

By HER Side



Chanel

I was first diagnosed with breast cancer five years ago at age 37 in April of 2013. Unite for HER was there for me through my double mastectomy, breast reconstruction, and chemotherapy.

Fast forward to April of 2018, I was approaching my five-year cancer free milestone. Before I reached that anniversary, I learned that my breast cancer had returned. Still by my side, Unite for HER swarmed around me offering support no questions asked.

Four words summarize what Unite for HER has given me: Comfort, Control, Strength and Fuel. Comfort in knowing that I'm not alone and that there's resources and support readily available. Control and flexibility to personalize therapies I feel I would benefit from the most.

Strength through private yoga sessions that helped rebuild muscle strength and regain range of motion after the mastectomy, and through acupuncture that helped me manage the side-effects of chemotherapy and radiation. Fuel through nutritional guidance and education about cancer-fighting foods that increased my energy.

Unite for HER has been by my side the past five years through every phase of my journey, recovery and beyond. And still by my side as I navigate through another journey providing nourishment mind, body and soul. *Chanel*

I am a mother of two daughters, three stepchildren and three grandchildren. When I was diagnosed with breast cancer I never would have imagined the challenge I was about to face. While I was undergoing treatment, I received a letter from my nurse navigator with an invitation to attend a Unite for HER Wellness Day. At first I dismissed it thinking that I didn't need the support, but I was urged by my physical therapist to go. Her words, and I quote: "YOU HAVE TO GO! IT WILL CHANGE YOUR LIFE!" She was so right.

I admit, I was a bit nervous not knowing what to expect, but what I found was the most beautiful group of women, all of us in different stages of this disease, all together doing something powerful to positively move forward and give us a sense of optimism and an overall feeling of wellness! From that day forward, I felt ready to take on this fight. It was the turning point for me, the first time since my diagnosis that I actually felt like I was in control. I will never forget that day. *Koren*



Koren

"Unite for HER manages to accomplish what I have always dreamed of: to take away some of the fear and replace it with hope and a sense of well-being. It is wonderful to see breast cancer patients blossom with your care and support." *Dr. Jennifer Sabol, Breast Surgeon, Lankenau Medical Center*