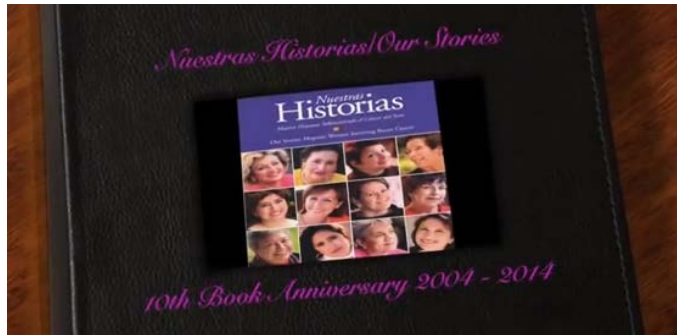


Nuestras Historias: 10 Years Later!



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)!

Bea Vasquez

1. How would you describe your current breast health?

My health is excellent! I am blessed. I will be 64 years old in September and I am doing great!

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

The book empowered me and all participants. When an individual can share her experience, it assures other cancer survivors know that in this time and age we have the tools to help us fight for our recovery. My family saw the HOPE and strength in my journey with their support.

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

I worked with the local American Cancer Society (ACS) at the time I was diagnosed. I co-facilitated a support group, and was educated in the subject. I had the knowledge required to fight. I was in tune with new treatments and recovery techniques.

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

My advice to new cancer survivors is to be familiar with your body, note any changes, and discuss them with your physician. Be positive and stay firm in the fight for your life! Do not be dependent on anyone. Don't allow

yourself to be let down by anyone. Stay firm in your faith. I am grateful to the Lord for allowing me to enjoy my mother who passed at age 87 due to a fall in September 2009, on my birthday. Also for allowing me to see my kids grow up to become successful adults.

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

In the last 10 years, I have served as President of Highland Hills Lions Club five times, served on the parish council at Mission San Jose (7 years), represented my church at the SE Deanery of the Archdiocese of San Antonio (3 years), and worked as a Civil Clerk for Bexar County Court Precinct 4 (3 years). I retired in September 2013.

6. What does survivorship mean to you?

My survivorship has given me the freedom to travel. I'm enjoying my xeriscape garden and I'm proud to grow my own greens. I LIVE FOR THE DAY! My first grandchild (boy) will be born in December in Toronto, Canada to my daughter Denise and my son-in-law Kris. My foster son Daniel will be a dad in March 2015. A young man that I mentored was married last month to a wonderful girl. All the kids who call me MOM are now living their blessing.

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

I have no challenges. I do not entertain cancer or any other illness. I trust in God's will.

8. What are your hopes for the near future?

My hope for the future is to make a difference in someone's life, continue to reach out to men and women and use the gift that God gave me.