

Looking Forward After Breast Cancer



Crystal Brown-Tatum

Author: Saltwater Taffy and Red High Heels: My Journey through Breast Cancer

2011 Pink Power Mom

Founder/President-Sisters Network Shreveport

I've survived! Now what?

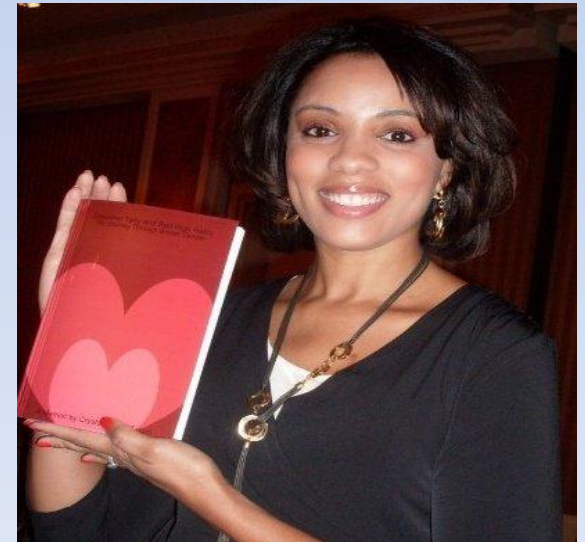
1. Prioritize what's important
2. Focus on those that matter
3. Schedule time for yourself
4. Stay diligent with your follow-up healthcare and appointments

Recurrence Fears

1. Worrying will not change any outcome
2. Seek professional counseling if your fears become overwhelming or self-consuming
3. Adopt a healthy lifestyle
4. Remember that a certain amount of uncertainty exists in our daily lives

Turning Passion into Advocacy

1. Identify any deficiencies along your journey
2. Do your part to make the next person's journey a little smoother



True Measure of a Survivor

A survivor isn't just a person who has had cancer. They are a person who has beat incredible odds.

A woman is a survivor from the moment of diagnosis.

I may have had breast cancer but breast cancer never had me.