

**DOES THIS SOUND LIKE YOU
OR SOMEONE YOU KNOW?**



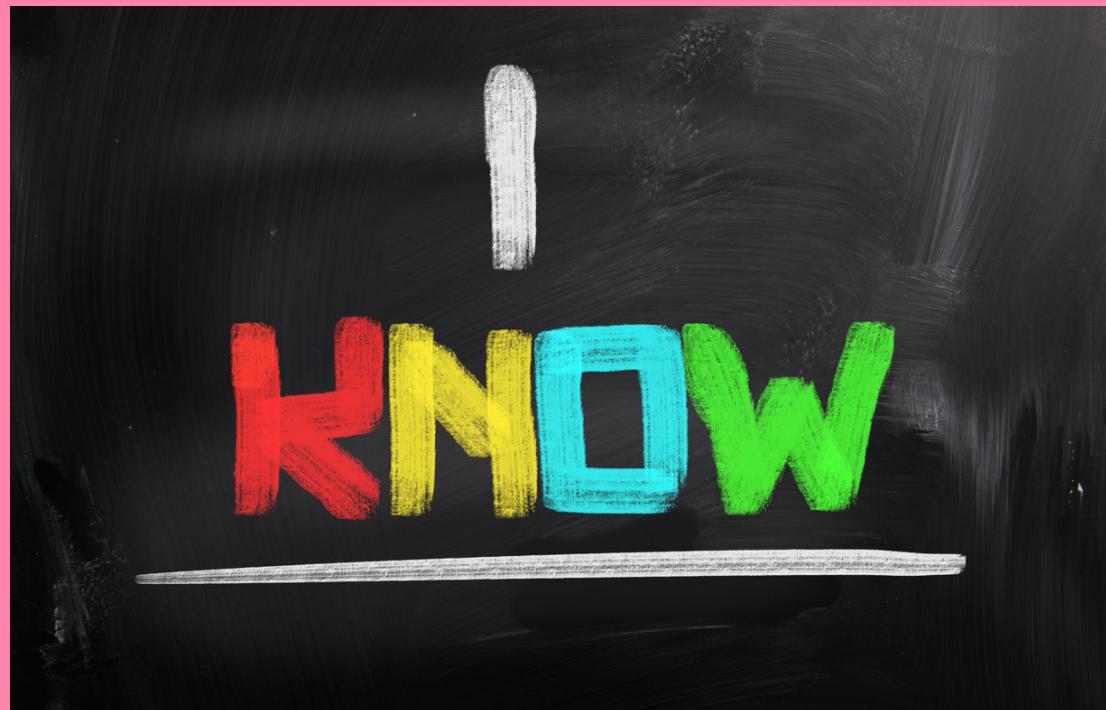
My Concerns with my Diagnosis

- Being diagnosed with Stage 3A Colon Cancer was shocking!
- What would be my recovery from resection surgery?
- How would side effects of chemo affect me?
- How long would the effects of chemo last after I was done?
- How was this going to change my life as a whole?
- Would I need a lot of help from friends and family?
- How much would insurance cover?
- How would work be affected?
- Will cancer ever come back?

I KNOW WHAT IT'S LIKE!!

I have been where you are today!!!

Everything I've mentioned before are things I was concerned about back in July 2017 after my colonoscopy! I remember being told that the original biopsy was cancerous by the gastroenterologist. I was then told I needed to find an oncologist and surgeon as soon as possible. I still remember the first time I used the phrase "I have cancer!" It was surreal at first . But the more I said it, the more I began to accept it. The next thing I remember was going into survival mode. I took the position that I would do whatever it would take to overcome the disease. Whatever the medical professionals told me to do, I would do! What I didn't have then but now I know then is that the issues we face as cancer patients are holistic. Also, that there are survivors who share their experiences to help others!



What I have achieved....

- **I have finished my 5-year post treatment care plan since my diagnosis in 2017 and am now "cured"!**
- **At 53, made the decision to become a life coach working with cancer patients!**
- **By the end of 2021, got certified as a Life Coach, Health and Wellness Coach and Spiritual Coach and launched Cancer Care Coaching!**
- **Just got married in March 2023!**



YOU CAN HAVE A LIFE THAT INCLUDES:

- ***EMPOWERMENT***
- ***CONTENTMENT***
- ***HEALTH AND WELLNESS***
- ***FINANCIAL STABILITY***
- ***HOPE***
- ***CONTROL***
- ***REALIZING YOUR DREAMS***



What Results will I See?

You Will:

- Understand what type of cancer you have and what the treatments will be like
- Be able to advocate for yourself without feeling like you are a burden
- Develop schedules for eating, sleeping, and exercise that will help you remain strong
- Have resources that can help you financially if you require assistance
- Have the tools to start planning for life after cancer and what you would like to do with that life

KEY NO. 1:

EDUCATION



How to learn about what type and stage of cancer I have, and what my treatment and post-care will be.

Resources to Learn More About my Disease

- **Medical Team (Oncologist, surgeon, nurses, internist, dietician)**
- **Cancer-specific organizations (Most have foundations or other type of organizations)**
- **National organizations (American Cancer Society, cancer.gov)**
- **Medical sites (webMd)**
- **Other types of resources (Financial, food delivery, rides, counseling)**
- **Triage Cancer (www.triagecancer.org) - A "one-stop" site for all types of resources**
- **Sagely Health - Resource for finding clinical trial options**

KEY NO. 2:

SELF-CARE



What can I do to help me stay physically and mentally strong during my cancer journey?