



# “the best BREAST CANCER ADVICE I ever got”

When you've received a breast-cancer diagnosis, you want to turn to someone who's been through it. We asked survivors, as well as a few experts, for some tips to help you stay strong.



## EDUCATE OTHERS

“When I was diagnosed with breast cancer in 2002, I had no idea that increasing age is one of the risk factors. I got involved with the Strength in Knowing program [*strengthinknowing.com*] so that I could pass along facts like this to women across the country.”

—JACLYN SMITH, 59, FIVE-YEAR SURVIVOR, ACTRESS, ENTREPRENEUR, PHILANTHROPIST

## Enlist a friend

“I was so emotional, I'd forget half of what the doctor said, so I had my mom or husband come with me to all my appointments. Later, when I'd freak out about something I thought he'd told me, they'd say, 'No, he actually said this.' They helped me keep the facts straight and remain calm.”

—JEAN HAYES, 27, TWO-YEAR SURVIVOR, MASSAGE THERAPIST, ILLINOIS



## PLAN FOR THE FUTURE

“Ask your doctor about freezing your eggs to preserve your fertility. I was diagnosed three months prior to my wedding, and started chemo right afterward. I'm now on tamoxifen and won't get off it until I'm 36. I believe I'm still fertile, but I wish I'd frozen some of my eggs just to make sure.”

—TIFFANY GELINEAU, 35, FIVE-YEAR SURVIVOR, NURSING STUDENT, CALIFORNIA

## Stay calm

“When you hear the words, 'You have cancer,' your first instinct is to imagine the worst. But don't draw conclusions about what you don't know. Today many breast cancers are treatable, so try to stay positive until you know more.”

—MONICA KNOLL, 43, SEVEN-YEAR SURVIVOR, FOUNDER OF CANCER101.ORG, NEW YORK



## Speak up!

“Don't assume that your friends and family will know how to act around you. Tell them what you need and when, whether it's some time alone, a buddy to watch a movie with, or a shoulder to cry on. They'll be relieved that you've given them direction, and you'll benefit from the kind of care that's most helpful to you.”

—CHRYSO D'ANGELO, 33, FOUR-YEAR SURVIVOR, GRADUATE STUDENT, NEW YORK

