



Speaking from Experience *Breast Cancer*

Transcript for chapter 6 of 6: The future

Ruth (diagnosed 4 years ago, aged 29) - Having breast cancer, overall for me, has been positive because it made me realise that life can be short and I really have to get out and do the things that I want to do. Since diagnosis I have changed my career path completely. It made me realise that I was in a good career but I really wasn't enjoying it. So I needed to - whatever the circumstances - just get out and go and find whatever it is you want to do, and go ahead and do it.

Barbara (diagnosed 4 years ago, aged 45) - I accept people more for what they are now. I don't judge people. I really find it difficult to cope with people winging about a sniffly nose. Also, it caused me to change my job that I had been doing for twenty years. All of a sudden I needed a career change, and I did that. I also got the family together and organised a holiday to Queensland for five days, which I couldn't have organised before.

Sophia (diagnosed 5 years ago, aged 49) - Because you see life differently. You value every day. And you say, thank God I'm still here. I can do this, I can do that. And... I don't know, somehow you feel you are special. You went through a lot, you were close to dying and you're back to life, and you feel nice. You live and do anything to be happy and help people too.

Glenise (diagnosed 8 years ago, aged 45) - Simple things in life become very important. Material things in life are nothing, don't mean anything, because they are not a part of your life, they're not a part of the way you live anymore. They don't make you happy. Living makes you happy. Being able to do things makes you happy.

Barbara (diagnosed 7 years ago, aged 54) & Husband - It was a trauma, but I think sometimes these traumas make you better people, and you perhaps think of others a bit more.

Ruth - As I'm coming around to the yearly anniversary of the diagnosis, I feel like having a party. It's a positive thing because I think, yep, it's another year that I've beaten it. Coming up to the five year mark that other people have talked to me about... It's a positive thing for me. So I know when I hit that five year mark I'm well on the road to continuing a normal life.

Barbara - If you could find someone who has actually been through it and to speak to them, find out their story, you can relate it to yourself and think well, that person has gone through that, I'm going to go through that - they've come out the other end, I can do that. There's hope there. When I was going through it, I wanted to speak to someone who had the same cancer as I had at the same site, the same grade three, gone through the lymph nodes, and five years down the track was still alive. Once I did speak to that lady, my life changed and I thought, I can do it. I can be there too.