

## **AM 1957 PDQ**

**AM:** AM is a 66-year-old woman who is a recent survivor of breast cancer currently “living well” with a renewed spirit and passion for life.

AM describes her breast cancer diagnosis/ recovery as a process of surrendering to the medical realities of cancer treatment. As an individual who is active and holistically oriented the constraints of treatment were a challenge which she embraced whole heartedly.

AM sees life as a spiritual journey and included acupuncture and Yoga for Cancer as part of her holistic approach to her cancer treatment. Now that she is “on the other side of treatment”, AM wants to give back to the community which was such a big part of her survival.

She describes herself as a life-long learner and her education includes pursuing a Masters in Theology from the American Institute of Holistic Theology. Her love of exploring the “big picture” of humanity and studying different religious traditions has fueled her desire to give back as a survivor. She is training to become a volunteer visitor in the cancer center and looks forward to sharing in others’ journeys.

She is a single mom to a fabulous daughter who has supported her throughout this journey. Her siblings have also been an important part of her recovery.

She wants her medical team to incorporate holistic approaches into her treatment plans and allow her an opportunity to research options as treatment plans evolve. She’s not afraid to ask questions and dig deeper. This means she will take her time to discern what is best for her journey so don’t rush the process!