

# one page profile

## Me



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

Knows where to find information about breast cancer

Passionate about supporting people with disabilities and other breast cancer survivors

Good friend

## History

was diagnosed on Oct. 17, 2001 with invasive ductal carcinoma. Stage IIB - 4 treatments of AC; 36 radiation treatments. Tamoxifen - 4 years, Zometa - 20 monthly treatments, Zolodex 4 years of monthly treatments. Had baby in June 2010-Ben. Started Tamoxifen and Zoladex in 2007 and finished in 2008

## Hope and dreams for the next few months

I want to develop my meditation practice to help improve my health

Start making time for exercise

Share the thinkaboutyourlife.org website with more people

## What's Important to Me...

Quality family time - having family dinners, hugging my son and husband

Continuing to survive breast cancer! I crave new information that will help me be proactive and knowledgeable about my future health.

Reducing stress is really important to me and do worry stress could contribute to poor health.

My work - helping people find hope, achieve their dreams and have a good life.

Being with friends and having "girlfriend" time to talk, have wine and laugh

Doing the cancer walks with friends is a really good time! I try to do one every year.

In October, I present to younger women on facts/risks of breast cancer.

## How best to support me...

I am experiencing side effects from having 5 years of treatment. At times I feel frustrated (and complain) about having to deal with health issues women much older than I am typically experience. I appreciate people listening to me rant.

Realize, I know exercise is healthy and beneficial to my life. Suggesting PRACTICAL ideas for me to get exercise is very helpful.

I want to know about the latest treatments and any new information about recurrence after 5+ years for women diagnosed under 40.

I really don't want scans annually - the less radio active isotopes I put in my body, the better. But I am nervous since I have been out of treatment for 3 years. If you have information as to pros/cons, please share.