

Family Council

“Strengthening Family Cohesion and Solidarity” Family Education Videos – Leading an Amazing Life as a Cancer Conqueror Gary NG

Facing bone cancer positively

Gary NG : It was in Secondary 3, when I was aged 13, that
I suddenly found my left leg limp and sore as I walked
especially when going up and down the stairs
I told my family about the situation
and they got so very worried that
they immediately took me to a doctor
After a turn of events
I was hospitalised for a further check
On the day of my 14th birthday
the doctor on the ward round said to me
“Gary, right above your knee
is a tumour which needs to be removed
We did a laboratory test yesterday
and confirmed that it’s bone cancer.”
This piece of news to me
was truly a bolt from the blue
I knew that the battle confronting me
wasn’t what I was to face alone
but my whole family would fight alongside me
There would be a very intensive chemotherapy treatment in hospital
preceding the surgery to be arranged
Truth to tell, the chemotherapy caused
rather bad reactions in me
and I threw up all the time
Dad and mum quit their jobs
to take care of me in the hospital
There were tough times going through the disease
but my parents were always there to cheer me on
to face the battle with optimism and positivity
even when met with difficulties

Aspiring to be a doctor

Gary NG : When I was small, I wrote that I aspired
to be a doctor
but back then I was yet to be clear about
the difficulties or challenges facing a doctor day in, day out
When I was struck by the disease
hospitalised for over 6 months
I met numerous patients who really needed help
I came to reckon that
the healthcare personnel around me were all so very caring that
they show care not just for me
but, additionally
also for my family's feelings and needs
When confronting the disease
I could see what an immense help the healthcare personnel were to me
That was why I set my sights on
becoming a doctor in the future
to help other patients

A life-on-life endeavour

Gary NG : The one thing I was most affected by in hospital was that
after learning I had bone cancer
my doctor had a recovered bone cancer patient sent to me
explaining many questions I had in mind
which gave me huge encouragement
I remember having told that recovered patient
"I need to visit other bone cancer patients someday just like you."
After I had recovered
I returned to the hospital
to visit bone cancer patients
Not only do I volunteer for organisations for the disabled
I've also offered help to different organisations
Whenever I do volunteer work
I bring my children along
as a way to let them know what Daddy is doing
Educating children

is really not just teaching them book knowledge
I think setting a good example is more important

What family means to me

Gary NG : Family is vital to one's growth
since childhood
moulding one's personality
and future development over time
I came from a very optimistic, positive
and happy family background
growing into a resilient personality
with an optimistic, positive outlook
and an ability to cope with difficulties
Family is actually
a refuge from all the problems
that one has to face in daily life
Through the days you are happy or not
your family will give you unconditional support and help
and keep you company as you grow up
A harmonious family is vital to one's development

Advice for first-time parents

Gary NG : Every child is different in personality
I have 3 kids
one is 5 years old
another is 4
and another nearly 3
They're actually all in rather early stages of development
beginning to explore how to communicate
and get along with parents
First-time parents will definitely be anxious
since they have to start learning how to overcome
the many hurdles in life
It's also a huge challenge for family members
No matter what opinions you may hold

the most important thing to maintain between spouses is frequent communication
Given the lack of a fixed formula for how to go about it
we as couples should take our own situation into account
and take the time to plan
what we really want to bring to the child
and what kind of person we wish the child to be.
Granted that we'll differ in opinions at times
but it's crucial to do so calmly and without a fuss
Tackle the issue, not the person
Be there an argument or not
we wake up
every morning
to a brand new day all the same