



*Five Things*

FIVE THINGS

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I DECIDED WHEN I  
FACED CANCER THE  
SECOND TIME

HOPE ABOUNDS COLLECTIVE

# FIVE THINGS I DECIDED WHEN CANCER CAME BACK

01

I paused. Prayed. Cried out to God. Delayed a decision until I had clarity on what I would accept medically.

02

I immediately embraced a specific healing protocol. Hope was activated while evaluating medical decisions with my doctors and family.

03

I took responsibility for my health in ways I had not before.

04

I had someone with me every time I was at medical appointments to listen and discuss later.

05

I focused on what gave me hope one day at a time. Not everyone understood my choices and that's ok. I had to live those choices.



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## *DISCLAIMER*

*THE INFORMATION SHARED IN THIS PUBLICATION IS NEVER INTENDED TO DIAGNOSE, TREAT OR CURE ANY DISEASE. ONLY YOUR HEALTHCARE PRO CAN DO THAT. ALWAYS CONSULT YOUR HEALTHCARE PROVIDER BEFORE STARTING A NEW WELLNESS REGIMEN OR MAKING HEALTH RELATED DECISION. I DID.*

# About Sharon



I breezed in for CT Scan results and was told, "You have a mass shutting down your left kidney. We want you to get a permanent colostomy, start chemo immediately, and get a kidney stent."

I was angry. Scared. Shocked. I had gone through grueling chemo, radiation, and a temporary colostomy with treatment previously. Was cancer-free for one year. They had told me, "You're young enough, the treatment will clobber your, but we feel you will not deal with this cancer again."

And the day cancer came back I made a personal decision. My decision was to pause and not make ANY decision that day.

I told my provider I would decide and get back to him. He was not happy. I can't blame him

I talked with my husband and he said, "I will support you whatever you decide."



(This statement from my husband? The best gift, ever.) Decision delayed to breathe, pray, think. A small step towards hope.

I did eventually accept a modified medical treatment but I made decisions armed with information, action, and knowledge that gave me hope and control in a seemingly hopeless situation.

Even in great difficulty, and the seasons that follow, hope abounds.

Welcome!

WHEN

*anxiety*

WAS

GREAT

WITHIN ME

YOUR

*consolation*

BROUGHT

ME

*joy.*



PSALM 94:19 NIV

# Let's Stay Connected

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Hope Abounds Collective is a space sharing encouragement, strategies, and wellness support ideas with a faith focus from a stage four cancer survivor.

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*There is always, ALWAYS, hope.*

