

# SURVIVING CANCER

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### Part 1



**I thought cancer was something that happened to other people, something you read about in newspapers. Then I learned it happened to ordinary people like me. I decided to journal about it. My journal became like a confidant, a best friend. It was too hard. Too big. Too crazy. Too unbelievable to keep it all to myself.**

*6 February 2013*

*My grandson Lewis cried when I took off my turban – I gave him a fright. This wasn't a good moment. I want to cry too little Lewis!*

*28 April 2013*

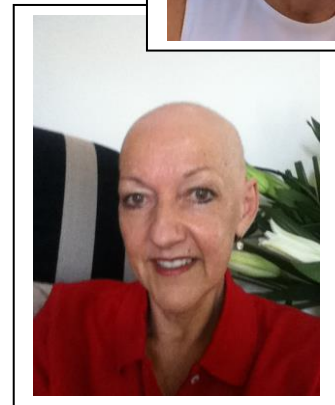
*Last chemo this week. I'm looking forward to it but on the other side I'm not – don't want to feel sick again.*

*I've got pins and needles in my feet. I can't taste anything properly. My legs ache. My eyes water all the time. I'm tired, tired, tired.*

*I wish I had eyelashes!*

*27 June 2013*

*Great excitement, tiniest eyelashes appearing – I can't tell you how happy that makes me – signs of life and my old self returning.*



It can be hard to talk to someone you know with cancer. The “C” word itself is scary to say aloud. Here are some of the ways my friends expressed themselves when they heard the news – I was overwhelmed by those who made contact, spoke up, shared their disbelief, offered encouragement – because I know it's hard to make that first step.

- *How saddened I am to hear that you are experiencing the 'dreaded cancer' in your life.*
- *I cannot begin to understand the feeling of losing your hair, it's always known as our crowning glory ...*
- *I know you will do everything in your power to get well and I believe the healing effects of relaxation and meditation are invaluable and a great source of inner strength ... may you go well.*
- *There are no words but tears in my eyes as I read your thoughts and feelings about what you have been going through.*
- *This morning on checking my emails I found your email and I have to admit I did get a blow to my stomach.*
- *May the healing spirit of the universe be with you every day, may you always be blessed with the strength to keep moving forward every day*
- *What a shock for you ... challenging times ... I feel for you*
- *With your permission I will put you on the prayer chain at our church.*
- *I'm no good at these emails but my best of thoughts are with you during these challenging times.*
- *I wish you a speedy recovery and a cold Sav Blanc in the very near future.*
- *We have spent today trying to think of something inspirational to say, sorry seems sort of empty, "That sucks" seems far more appropriate.*
- *We will be praying and cheering for you. I am sure it will take time for this news to sink in for all !*