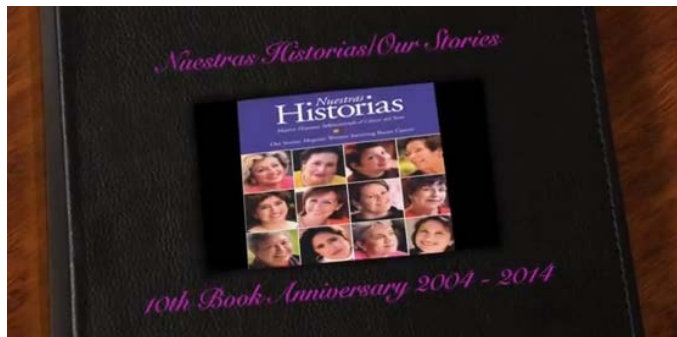


Nuestras Historias: 10 Years Later!



Here is what some Latina cancer survivors have been up to in the last 10 years since sharing their stories in Nuestras Historias: Mujeres Hispanas Sobreviviendo el Cáncer del Seno (Our Stories: Hispanic Women Surviving Breast Cancer)!

Meg Reyes

1. How would you describe your current breast health?

Currently I'm in good health, no bouts or scares. I request regular 6-month checkups as a diagnostic mammogram versus regular ones to ensure I'm getting thorough screenings.

2. How did the experience of being featured in the book impact your life and your family's life?

Aside from my family, not many people knew of the book, only when I shared my copies or sent the link did I receive feedback. However, I've used this as a tool for other survivors to read or family members. I also get comments such as, 'I cried when I read your story,' etc. I'm proud of my experience in this book and very happy there are opportunities to share stories and get recognized. I will say that being part of something bigger and reading the stories of other survivors aided me in realizing we all experience our challenges differently, but are affected by the same cancer which bonded us together.

3. Is there anything that you know now that you wish you had known when you were diagnosed with cancer? Why

I wish I had studied breast cancer more and been familiar with the dos and don'ts. No one ever advised me to harvest eggs so I could consider having another child. I had chemo and radiation before I realized I could have asked to do this.

4. What advice do you have for other women recently diagnosed with breast cancer?

Rely on help that is offered. When you are tired let others engage, especially if they feel like they need to do something but don't know what. People want to help they just don't know what is needed. I would take advantage of all the programs available. I'd write a bucket list of things to do and do them. I'd not wallow in self-pity...remember others could have it worse than you. Pray and have faith that all will turn out for the best.

5. What accomplishments/milestones have you experienced in the past 10 years that you're proud/grateful for>

I have lost almost 150 pounds with lap band. Ran four half-marathons and numerous 5K races. Adopted three children. Moved to England and Germany and back. Hosting a Japanese exchange student this school year. Lost my mother to ovarian cancer but grateful we had 2 years with her from diagnosis.

6. What does survivorship mean to you?

Living life even after something challenging happened in your life experience. It doesn't have to be cancer, it can be anything that you survived and how you deal with those adverse actions.

7. What challenges, if any, do you still face as a survivor?

Just remembering to do self-breast exams and remembering I could have a reoccurrence.

8. What are your hopes for the near future?

To continue to lead a healthy and productive life to the fullest extent possible.