

Survivor Stories: Annette's Advice

Now That You're Cancer Free, What is Your Advice?

Like I said at the beginning, I know I'm cancer free. Like my brain-- like there's no cancer in me. We all know there's no cancer in me but I still have to-- you still have to believe it. Right? Like there's still that belief part. I think I was almost better at it before, at the beginning, to actually believe that you could be cancer free, then I am now to be honest. But I think, -- I'd like-- just keep -- you just keep moving forward and you just keep fighting. There's always something else. There's always-- there's something new, there's a new treatment. There's something else you can help. Like if-- just-- you know, if one thing doesn't work, you just have to keep going. I think it's a long, it's a long, long battle.

I always tell them not to just listen to the BC Cancer Agent, like to their oncologist. I always tell them to look for other treatments. I always tell them about CTOAM and I always-- but I know you kind of have to get there yourself. Like you need to get to a place where you can do it. It's-- you know, timing is what it is, and you're where you are in your journey is what it is then. And I know I can't change that for everyone. And I know people at the beginning-- there was one woman who said, when I had my first diagnosis, she's like, "Go get a PET CT, go get a PET CT. I was just like-- it didn't-- it was just a piece of advice, but I never did it. I never really saw what the significance of it was, but I would have been, I would have had my Stage 4 diagnosis if I would have had a PET CT right

from the very beginning. I didn't take the advice. Right? I just-- it wasn't-- I guess I didn't really know why I would get a PET CT. I don't know why it would change for whatever reason. I, we didn't take that piece of advice. And so I know that you have to get there when you get there. But I will-- one of my friends was just diagnosed with breast cancer and I kind of said the same thing. She said, "Well, it's a very well-researched. It has-- it's an aggressive breast cancer, but it's well-researched and the treatment is this percentage effective and whatever. And I'm like, I know. But that's part of-- that's only part of the treatment. There's other treatments that are outside the BC Cancer Agency that you have to look into. So that's about all I can say. I gave her husband, she wasn't ready for it; gave her husband the information on CTOAM then just said, "When you're ready." Or-- just something. But I always tell them to go do more than what the one doctor is telling you to do.