

Dear Friend,

God has a plan for everything, and we are just part of that plan. My experience may be able to help you with the challenges ahead since I had six months of chemotherapy, and seven weeks of daily radiation. The most encouraging thing I can say is that it will pass. I remember cancer survivors saying that to me in October of 1996 as my year of treatment and recovery began ... it certainly didn't seem to pass quickly!! But it did pass.

You know that I am fine and actually have few really uncomfortable memories. Here are some things that I really "did right", and would encourage you to do:

Accept the situation ... if one of eight women will get breast cancer, not to mention all of the other cancers, in her life ... then "why not me".

Read and learn as much as possible about your type of cancer and treatment. That includes scientific and homeopathic medicine. We followed the scientific regimen, but augmented with homeopathic treatments to strengthen my immune system.

Take responsibility for your treatment ... find the best care-givers and give extra effort to taking care of yourself (diet, exercise, etc.).

Keep a sense of humor about everything possible ... watch funny movies ... laugh often and out loud. We can laugh or we can cry. I chose to laugh.

A positive attitude is absolutely essential. When you catch yourself thinking negative thoughts, stop and rephrase them into positive thoughts.

Develop an attitude of gratitude. Throughout my treatment I was always so thankful I was the one, not my husband or daughters, dealing with the illness and the treatments. On our many trips to the hospital we would thank God when we passed the "handicapped" spaces and weren't qualified to park there!

Allow your family and friends to help you ... they feel so helpless about the situation that being useful helps them as well as you! My family and friends have become so much closer that, crazy as it sounds, my cancer was almost a blessing!

WHAT CANCER CANNOT DO

(author unknown)

It cannot cripple love, it cannot shatter hope, it cannot corrode faith,
it cannot destroy peace, it cannot kill friendship, it cannot suppress memories,
it cannot silence courage, it cannot invade the soul, it cannot steal eternal life,
it cannot conquer the spirit.

With Love & Support!!! Pat