

7 P's of Palliative Care with Incurable Cancer

by Bob Cancalosi in August 2023

To my dear friends,

In the midst of battling an incurable brain & bone cancer, I wanted to share what I am doing, with the goal to help myself and as many people as possible, including my family as the critical caregivers.

I have created and revised this 7P model to provide myself with a positive daily mindset as I battle my cancer.

1. **PRAY- Every Day & Night**

Pray every day and be thankful for my strong spirituality.

I'm in God's Hands. I am not in control!

Maintain Love, Faith and Hope every day.

"Give thanks in all circumstances and pray continuously" 1 Thessalonians 5:18

2. **PREPARE- My Family & Myself**

Prepare my family with my legacy stories.

Also leverage my therapists and spiritual guidance.

Learn to use meditation as a way of being content. My son does this well!

3. **PROTECT- My Family Financially**

Protect my family financially for life. My 31 years at GE and the Four Loop Learning business will serve them well!

4. **PHYSICAL WELL BEING- Taking well care of me**

Be rigorous with my medications and drink lots of water.

Activate Physical Therapy at Mass General.

Keep on completing my every 2–3-month MRI's & PET/CT's.

Keep moving as movement is medicine.

5. PRESENCE- Be Here Now

Live in the moment with gratitude

See God's presence around me daily.

6. PERSONAL FRIENDS- Letting them know how important their friendship is to Barb and me

Spend as much time as we can with our friends.

7. PEACE- focus in the best areas.

Have a good self/servant ratio. Right now, it so important to be a bit selfish.

Selflessness is taking the responsibility to know one's own needs and get them met while acknowledging and being of service to others.

Don't worry about anything and pray about everything. Tell God what you need and thank him for all that he has done.

"Do not be anxious about anything but in everything by prayer and petition with thankfulness let your requests be known to God". 4.7

"And the peace of God, which surpasses all understanding will guide your hearts and minds to Christ Jesus." Philippians 4:5-7

I hope the 7P's provide you with some valuable perspectives in your remaining years in celebrating life and being so grateful for the caregivers in our lives.

Thank you for your loving care & ongoing support.

Bob Cancalosi