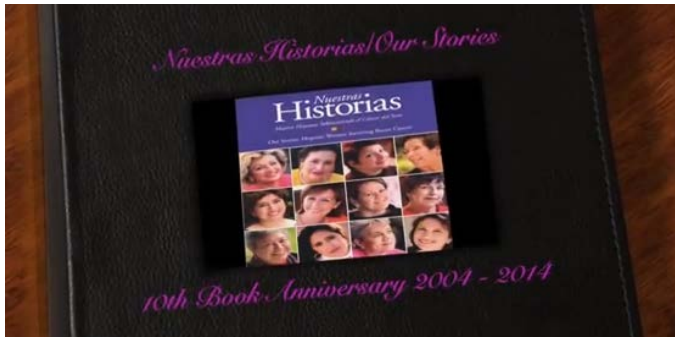


Nuestras Historias: 10 Years Later!



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)!

Yolanda Molina

1. How would you describe your current breast health?

I see my oncologist once a year and have had no bouts of breast or any other cancer since the book.

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

The experience of meeting the women who had their stories told gave my family and I the hope there was life after cancer. I have started doing a lot of crafts (art, paintings, decorating, creating art from Styrofoam, and recovering furniture) and the list goes on. My family is amazed, and I am, too, at what I can do. The fact is, when I can say I beat cancer, I can do anything or at least try once.

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

I was well informed about breast cancer by relatives and friends who had dealt with the illness. I have great doctors, one whose wife had gone through the illness. When I was told I would lose my hair instead of just cutting it short, I would have had it shaved. I give this advice to anyone who has cancer and will lose their hair. I also tell people eating scrambled eggs was so comforting for the queasy stomach.

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

People will give you advice, but bottom line; go with your gut feeling when decision time comes. There is a lot of information out there but in the end, win or lose, it was your decision.

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

The diagnosis of cancer and becoming a survivor gives you a new perspective on life. My life is plain and simple for me now. I can't please everyone and I can't save everyone. I ask myself can it change my life in a positive way or is it just going to change my life? The things I do in life now is because they make me happy, I enjoy the challenge, the outcome and amazing myself and others. I'm not scared to try or make things. I'm not saying I'm fearless but before I wouldn't even try because I might embarrass myself.

6. What does survivorship mean to you?

I make time for all I love. "Time" is the most precious gift for me and I use it to the max.

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

The one inconvenience is limited use of my left arm.

8. What are your hopes for the near future?

My hope for the future is exactly what I'm doing in the present. I know as a survivor I fought the battle of my life and I promised myself I would live my life to the fullest. I'm so thankful I have been given a second chance.