

SURVIVOR'S VOICE

Here is another powerful example of how your gifts are helping breast cancer patients.

I was diagnosed with Stage 2 breast cancer on the 26th of September in 2016. My final chemo was January 27, 2017.

I see a mental health counselor, I have given up taking care of most of the chores in my home and now get help from family and friends. I've reached out to friends and family I haven't talked to in a while. I think that reading and practicing self-care is important when you go through something like this.

Through everything I have found support not only through my family but also through the Breast Friends and Chemo Angels.

I find myself at peace when I am at church. While going through treatment I have found a new sense of hope and faith in people. When help and support is needed, people will generally come together.

This whole journey has been hard, anyone that has gone through this will agree. I can't pin point one thing that has been the hardest obstacle. What has been hard though is the financial hardship, the symptoms, the side effects and losing relationships.

When I think of advice to give those who are going through the same thing as me, I would say find yourself a network of supporters even if you've never met them. Find people who can help you in your home, and take some time for yourself every day. Drink lots of water. Try to have a positive attitude. Rest often.

After receiving the Feeling Beautiful Again bag I was happy. I used the items in the kit for comfort. **I even shared the lip balm and nail polish with my five-year-old!**

“Be sure to take some time for yourself every day. Drink lots of water. Try to have a positive attitude. Rest often.”
- Christy C.



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I have suffered a recurrence of breast cancer and was diagnosed with stage four metastatic cancer. That eventually led to spinal compression and surgery. In February of 2014 I had a major surgery and since then it has been an ordeal to start my life over. I am having to learn to walk again and have been treated for skin lesions, among other things.

I am an artist, so as soon as I started feeling better I got back to work thanks to excellent medical care and unrelenting determination.

Despite all that, cancer has been devastating to my finances. The Breast Cancer Charities of America helped me multiple times when I needed the help. My objective is to get back on my feet soon and then help somebody else.

Through this tough time in my life my family and sister have been great forms of support. My sister wouldn't let me get sad, she kept my morale up and helped me stay positive.

The only way you can conquer cancer is to stay positive because it has a lot to do with the way you think. **You have to think of yourself as a victor because if you think you will be defeated you will. But if you think you will win, then there is nothing stopping you.**

Don't be afraid of cancer. You are bigger than cancer and you can and you will defeat it.



“Don't be afraid of cancer. You are bigger than cancer and you can and you will defeat it.” –Joan S.



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In August of 2016, just when I was going to start my music career I was diagnosed with breast cancer. I didn't understand the timing or reasoning but the music that God gave me is the best distraction to deal with the cancer and uncomfortable treatments.

This has been such a difficult journey, but with the love and support from all over the place, literally, I have been able to get through it. I do wake with something to smile about every day despite the pain and the heat flowing through my body!

I've met so many wonderful people and I am told that I am an inspiration as well. That's amazing and pretty awesome and helps me to keep fighting. **Hopefully I will end this journey with healthy breasts, body, mind, soul, new song and a new found spirit to live life to the fullest like never before.**

I found the most support from Facebook and different organizations like American Cancer Society and Meals for Health. **Everywhere I go, I find more people that show me love.**

The advice I would give is to sit down and decide to fight. Make a list of things that you've been told, find friends and incorporate them into your life. You have to have your schedule how you want it! Find resources whatever way you can to make yourself better; you can't do it all at once.



“Find resources whatever way you can to make yourself better; you can't do it all at once!” –Latrice W.

