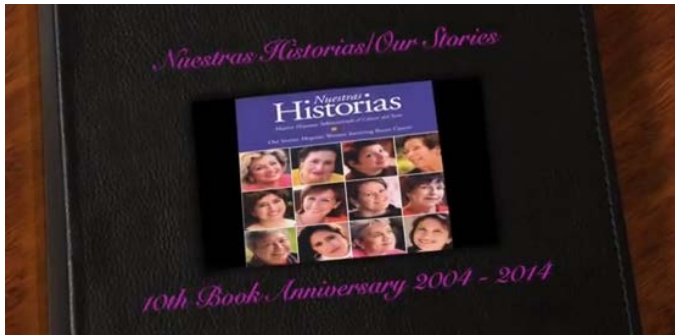


Nuestras Historias: 10 Years Later!



*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)**!*

Sylvia Beilstein

1. How would you describe your current breast health?

My current breast health is excellent even though I had a “flat tire,” which was replaced with a new implant.

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

My family was very proud of me for being in the book and my story was read by many of my friends and family. I felt I needed to let them know how important it is to be aware of breast cancer.

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

I should have taken myself more seriously and seen a doctor immediately when I found a lump in my breast. Why? Because I could have died as the lump grew very quickly from a small lump to the size of a golf ball!

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

My advice to women who have recently been diagnosed with breast cancer is to have faith in God. He will be with them every step of the way. Every day will be a challenge for every one—these challenges can be overcome, no matter what, especially with a positive attitude.

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

My accomplishments have been to stay healthy, active and positive. Every day is a blessing for me and I continue to be a role model for my daughters and friends.

6. What does survivorship mean to you?

Survivorship means beating the "cancer" and keeping it away with regular self-exams and mammograms. It is so important to me that I have even helped my friends that could not afford a mammogram find free resources.

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

As a survivor, I am faced with challenges every day. The biggest challenge I face is assisting my daughter Laura. She is a five year breast cancer survivor and suffers from MS. Unfortunately; there is no cure to date for MS, which she has had for 20 years.

8. What are your hopes for the near future?

My hopes for the near future are that there will be a cure for all types of cancer. I will also try to help others continue to obtain free mammograms. My most important concern is my daughter's condition and my hope that a cure for MS will be found soon.