

HOPES + FEARS

hopes



To be cancer free.
That Gareth & I will come through this stronger
and can look forward to planning our future.
That the side effects won't be as severe as
expected.
To be able to enjoy a holiday this year and be
well enough to enjoy it.

fears



I'm scared about starting early menopause at 37.
I'm worried about never being cancer free.
I'm devastated that I won't be able to have a
child.
I'm worried about the effect the treatment will
have on my colitis-I want to avoid surgery.
Being off work for so long-will it affect my
job-worried about loss of earnings.

next steps...

Have weekly acupuncture. Keep talking through things with Gareth. Ask for outside help when I need it.

