

## HOPES + FEARS

hopes



My biggest hope is to live without recurrence. I guess every cancer patient and survivor hopes for the same.

fears



Again, my biggest fear is recurrence. I heard on the news the other day that recurrence of Melanoma is deadly. That was not something I wanted to hear. How do I deal with that? Will staying out of the sun now help? I am trying not to think about it too much.

next steps...

I am not sure. Just be better about doing the things I need to do to be healthier. Eat healthier. Walk!!!!

