

Dear Friend,

So, you are a new chemo patient and I wish you the best. With all the beeps and buzzers going off, it does not seem like the most welcoming place. You might see things you have never seen before. You are a novice to the world of chemo, but you are strong and will fight through it.

You probably walked in with your head down, feeling uncertain. After time, you will walk out with your head held high knowing you had the courage to fight, no matter what it took. Two years ago, I was sitting where you are now. I remember the smells, the sounds, the feeling, and the taste. Yes, even the taste. I was like you, a cancer patient, having 16 rounds of chemo. I was scared at first. Not knowing what they were putting into my body and what would happen to me. But, just like me, you have wonderful people taking care of you right now. Everyone working around you are there to help you, guiding through this new world of chemo!

From the moment you were told you had cancer, you became a survivor. You will need to ask questions. You will need to cry. You will need to scream. And that is okay. But, you will need to laugh. Laugh often. Don't watch the news (it is way too depressing). Find new or old comedies to watch. Find things to be thankful for. I started journaling each day about what I was thankful for. Somedays it was hard, believe me, but I was thankful for waking up and breathing. There are beautiful things around you, you just have to look at the world through new eyes.

Things are about to change for you. You have to get through this hard part and the changes your body will be going through. Losing your hair is tough, but there are good things: 1) it takes less time to get ready, 2) you save on haircuts, and 3) you save on shampoo and styling products.

I am living proof that there is hope. Don't question why this happened to you. Just know that life had a different plan for you. It did for me. I know this bag of goodies won't make everything better, but I want you to know that there are people you have never met before that are standing beside you, cheering you on! So good luck with your journey and happier, healthier days are coming!

Love,

Anne