

The THOUGHTS

during

the radiation

Publication of
Peter Zaloudek

Diagnosis “cancer”

Many of us feel helpless to meet people who have to live with the diagnosis of cancer. It is comprehensible! Then we associate it almost always with a certain verdict of death for those people. Our feelings tell us: "It is only a question of time, when it will happen... Sooner or later one can not escape..."

The anxiety which comes with this is indeed enormous and also justifiable, but is it also so today? With medical progress as it is today the curse of the uncureableness of this disease has been taken away. In spite of this the terror of getting this disease remains deep in our minds and hampers us. We can only imagine the heavy weight, which lies on the shoulders of such people. Such a situation we can accept as an invitation to our humanity. Especially, when, in this situation, we can not leave our fellow human beings alone. The way we deal with them in reality is often sad and not realistic, and one can say at times even miserable. This photo exhibition is an attempt to bring my personal experiences during my 12 years of work in Radiotherapy to light. This exhibition is a contribution to brake the ice of the helplessness between sick and healthy people. When it comes to a meeting between one person and another, they often both make a new and beautiful experience. This they have to share with one another. These photos show concrete individuals who live with a diagnosis of cancer and whom I have met in the hospital in Vienna where I work. Without any exception, each meeting with these individuals was such an enriching experience for me. I hope that others will be encouraged to meet such people and with great confidence will take part in their lives...

Vienna, March 2003, Peter Zaloudek



Mrs. Katia

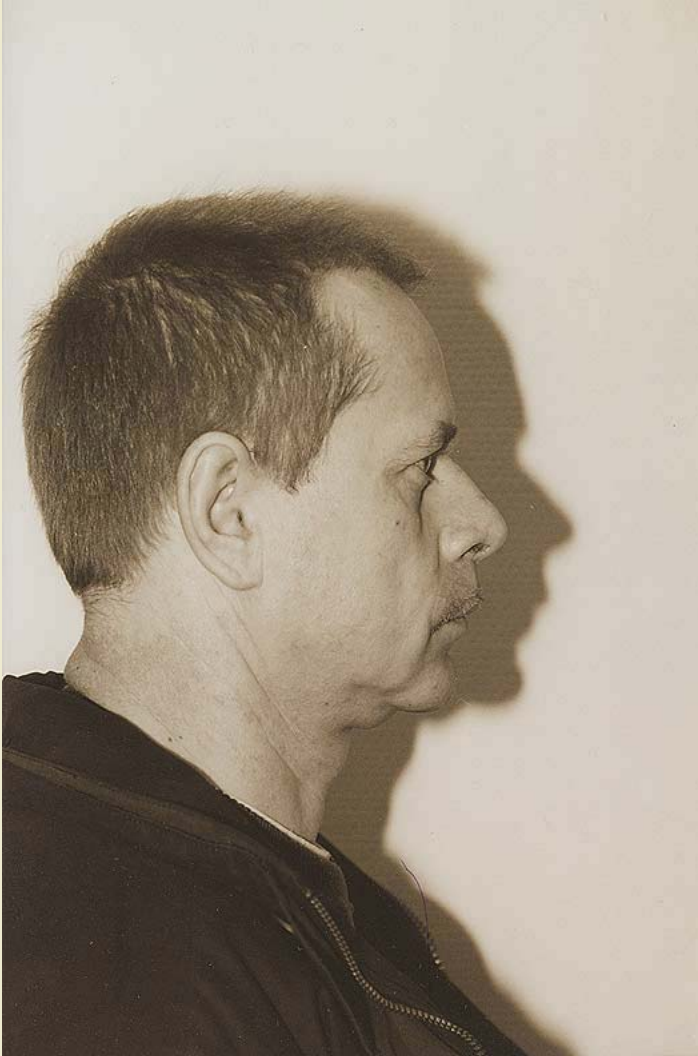
"I think, that this disease is stronger than I am...But I am ready to say: I need help!"

A quiet, shy person. She had beautiful eyes and hands, as I could see, both reflected her fine soul...

Mr. Franz

"My life hangs on a thin thread, but my will is strong."

A very introverted person with few words. He didn't give up and he revealed himself to be a thinker.





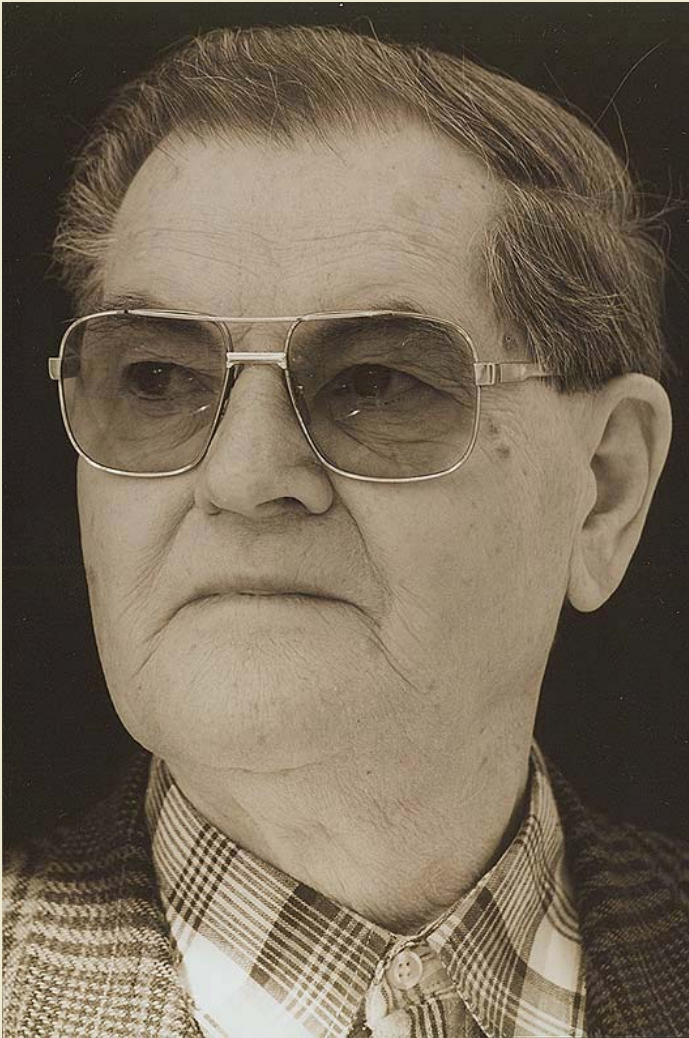
Mrs. Petra

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Mr. Rudolf

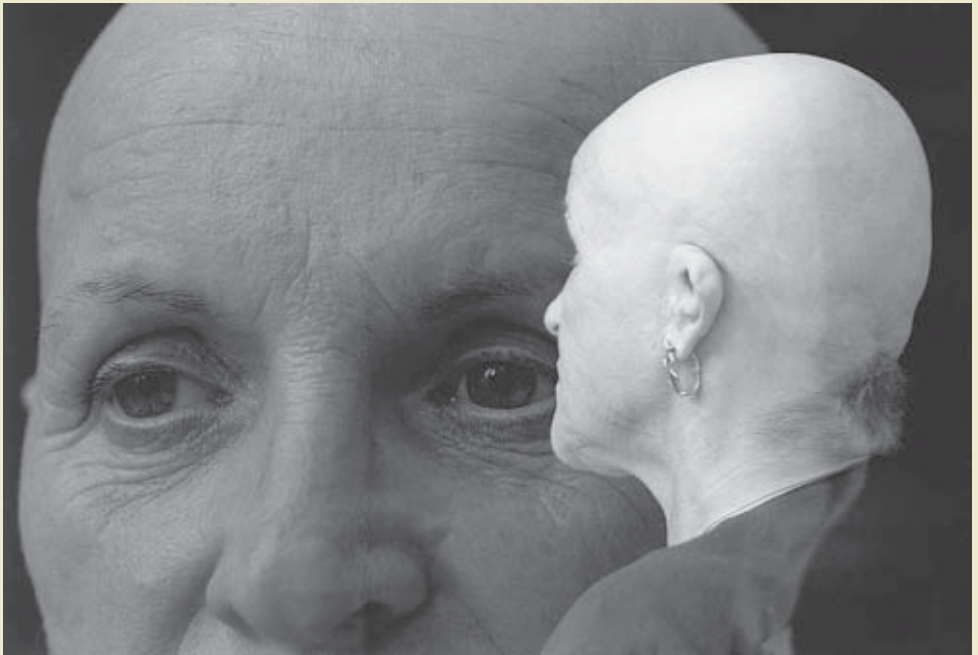
"Since my sickness, everything has changed. I am not the same as I was before. Life is gray... My wife is a very strong support for me. If I wouldn't have her, I probably wouldn't be here any more. Go to the doctor and get examined - get some therapy - speaks to me. I am as one paralyzed....You know" he continues to talk to me - "I am very thankful that I have her..."

A very courteous, decent and patient man. How good it is that he is not alone...

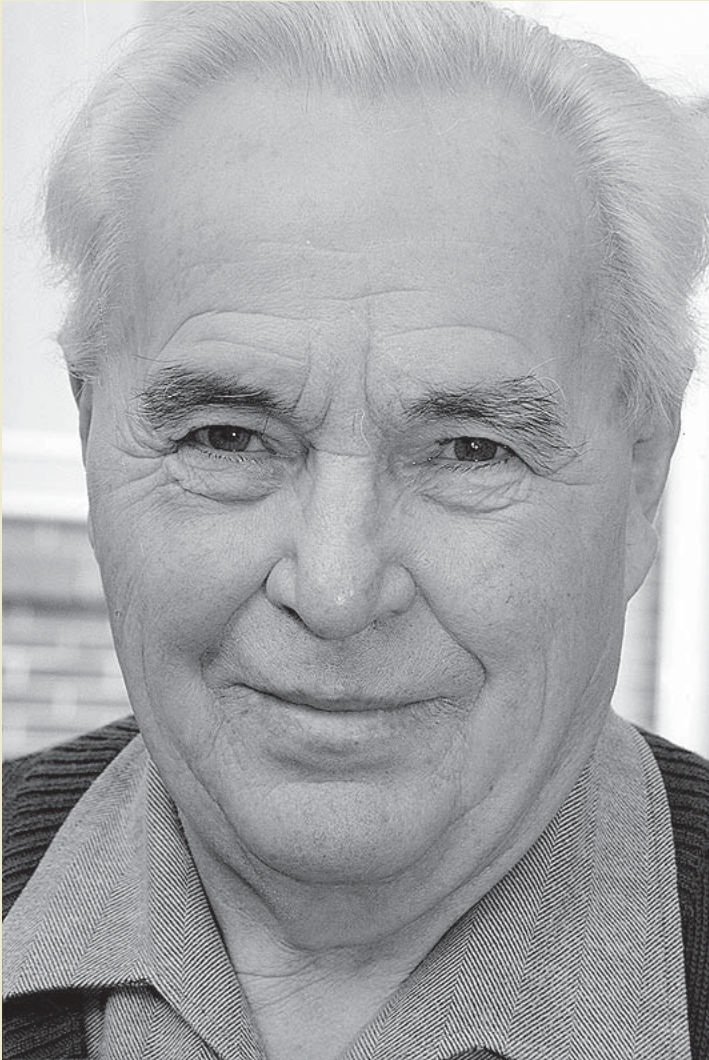


Mrs. Christine

Sorry, not translated to the English at this time.



Mr. Franz



"Don't give up."

A quiet, shy and pleasant man. The suffering of such a long disease could be observed in him. But in his weak and pain-ridden body could be found a strong spirit.



Mr. Friedrich

"I have a fantastic wife who supports me. But in spite of this, I know that I have to come to deal with my disease alone..."

The confirmation of the diagnosis threw this man off of his equilibrium. Only slowly is he getting back to himself. The participation of the marriage partner is a very, very important help...

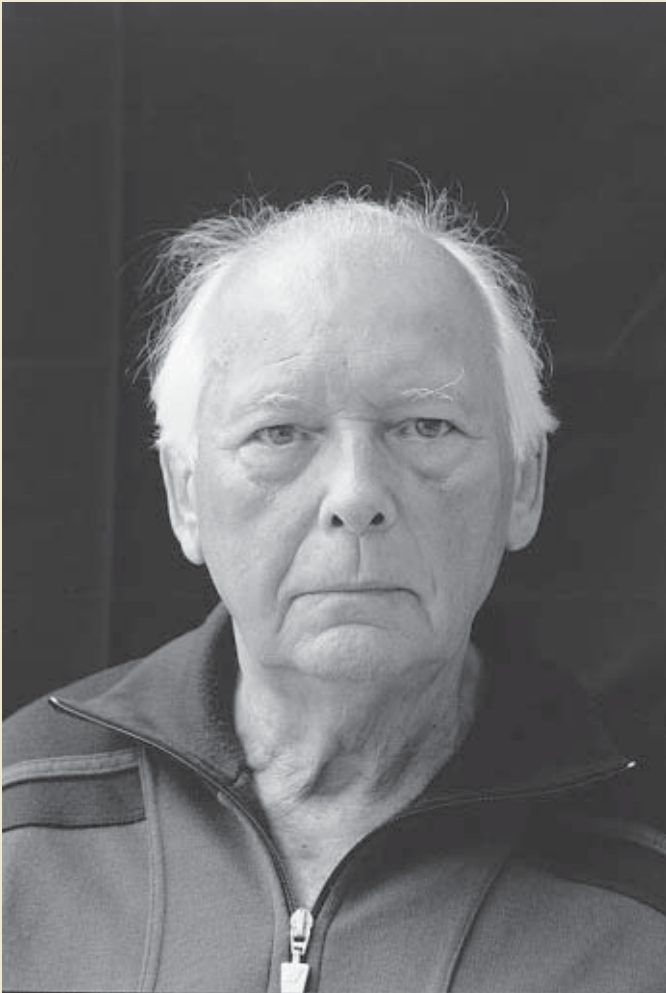
Pan Günter

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Mr. Erhard

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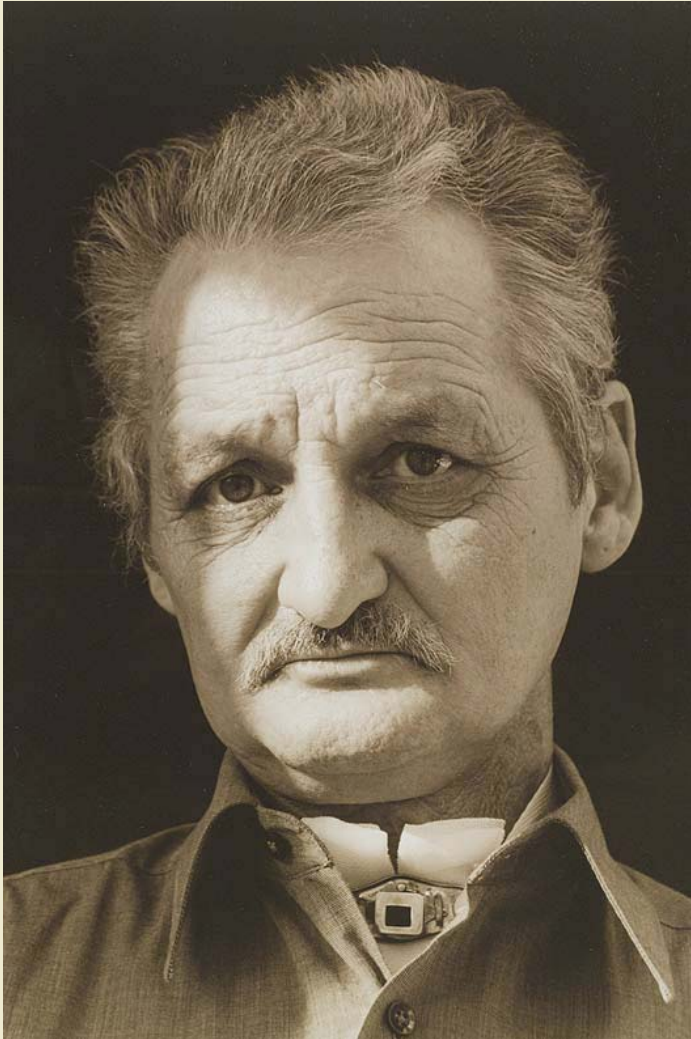


Mr. Ernst

Limited in his articulation because he couldn't speak, he had to learn another, new way of communication. He was not able to say even the most easy and simple words. His sickness didn't allow it. His brain and mouth were ready, but the voice didn't come out.

In spite of it there was another way to communicate.

Mr. Ernst and many others, like him, spoke to us with their eyes. We should have more courage to look in their eyes: perhaps we would learn to communicate with them without words. Perhaps then we would discover something new, something unusual and something which would make our life richer.



Mrs. Helga

"What can I say? Must I say anything?" - And I answered: "No, please feel free not to say anything, if you do not desire..."

But in this case I must say something about her: she made the impression to other people that she was a quiet and shy individual. When she spoke, she spoke very quietly and with grace. In a given-moment, when somebody told a joke or said something

funny, she manifested herself as a very joyful, humorous and pleasant person. At the moment of taking her picture, her husband, who accompanied her almost everyday to radiation, came into the room suddenly, and said to her: "Why don't you laugh? You are such a joyful person, even now that you are sick. A smile belongs to you!" When she started to laugh I thought to myself: how true it is...



Mr. Josef

"When the doctor told me: you have cancer - I answered: OK - and what do we do now?"

A sportsman! He did everything to be physically in good condition. But his spirit was also very fit. If you are ready to accept every new situation, you become the next one to learn and to grow...



Mrs. Clothilde

Sorry, not translated to the English at this time.



Mr. Friedrich

"To think positively and smile is the fundation of the healing process..."

This is the statement of an optimist who every day entered and at the same time also left the Radiation Room.





Mr. Walter

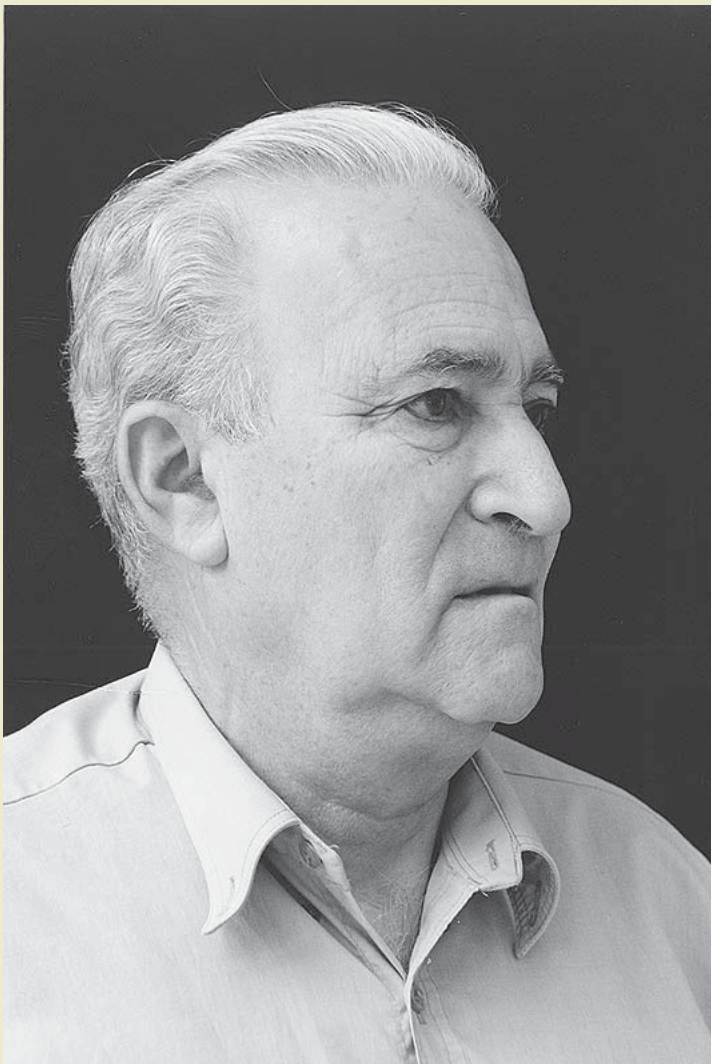
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Mrs. Gerlinda

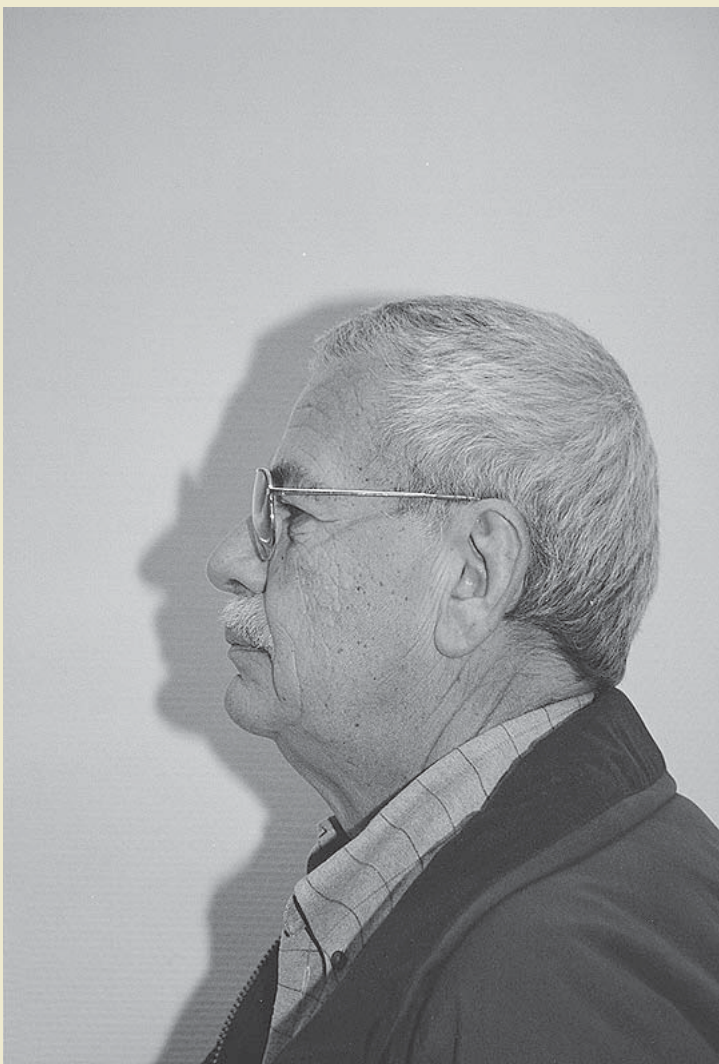


Sorry, not translated to the English at this time.

Mr. Rudolf



Sorry, not translated to the English at this time.



Mr. Helmut

"Think positively and live generously, the oncology team will take care of you."

A very peaceful and pleasant man.

Mrs. Elisabeth

*"Before this I traveled a lot, I visited many exotic countries.
Now I have to learn to stay at home..."*

A quiet, peaceful and friendly person. The peace which she certainly exuded was some kind of "fighting peace". It was a peace which was a compromise between the desire of a human being and the acceptance of one's own limits...





Mrs. Danuta

"When the doctor told me: you have cancer - that moment definitely changed my priority scale."

A small person, full of energy and open to a new life; a life of simplicity and peace, a life based in spiritual priorities rather than in materialistic priorities...



Mrs. Anita

"You don't make it alone: your surroundings; family; friends and your faith are very important."

This women exuded optimism and joy for life; she had a very strong personality...



Mrs. Anna

"Life goes on"

A small and fine person, she exuded a positive view on life in spite of her illness...

Mr. Walter

" I am a pensioner and I enjoy every trifle of the day. I like to go to the forest, to pick mushrooms - of course I like to eat them too. I like very much brass music and I support every cultural activity in my village. I never have enough time in a day..."

A man - you can admire and envy...



Mrs. Ernestine and Mrs. Silvia

"We are colleagues - we do the same job, but we live in different places. A common disease brought us together in this hospital, and now we encourage one another..."

Common pain is half the pain. This is very important knowledge in the life of sick people...



Mr. Ernst

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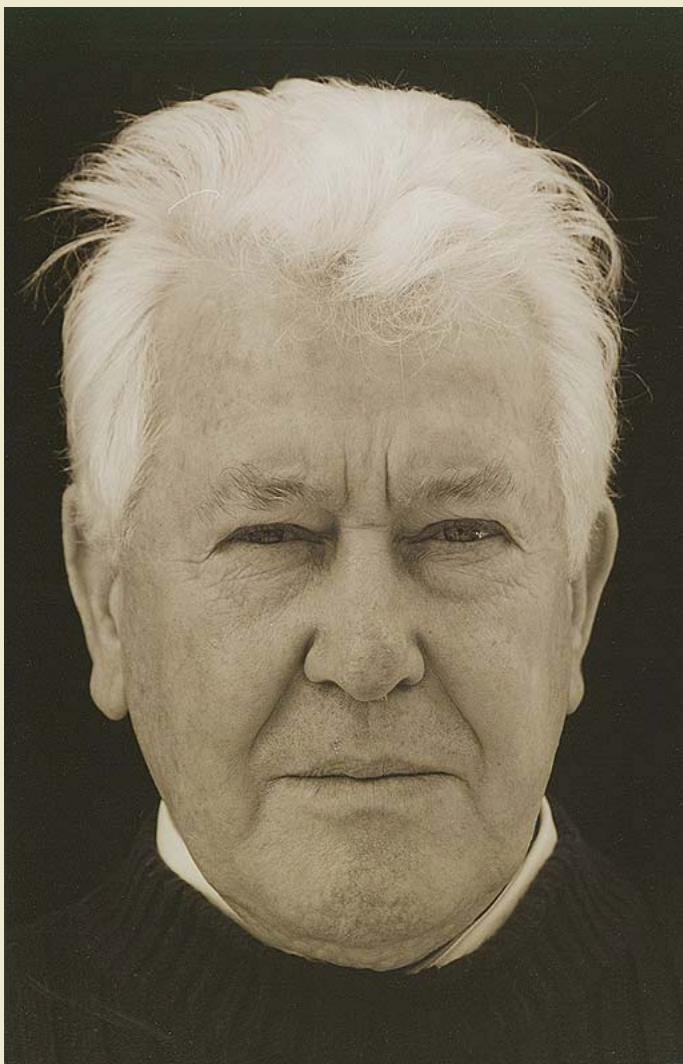


Mrs. Maria

"Life is beautiful, no matter what happens..."

A lady, who was always in a good mood. Thanks to her simplicity and joyful nature, the atmosphere in the waiting room, after her arrival, was changed and became friendly and familial...





Mr. Alfred

"My God - what shall I say - everything here on earth , big or small, is, in substance, the same and it's not always easy to find the real sense of it..."

A peaceful, very pleasant and interesting man. His sickness and the therapy made it quite difficult for him to speak. Meetings with him reminded me of the words found in the Bible: **"There is a time to speak and a time to be silent...(Kohelet 3,1-8)**



Mrs. Maria

"My life experience? With complaint and lament I didn't make any positive progress in my life. But when I laugh, I feel better and also other people around me feel much better..."

A friendly , good-humored person. She exuded freedom, even-temperedness and modesty. She was characterized by a life rich in experience and wisdom.



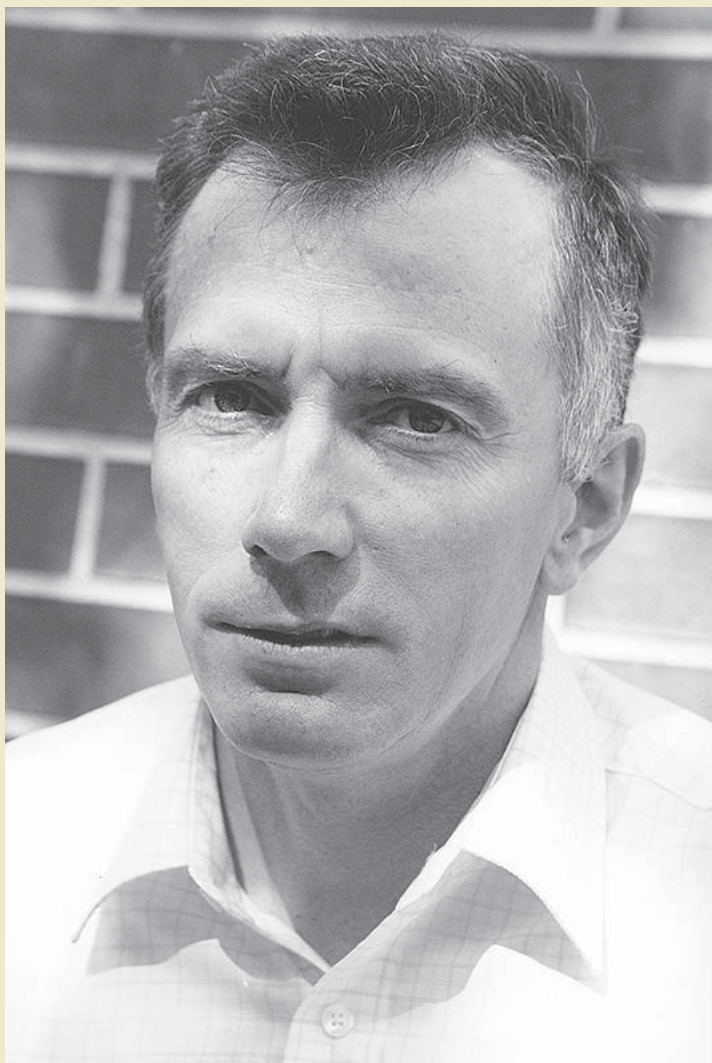
Mrs. Margarethe

"My motto always was and is also today: what I can not change, this I accept..."

A joyful, pleasant and likeable person. She came almost every day accompanied by some family member...

Mr. Johann

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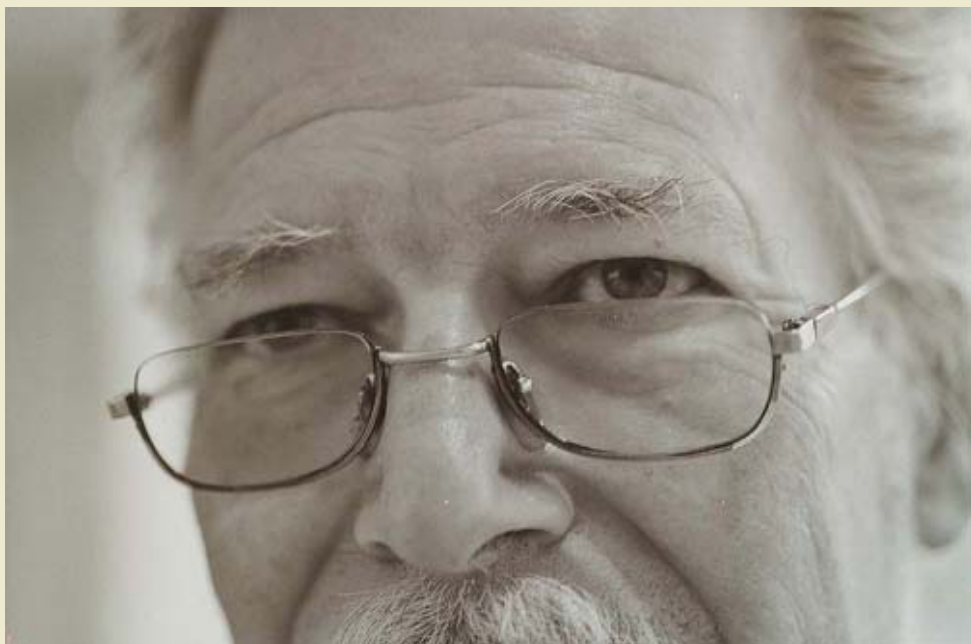


Mrs. Hana

"Since I am sick, I learn each day to distinguish between things that are important and unimportant..."

A deeply meditative and private person...





Mrs. Norbert

"You have to accept your cancer to live with it. With this diagnosis you can realize how beautiful life can be."

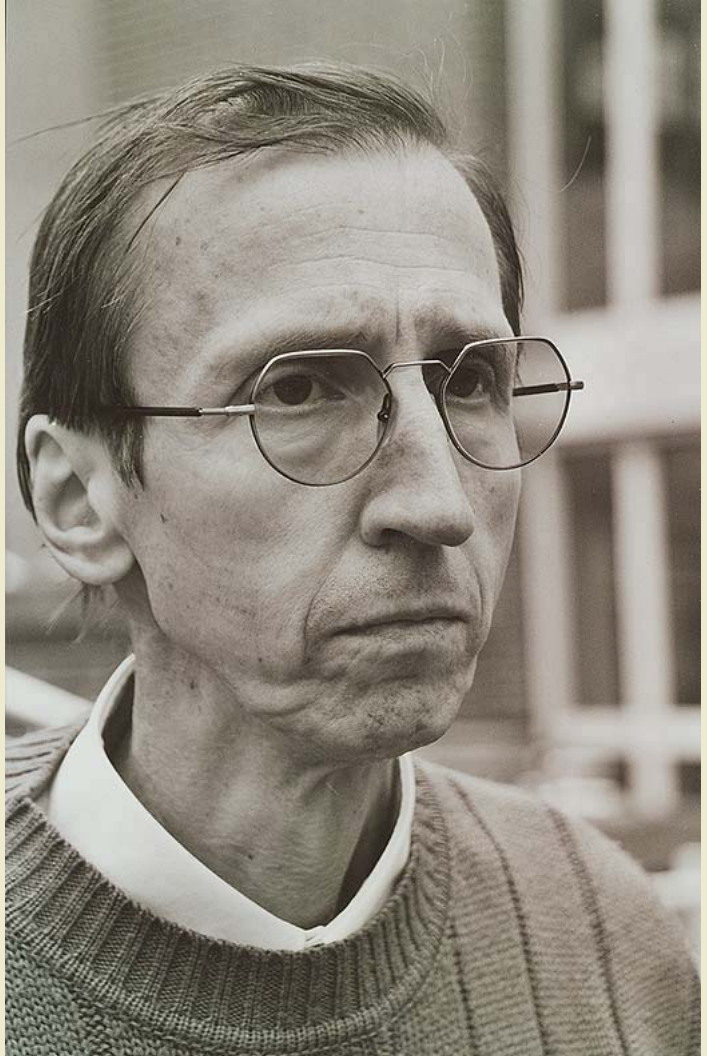
Then he turned to his wife and said: "Your love makes me strong."
A tempered and very special person!

Mr. Reinhardt

In the life of everyone of us there are some persons or just one person whom we never forget. Among many patients whom I treated there is one man, who has a very special place in my heart - Mr. Reinhardt. We gave him radiation 2 years ago, now I see him occasionally. Let us talk about the wisdom and richness of his personality and of some of his thoughts:

Signs for the survivors

One philosopher, who spent a long time in the concentration camp during the II World War, said: If I would have only seen the walls from my window I would probably not have survived. But I saw the flowers and the blades of grass which grew between the slots... I am also looking every day for my personal blades. In the yard at the home, where I live, 3 trees were growing. Two of them were cut down, but in their place - between the asphalt and the concrete there grew new small trees. They were able to find in those difficult conditions some space to live. They needed only a little to be alive: a little bit of sun, air and dampness; a small piece of the earth, and so they live and are "happy."



The world of the animals:

I admire the animals: they don't have any demands. If they have something to eat, they are happy! Man, on the other hand, must have 23 tractors, thousands of rockets and everything possible and then this is still not enough. What can make him really happy?

Snails:

Sometimes, when I observe nature, I watch the snails. They are slow (according to us) but they always arrive to their aim in due time. One day I put a small piece of apple between 2 snails. You should see how fast it was gone!

The funeral:

A couple of years ago I organized my own funeral. It was a very interesting experience for me. I felt a little strange - as if I was a kind of thing - how many candles, wreaths, and a coffin etc., but since that time I have my peace. I live for every moment - this is a gift, which we get totally free of charge.

Small children:

The most beautiful activity now for me, since I am sick and because I am a pensioner because of this sickness, is babysitting. My life partner organized this activity for children from difficult families, which have only one or no parents. I have a lot of time and I do like it very much. It's a miracle to watch, how a child grows and learns the language and becomes more and more independent. I have had many excellent experiences. One of them: After 9 months of babysitting one lady came to pick up her unwanted child. When she arrived, the child jumped into my arms and said to me with tears in her eyes: "I love you..." There is nothing more beautiful than this..."

Mr. Reinhardt - I thank you: for your words, your example and your existence!

Mrs. Stefanie

"Live thankful and have internal expression..."

A contact-friendly person. At the time when she came to the waiting-room she started to speak with the other people. The atmosphere was immediately warmer, similar to a situation when friends meet...



Mr. Josef

"I must already go, because my "baby" waits for me in my car..."

It's true: a dog is man's best friend...



Mrs. Manuela

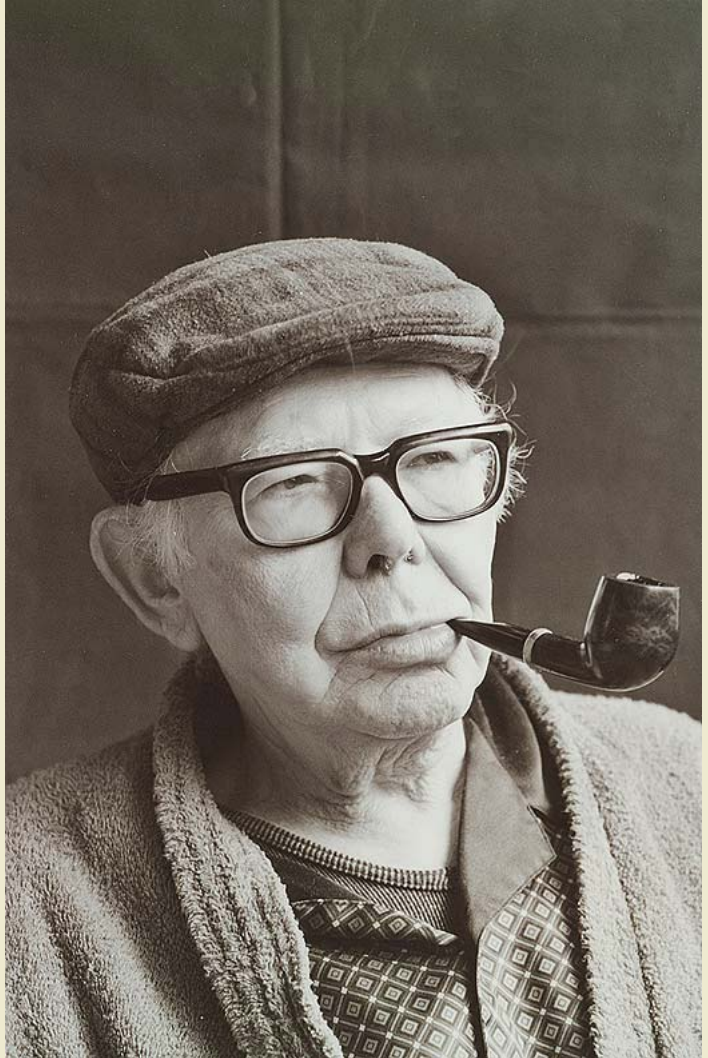
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Mr. Herbert

If you think that this photo is too artificial, you are wrong. I have only met this man a few times, on occasion when I visited some other patient in the smoking room. I would go to the smoking room of the hospital so as not to disturb any other patients in the patient-room with our long conversations. This old man always came to this smoking room. He lit his pipe and it was obvious that he enjoyed it. In the beginning, because of his courtesy, he didn't interrupt my talk with the other patient, but slowly he started to talk with us.

Everything that he said was a composition of rich lived-wisdom and unbelievable an abundance of experience. All these had a common denominator: modesty and intelligence. So I decided to take his photo so as to keep him in my memory for a long time: he was really a genuine thinker and an adventurer!



Mrs. Helga

Sorry, not translated to the English at this time.



Mr. Peter

"I learn now to see every new day as a gift. It makes me really very happy..."

A quiet and inconspicuous man. He came often to the radiation in the company of his wife. The thoughts and wise phrases of some of the philosophers were for him, as for other people, very important and also a source of life.





Mrs. Heidi

"My first thoughts after the surgery were: I still didn't love my two children and my partner sufficiently."

A beautiful statement from a person with a strong personality!

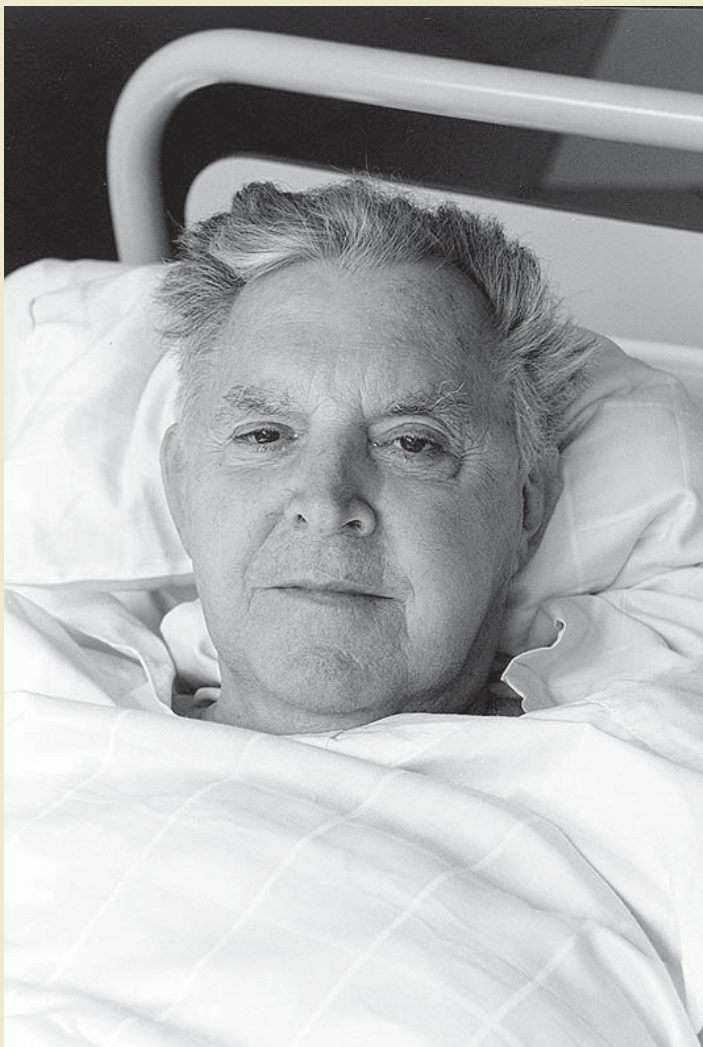
Mr. Rudolf

(with no picture...)

Sorry, not translated to the English at this time.

Mr. Franz

Sorry, not translated to the English at this time.





Mrs. Gabriele

"My sickness has also something positive: I feel the care and love of my husband and of my son even more."

In spite of his daily job, her son brought his sick mother to the Radiology each day. The picture, which these two persons exuded through their internal alliance, was very nice...

Mrs. Mirjana

Sorry, not translated to the English at this time.



Mr. Jan

At my request: "Please, tell me something" - he always laughed, lit his cigarette (he was a passionate smoker) and then he answered: "But what can I say?" - and he laughed again... We spent hours and hours in long conversations about everything. When I started to visit him I had the feeling that he was not doing well and I was ready to be with him and listen to him for as long time as he needed. So we had countless meetings, before his surgery and after his surgery (he already had a couple of them) in his home, in the coffee house etc. Now I must confess: during each meeting with him the clock stopped.



There was no **"must"**, no **"I have to do..."** or **"I have to go..."**, **"I have to say good bye..."** etc.

This man did not think of tomorrow. Because of his long and complicated disease he learned to live the actual moment - now. He is one of the most free and peaceful men that I have ever met! It was always a pleasure for me to be with him.
THANK YOU, JAN!

Mrs. Andrea

Sorry, not translated to the English at this time.





Mr. Walter

"It's always good to have some joke with you. Especially in such a situation, humor is very important..."

A very likeable and joyful man. He told us, that is, the radiation team, a new joke every day, and at times even a couple of them, since it was also good for us to laugh...



Herr Norbert:
*„Krebs musst
 Du akzeptieren,
 um mit ihm
 leben zu können.
 Mit Krebs
 kommt man erst
 darauf, wie
 schön das Leben
 sein kann.“*

WIR LADEN SIE HERZLICH EIN
 ZUR VERNISSAGE
 DER FOTOAUSSTELLUNG VON
 PETER ZALOUEK

„Gedanken während der Strahlentherapie“

Montag, 7. April 2003 um 15:00 Uhr

in der Eingangshalle des Donauespitals.
 Die Fotoausstellung wird täglich bis Ende
 Juni geöffnet bleiben.

Begrüßung:

Doz. Dr. Robert Hawliczek,
 Vorstand des Institutes
 für Radioonkologie

Einstimmung:

Dr. Mathilde Egger,
 Psychologin und Strahlentherapeutin

Für das Buffet bei der Vernissage danken wir der
 Fa. NOVARTIS

Erinnere dich

Erinnere dich der schönen Tage
 und lerne ihr Geheimnis kennen!
 Entdecke sie als Gabe für die Stunden,
 die dir trüb und leer!
 Wenn Ärger dich erfüllt,
 Ratlosigkeit dich plagt,
 wenn du dich überfordert fühlst,
 dann denke an die schönen Tage,
 als lachtest du und tanztest du
 und froh warst wie ein Kind.
 Wenn Leid dich niederdrückt,
 wenn Bitterkeit dich lähmt,
 wenn Hoffnung dir entschwunden ist,
 dann richte fest das Auge
 auf die schönen Tage
 und leb' sie noch einmal
 in dem Erinnern durch.
 Da war kein Wölkchen,
 da war die Sonne,
 da war dein Herz
 so voller Freude!
 Und du wirst seh'n:
 Das Dunkel weicht dem Licht,
 und du hast Kraft,
 getrost voranzugeh'n.

P. Albert Michelbach



Nach drei Fotoausstellungen -

über die „Leprakolonie auf der Insel
 Moloka“
 „Ein unbekanntes österreichisches Nachbar-
 land - Slowakei“
 und die
 „Alltäglichen Sachen, die man in der Hektik
 des Tages oft übersieht ...“

- präsentiert Peter Zaloudek, ein Theologe
 und Radiologisch-technischer Assistent, der
 am Institut für Radioonkologie des SMZ-Ost
 arbeitet und sich als Hobbyfotograf betätigt,
 seine neuesten Aufnahmen von Menschen, die
 mit Krebs leben.

Gedanken während der
 Strahlentherapie