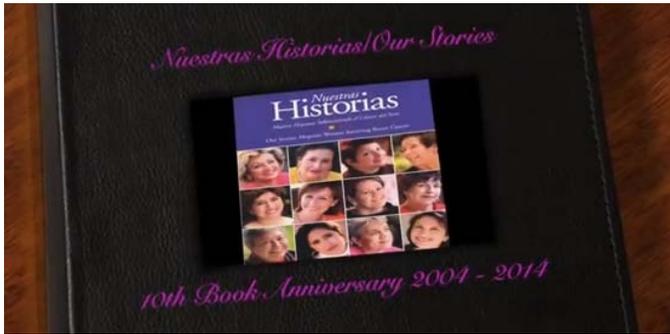


Nuestras Historias: 10 Years Later!



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)!

Tammy Ruiz

1. How would you describe your current breast health?

My current breast health is normal according to my yearly mammogram. Cancer-free. Thank you, Lord.

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

I shared my story with beauty shop customers; they all gave me compliments/shared my joy/some were astonished at all I had been through. And of course many ladies thought about themselves and their own families.

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

I wish I would have known more about "breast cancer" when I was diagnosed, because I was truly was scared...until I started learning about "cancer" and its treatment, surgeries, and the awesome help by medical professionals and volunteers at the CTRC (Cancer Therapy and Research Center at the University of Texas Health Science Center at San Antonio).

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

Learn about "cancer," follow the instructions from the doctors, and go to all your appointments.

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

The accomplishment of being cancer-free...the accomplishment of worry-free days and years.

6. What does survivorship mean to you?

FREEDOM//HEALTH/JOY

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

The challenges of continuing to worry that the cancer will return. I would love for my mind to be cancer-free; it's the fear that gets me.

8. What are your hopes for the near future?

My hope is that cancer will not return at my age, I think will be more difficult.