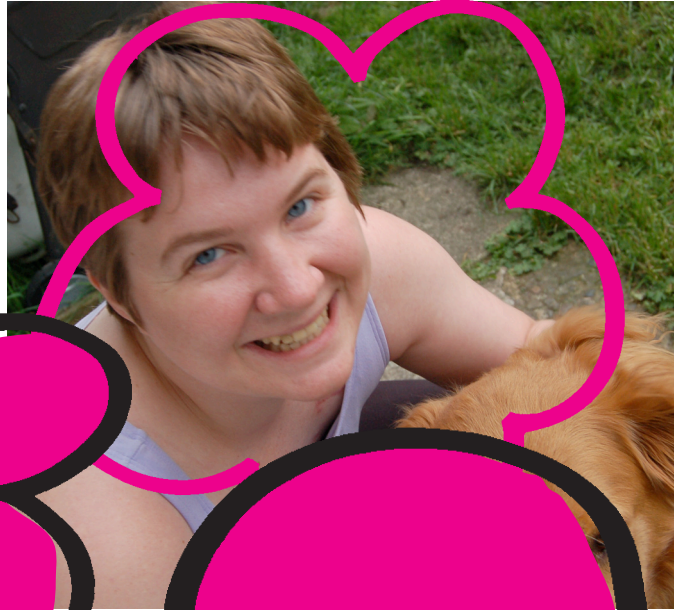


# Amanda's one page profile



## What people like and admire about me...

- My laugh, adventurous, energetic, perky
- I'm passionate, generous, helpful, gracious, kind
- Focused, resilient, patient

## What's important to me...

- Community - reliance and trust; knowing someone will be there when you fall. I will be there for them too. Loyalty and trust.
- Close relationships - open NO MANIPULATION. If you manipulate me you get the "yuck" sticker.
- I have clear boundaries about my responsibilities - my health is my responsibility.
- I am an organizer, because I have to be.

## How best to support me...

- Dan knows I'm not happy if I haven't laughed during the day. He can make me laugh -Godzilla works.
- Respect my body, its mine. I'll listen to you if you have ideas, but what happens with my body is my decision.
- Understand, that I can be angry, sad, frustrated, scared....I can't heal unless I go through these emotions. They are catalysts for empowering, growing, healing.
- I need my doctor to know my name.
- I need the same nurse each time I come in for treatment - these are traumatic experiences - I need a relationship.
- Clear written instructions for anything you want me to do is essential or I will forget. I keep all this in a binder.

## What is working

Exercising.

Eating well.

Settled into my image of my body now, prosthetics belong in my life.

Best pharmacy - they delivered Tamoxifen to my house!

## What isn't working

Forgetting to take meds, calcium etc...long list, 5 per day. I know I need to take meds!

Finished treatment, but hope beyond three years from now. I'm afraid I won't know what to do.

Having to worry about medical bills - so stressful.

Being a healthy survivors costs money in our society.

Expectation from medical professionals that I can lose weight if I just tried harder.