

# Living with Liver Cancer Patient support Website

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## Living with Liver Cancer

Living with Liver Cancer is a website designed to support patients, relatives or carers to those diagnosed with liver cancer. It was created by a group of patients, artists, leading researchers and clinicians working to improve outcomes for patients with liver cancer.

The website provides up to date information from clinical teams as well as interactive content for patients and their families.



Key information is presented in a way which is accessible, supportive and engaging for patients. The website was designed considering the needs of our users, who are predominantly older adults, with expert support from Drummond Central and consultation with patients and patient support group LIVErNORTH.



The website has several short films from specialists explaining treatment options in a lay fashion. There are also downloadable information sheets for those who prefer paper.

There is information about liver cancer, the risk factors, symptoms, and sections tailored to patients at each stage of their journey, from diagnosis to treatments to supportive care. There is contact information & links for other relevant sources for our patients and a monitored question section for anyone who wants to get in touch.



Living with Liver Cancer is designed in a way that can be accessed across a range of devices including mobile phones to make it as accessible as possible.

*"A true collaboration – it's definitely one of the most comprehensive sites out there I'm proud to be associated with it"* Professor Derek Manas NUTH surgeon.

## Patient Wellbeing

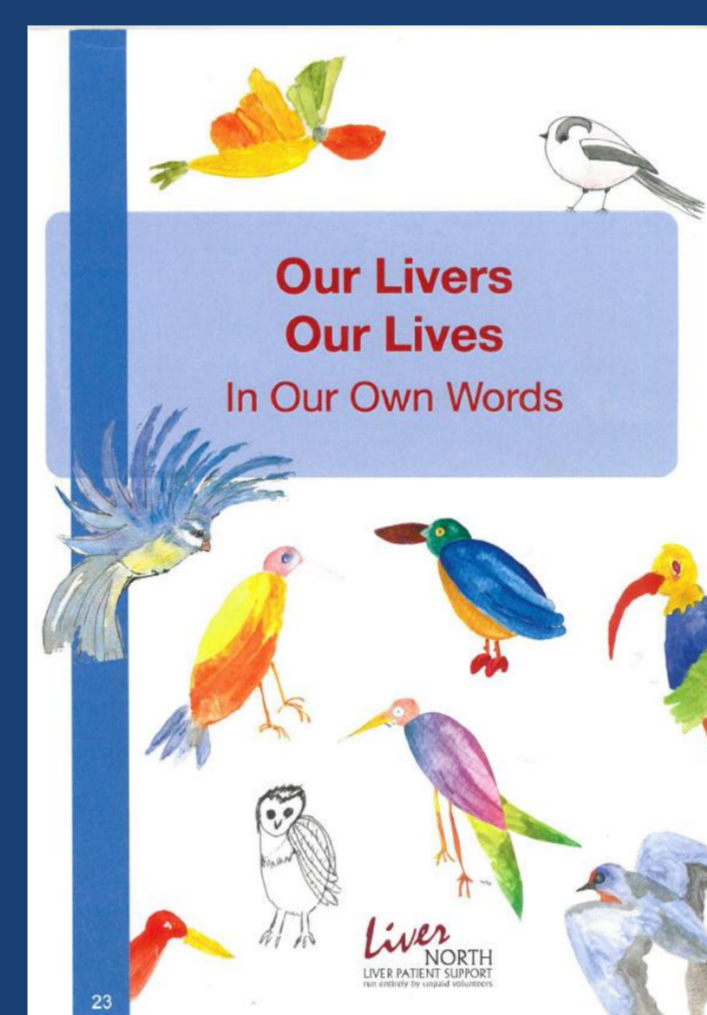
For mental wellbeing, we know that our patients wanted to share emotions and experiences, to feel a part of something that would help others in the future. LWLC showcases the 'Our Livers, Our Lives' project, created by LIVErNORTH in collaboration with local poet Christy Ducker and artist Emma Holliday.

### Our Livers Our Lives



Our Livers, Our lives is a collection of poetry and art produced by people affected by liver disease, funded by LIVErNORTH. The work in the leaflet voices first-hand experience of liver disease, treatment, loss and celebration. The whole collection can be viewed on the Living with Liver Cancer website.

*"This looks amazing! Interesting, engaging and easy to look around the site. I'm very proud to have my workshops in here too, you've adapted them really well..... I think it's really fantastic to have a health website which includes such a lot on well-being."* Local Artist, Emma Holliday



## Diet, Nutrition, Exercise and Active Lifestyle

Importantly, we have dedicated a large proportion of the website to our patient's physical and mental wellbeing. This includes lifestyle advice and videos from our Physio and Sports science team (Kate Hallsworth and Sam Orange) and dietician Rachel Thomson.



**Will physical activity/exercise not make my fatigue worse?**

**What is physical activity?**  
Physical activity is any body movement that requires you to use more energy than resting, and it incorporates many of the activities carried out as part of the daily routine e.g. washing the car, hoovering, walking the dog.



## Personal Experiences

Liver transplant recipient Ian Parker initiated a patient experience blog on LWLC, so that others can read and hear the voices of those who have gone before.

The personal experiences shared on Living with Liver Cancer include patients discussing their diagnosis and treatment as well as the importance of attending regular check-ups.

### Ian's story: "My journey through to liver transplant and onwards"



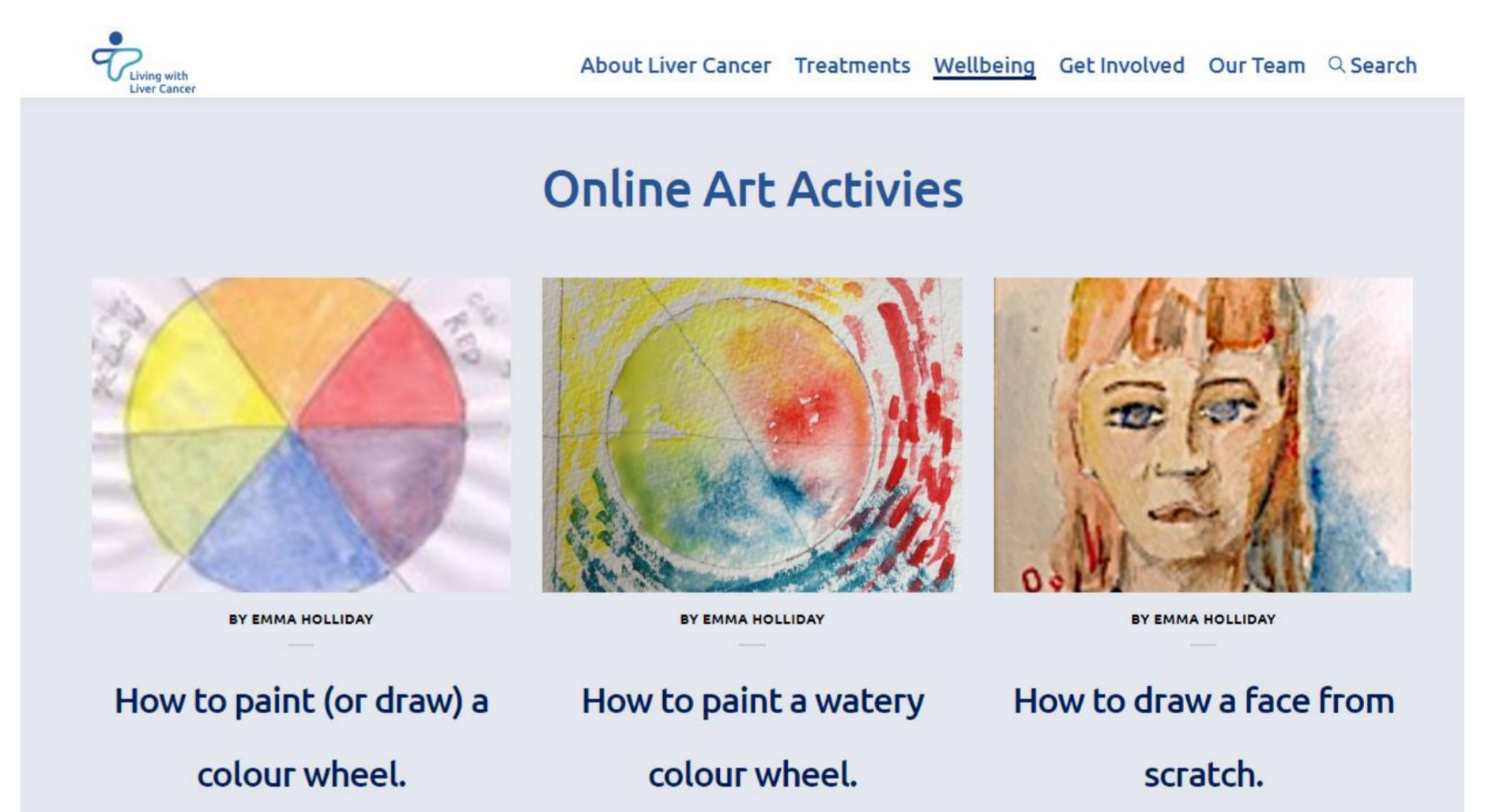
BY IAN PARKER  
I was born in 1950 and had a very healthy upbringing, living in a clearing in a forest, as my father was a head forester with the Forestry Commission. I also was an active sportsman through school, university and a long career as a chartered surveyor. This involved 30 years of football and cricket rolled into more sedate golf in my mid-40s through to the present day.  
On reflection, the stamina and fitness issues were to be of great assistance to me when needed on my journey through liver cancer and a transplant operation.

*"It is very impressive and a credit to those involved. Not only did I enjoy putting my history onto paper, but it has helped highlight the expertise here in the region. I am sure as a result of comments I received key messages can be communicated to future patients and beyond."* Liver Cancer Survivor, Mr Ian Parker.



## Interactive Content

We encourage patients to create their own art projects with online activity sheets and submit their artwork or stories for inclusion in our patient gallery.



## Research

The Research section of Living with Liver Cancer has summaries of ongoing research projects as well as updates on the HUNTER clinical trial.



## Acknowledgements

We are grateful to the patients who have shared their stories. We would also like to thank Emma Holliday, Christy Ducker, Paul Box-Granger, Drummond Central & LIVErNORTH for their contributions.



For further information, please contact [Emily.Mavin@newcastle.ac.uk](mailto:Emily.Mavin@newcastle.ac.uk). <https://www.livingwithlivercancer.co.uk/>