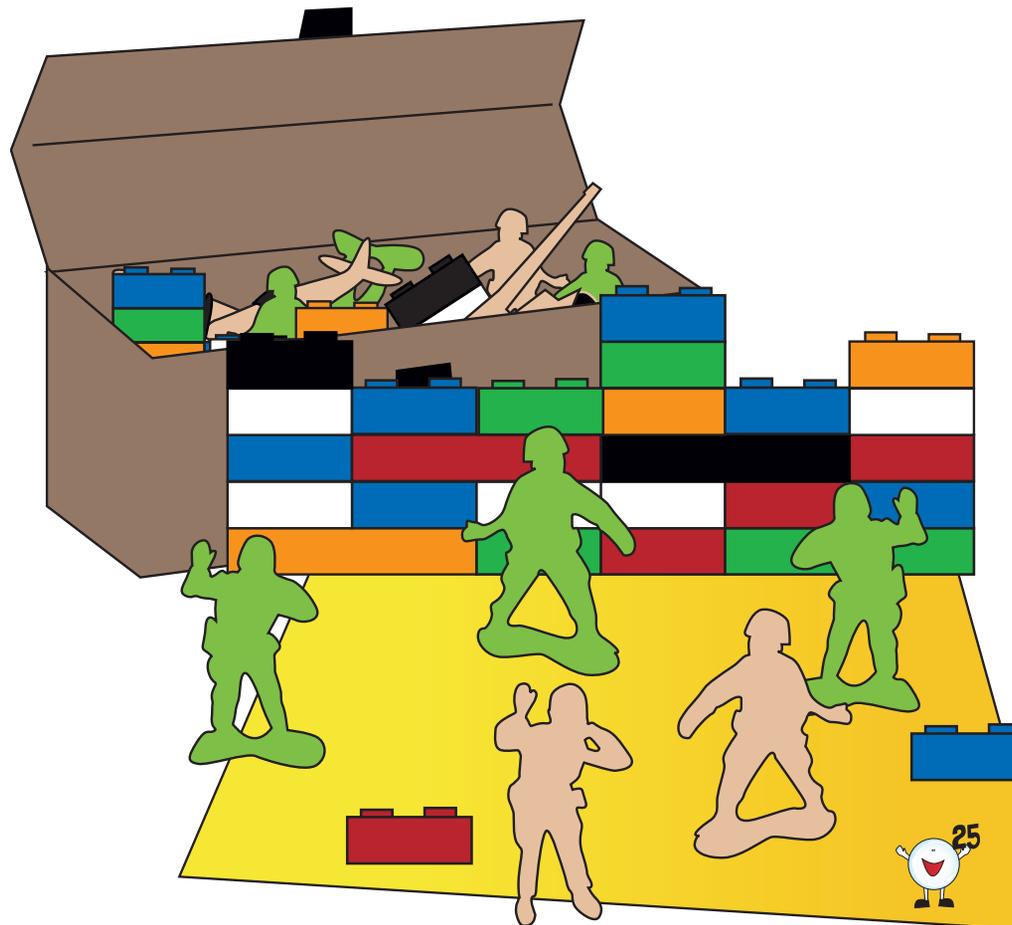
This is **K.I.P.**
K.I.P. stands for
KNOWLEDGE IS POWER

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





Will Chris get better?



I hope so.

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

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 Chris.

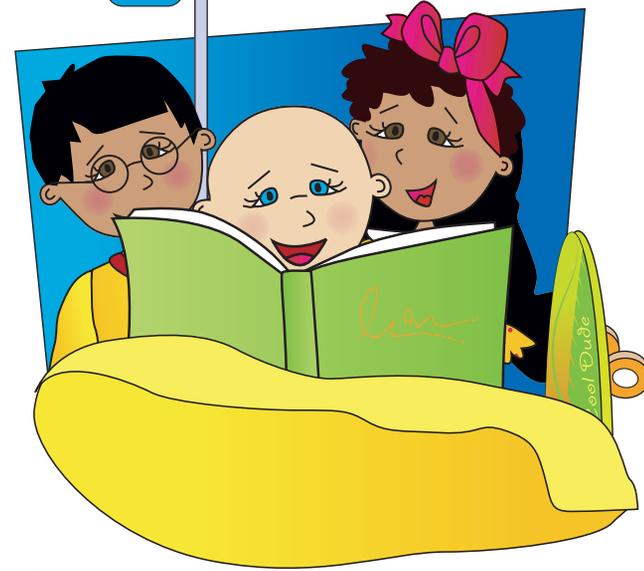
To Do List For Kids



Autograph
a picture of
you and Chris
playing.



Read your
favorite stories
together.



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



Make Chris a coupon book:

-  A coupon for playing ball anytime he wants
-  A coupon for a movie when he gets better
-  A coupon for going to the park
-  A coupon for anything he may need



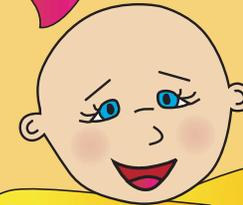
To Do List For Kids

GET
WELL
SOON!

Give Chris a card every week while he is in treatment.

Friends
Forever

To Do List For CHRIS



Be brave.



Believe in yourself.



Always know how
much we care.

Arrange for a movie night at home with Chris and all of your friends. Chris will be the guest of honor. The kids get to pick the movie. Mommy makes the popcorn.

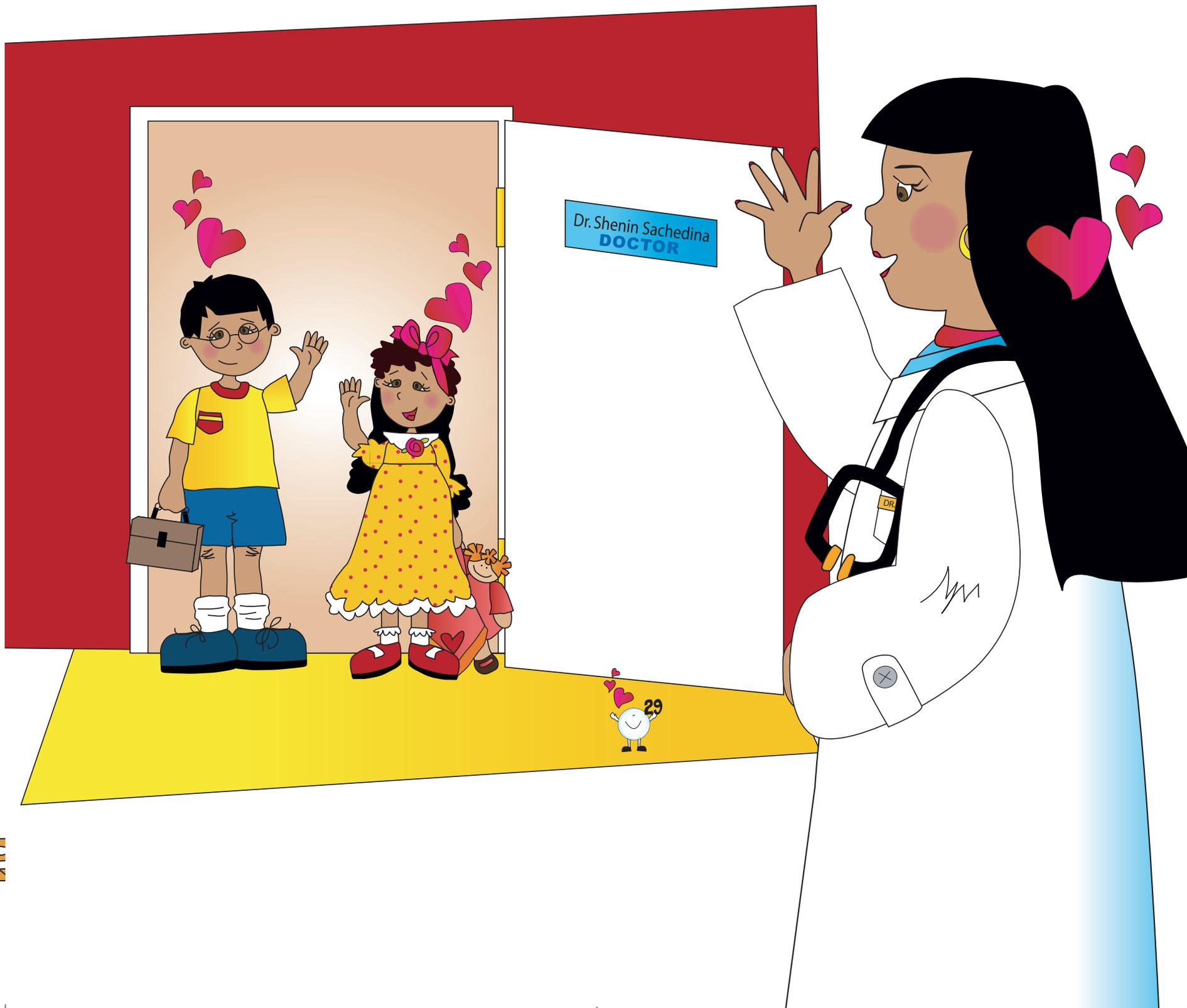
Well, Metu and Lee,
it was really nice to
meet you both.

And Isabella, too?

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

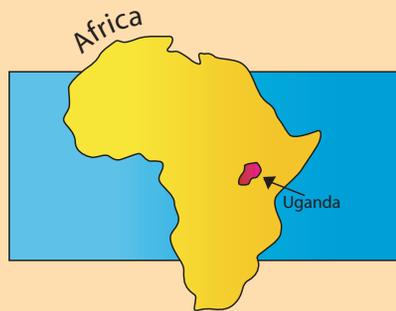
K.I.P. and I
will be there.



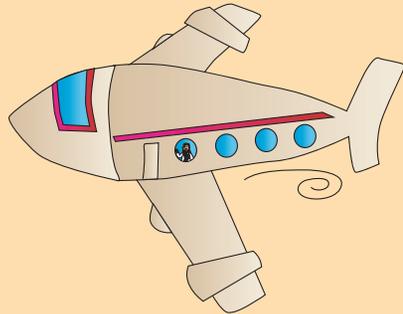




Dr. Shenin Sachedina was born in Uganda, East Africa.



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 since 1995. She is a board-certified general surgeon, specializing in breast disease.



A Note from Dr. Sachedina

I am a mother of a ten-year-old boy, Aman, and a seven-year-old girl, Aznin. As fate would have it, my roles as physician and mother have merged to create *The Metu and Lee series of books*.

This is the third 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 the Metu and Lee series of books will help children understand different medical and life issues.

Best Wishes Always,



A handwritten signature in black ink that reads 'Dr. Sachedina'.

Dr. Shenin Sachedina



Other Metu and Lee books:

Metu and Lee Learn about Breast Cancer focuses on helping Metu and Lee deal with their mother's diagnosis of breast cancer.

Metu and Lee Learn about Cancer focuses on helping Metu and Lee deal with their family member's diagnosis of cancer.



ACKNOWLEDGEMENTS



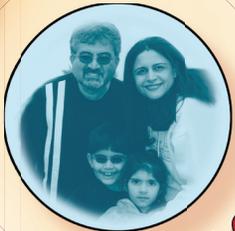
To my wonderful husband, Aziz—
I love you heart and soul...forever,
forever. I thank you for your help
and support.



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.



Aznin Jasani—my seven-year-old daughter.
Thanks for inspiring my creativity.



Aman Jasani—my ten-year-old son.
Thanks for helping with the design
of the characters and putting
your imprint on this book.



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.



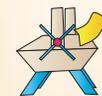
Douglas Nesbitt—
you're the man with a
great eye and a big heart.



Michael McKay—
thank you for your
help in maintaining our
website.



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



Ron Lukowski—
thanks for your
generosity and energy
in publishing this text.

www.metuandlee.com

