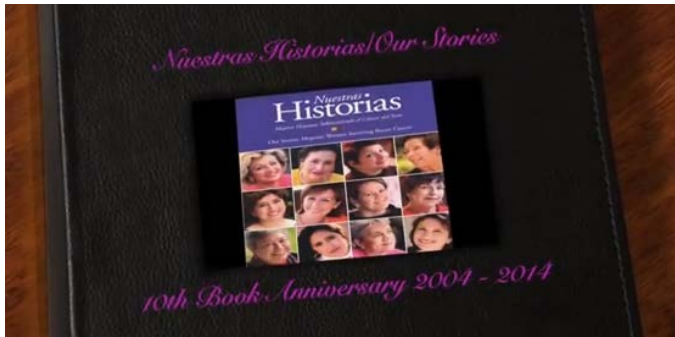


Nuestras Historias: 10 Years Later!



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)!

Lucila Mendoza

1. How would you describe your current breast health?

My health is good. They found a cyst in my left lung. The cyst was successfully removed and I have had no symptoms or scares since.

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

I always hope to be able to help others and impact people's lives with my testimony.

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

I never thought chemotherapy was going to be as hard to deal with as it was. I would have liked to have been better prepared for the treatment.

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

I would convey very positive thoughts and strength. Additionally, I would encourage them to follow medical instructions strictly and believe that they can conquer this battle.

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

I have grown personally and professionally, started a small business, have been a strong supporter of my daughter's professional career, purchased my house, saw my son get married—now I am going to be a grandmother. I thank God and feel extremely proud of my children's accomplishments. I am also very grateful to my family, my friends, the Wings program and people who somehow helped me in everything I do.

6. What does survivorship mean to you?

It is a new opportunity that God has given me to learn to not take anything for granted and help everyone that needs me.

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

When abnormal symptoms develop, fear of developing cancer again intensifies. This is something I can't explain and it is very hard for family members to understand.

8. What are your hopes for the near future?

Continue to be strong, enjoy all the people around me, celebrate life and continue to participate in community activities.