# Terminal appendix cancer survivor embraces life through extreme challenges



A 39-year-old woman from Cumbria is making extraordinary efforts to live life to the fullest despite being diagnosed with terminal appendix cancer that has ravaged her body. Rebecca Hind was diagnosed with pseudomyxoma peritonei (PMP) in 2019 at the young age of 33, after what she initially thought was a bout of food poisoning. This rare and aggressive form of cancer, which affects only around two in a million people, resulted in years of surgeries and unsuccessful treatments that have left her "riddled" with tumours.

The nightmare began in December 2018, following a Christmas work meal where several colleagues fell ill. While others recovered, Hind continued to suffer for over eight weeks, ultimately prompting her GP to prescribe a series of antibiotics. When her condition did not improve, she was referred to a specialist at Cumberland Infirmary. It was there that scans revealed the presence of malignant masses in her abdomen, which had spread to other organs through a jelly-like cancerous substance known as mucin. This shocking diagnosis not only marked a turning point in her health but drastically altered her life trajectory.

PMP is notoriously difficult to diagnose. Many early symptoms—abdominal pain, swelling, and unexpected weight changes—are often misattributed to more common ailments, leading to significant delays in treatment. Indeed, by the time Hind received her diagnosis, the cancer had advanced substantially, fusing to multiple abdominal organs and creating solid tumours. Following extensive surgeries that removed an alarming 13 organs, including her womb and ovaries, she faced a medically-induced menopause at just 35.

The treatment regimen for PMP is multifaceted, often combining harsh chemotherapy with cytoreductive surgery to remove as much of the tumour as possible, followed by hyperthermic intraperitoneal chemotherapy (HIPEC) to target any remaining cancerous cells. This involved intensive procedures over hours, one of which—dubbed “the mother of all surgeries”—spanned a daunting 12 hours. Patients can expect considerable recovery time after such invasive surgeries, with ongoing support necessary for managing symptoms and side effects.

The emotional toll of her illness has been profound; in 2020, Hind learned that her last surgery was unsuccessful. Faced with terminal cancer and limited time, she has adopted a perspective that prioritises experiences over limitations, engaging in activities such as surfing, dog sledding, and participating in charity events. "I want to say yes to everything," Hind stated, as she gears up for a cycling event hosted by British cycling champion Chris Hoy. Her aim is not only to challenge her physical limits but also to raise awareness and funds for Pseudomyxoma Survivor, a charity that supports individuals affected by this condition.

Living with a serious illness has ushered Hind into a daily routine filled with both challenges and triumphs. She must adhere to a comprehensive medication regimen and carefully manage her diet, a reality that adds another layer of complexity to her already difficult situation. Yet, despite these challenges, Hind remains resilient. "My daily life is a rollercoaster—but with the right attitude, you can still achieve a lot," she remarked.

Hind’s journey underscores the importance of not only medical intervention but also emotional and social support systems. The rarity of PMP means that many healthcare providers may not be fully versed in effective treatments. Specialist centres with a multidisciplinary approach are crucial for providing optimal care, along with ongoing research into better therapeutic options.

As she continues her journey, Hind's message resonates deeply: appreciating life’s moments, however fleeting they may be, is vital. She strives to inspire others facing similar battles, advocating for both awareness and the importance of a positive mindset in confronting adversity.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/health/article-14742703/cancer-young-woman-appendix-christmas-food-poisoning.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.cancerresearchuk.org/about-cancer/pseudomyxoma-peritonei/about)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/health/article-14742703/cancer-young-woman-appendix-christmas-food-poisoning.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.medicoverhospitals.in/diseases/pseudomyxoma-peritonei/)
* Paragraph 3 – [[2]](https://www.cancerresearchuk.org/about-cancer/pseudomyxoma-peritonei/treatment/), [[5]](https://www.macmillan.org.uk/cancer-information-and-support/pseudomyxoma-peritonei)
* Paragraph 4 – [[6]](https://www.cancer.org.au/cancer-information/types-of-cancer/rare-cancers/pseudomyxoma-peritonei), [[7]](https://en.wikipedia.org/wiki/Pseudomyxoma_peritonei)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/health/article-14742703/cancer-young-woman-appendix-christmas-food-poisoning.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.cancerresearchuk.org/about-cancer/pseudomyxoma-peritonei/about), [[6]](https://www.cancer.org.au/cancer-information/types-of-cancer/rare-cancers/pseudomyxoma-peritonei)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/health/article-14742703/cancer-young-woman-appendix-christmas-food-poisoning.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.cancerresearchuk.org/about-cancer/pseudomyxoma-peritonei/treatment/)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/health/article-14742703/cancer-young-woman-appendix-christmas-food-poisoning.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.cancerresearchuk.org/about-cancer/pseudomyxoma-peritonei/treatment/> - This page from Cancer Research UK provides detailed information on the treatment options for pseudomyxoma peritonei (PMP), including surgery, chemotherapy, and the 'watch and wait' approach. It explains cytoreductive surgery combined with hyperthermic intraperitoneal chemotherapy (HIPEC), debulking surgery, and systemic chemotherapy, discussing their purposes, procedures, and potential side effects. The page also highlights the importance of specialist centers for PMP treatment and ongoing research into improving therapies for this rare cancer.
3. <https://www.cancerresearchuk.org/about-cancer/pseudomyxoma-peritonei/about> - This section from Cancer Research UK offers an overview of pseudomyxoma peritonei (PMP), including its causes, symptoms, and diagnostic challenges. It notes that the exact cause of PMP is unknown, but it is more common in women. Symptoms can include abdominal pain, swelling, changes in bowel habits, and loss of appetite. The page emphasizes the difficulty in diagnosing PMP, often requiring surgical exploration of the abdomen.
4. <https://www.medicoverhospitals.in/diseases/pseudomyxoma-peritonei/> - Medicover Hospitals provides comprehensive information on pseudomyxoma peritonei (PMP), covering its symptoms, diagnosis, types, and treatment options. Symptoms include abdominal distension, pain, changes in bowel habits, weight changes, and hernias. Diagnostic methods involve imaging studies like CT scans and MRIs, along with biopsies and serum markers. Treatment options include cytoreductive surgery, hyperthermic intraperitoneal chemotherapy (HIPEC), systemic chemotherapy, and palliative care, depending on the disease's stage and progression.
5. <https://www.macmillan.org.uk/cancer-information-and-support/pseudomyxoma-peritonei> - Macmillan Cancer Support offers detailed information on pseudomyxoma peritonei (PMP), including treatment options such as cytoreductive surgery with HIPEC, chemotherapy, and palliative care. The page discusses the multidisciplinary team approach to treatment, the specifics of cytoreductive surgery combined with heated chemotherapy, and the importance of specialist centers for PMP treatment. It also addresses potential side effects and the role of palliative care in managing symptoms and improving quality of life.
6. <https://www.cancer.org.au/cancer-information/types-of-cancer/rare-cancers/pseudomyxoma-peritonei> - Cancer Council Australia provides an overview of pseudomyxoma peritonei (PMP), including its definition, symptoms, causes, diagnosis, treatment, and prognosis. PMP is described as a rare tumor that causes a build-up of mucin in the abdomen and pelvis. Symptoms may include abdominal or pelvic pain, bloating, changes in bowel habits, and loss of appetite. The page also discusses treatment options such as surgery, chemotherapy, and palliative care, and notes that PMP is more likely to be diagnosed in people aged 40 years or over.
7. <https://en.wikipedia.org/wiki/Pseudomyxoma_peritonei> - The Wikipedia page on pseudomyxoma peritonei (PMP) provides a comprehensive overview of the condition, including its definition, causes, symptoms, diagnosis, and treatment. PMP is characterized by the accumulation of mucin in the peritoneal cavity, leading to abdominal distension and potential organ dysfunction. The page discusses the standard of care for PMP, which involves cytoreductive surgery with hyperthermic intraperitoneal chemotherapy (HIPEC), and notes that the disease is often lethal if untreated.