

# ATTITUDE



- Do not worry unless you have cause or reason to – focus on what is going right, not what is going wrong
- Stay positive – there is no point in being negative; prepare for the worst possible outcome, work upward from there, and hope for the best
- Be tenacious – assess which risk factors around your situation you can control and do all you can to command authority over them; be persistent in your pursuit to be absolutely, 100% satisfied with your plan and your care, and do not stop until you are
- Be tough – this is the time to dig deep and develop a healthy amount of stubbornness to be bigger and stronger than your disease; whining and self-pity will only feed the enemy
- Remain resilient – when you have a setback, map out steps to recover in the quickest way possible; the longer you stay down, the harder it will be to get back up
- Push out negative thoughts – when a negative thought enters your head, make a conscious effort to replace it with a positive one and utilize self-talk to do this (e.g. “I am going to die” should be replaced telling yourself out loud, emphatically “I am going to live”)
- Inject humor when appropriate – you can cry about everything, or you can laugh; crying will only drain you, while laughter will invigorate you
- Fully commit – you do not want any regrets or “could’ve, should’ve, would’ve;” throw yourself and all of your energy into your fight; it’s the absolute best use of your resources

# NUTRITION



\*Ask your doctor before initiating any supplements

## FOR THE BODY:

- Eat “Foods That Fight Cancer” ([www.aicr.org](http://www.aicr.org))
- Check Vitamin D levels – supplement if necessary
- Hydrate (force fluids!)
- Daily probiotic – either yogurt or supplement
- Daily multi vitamin
- Movement (yoga) / Exercise
- Diet –tree nuts, low sugar, low dairy, low sodium, low alcohol, low red meat, plant based, high protein, NO processed meat
- Integrative techniques (e.g. massage, acupuncture, reiki)
- Infection control (i.e. remove shoes, wash hands, limited contact during treatment week)
- Consult a dentist regularly to monitor oral health and possible receding gums
- Request a bone density test (DXA scan) to stay ahead of possible fractures from treatment weakened bones

## FOR THE MIND:

- Meditation
- Visualization
- Deep Breathing
- Music Therapy / Art Therapy
- Journaling
- Decluttering
- Cognitive Behavior Therapy
- Essential Oils (e.g. lavender, lemon, peppermint, frankincense)
- Pharmacological intervention (e.g. mood stabilizers, antidepressants)

# TREATMENT



- Know as much as you can about your family health history and be honest about your risk factors
- Have a medical team you respect, trust, love, and understand
- Have a Plan A, B, C, and D – embrace the plan and follow it
- Be affiliated with a large, academic NCI-Designated cancer center
- Do not be afraid to seek a second (or even third opinion)
- Know your biomarkers and ask for genetic testing on your tumor
- Be familiar with clinical trials for your disease long before if/when you need them
- Stay ahead of pain and side effects with pharmacological intervention
- Seek complementary and integrative medicine techniques to help with symptom management
- Remain involved in all decision making
- Be your own advocate- do not feel intimidated to ask questions and take as much time as you need during your exam to feel comfortable and confident
- Do what feels right when weighing treatment options vs. quality of life – this is YOUR plan, YOUR life, YOUR rules – a medical team can provide guidance, but ultimately you are in charge

# SUPPORT



- “Cancer Coach” - someone who has successfully beaten cancer, or whatever ailment you are facing
- Doctor – primary care physician, oncologist, surgeon
- Mid-level Provider- physician assistant, nurse practitioners
- Nurse
- Registered Dietician
- Mental Health Therapist - psychiatrist, psychologist, social worker, counselor
- Faith Administrator – priest, minister, pastor, rabbi
- Family
- Best Friend – someone who has seen/heard you at your worst and will never judge you no matter what your actions/impressions; this person is unconditionally “Team YOU”; you could call them at any time, day or night and they will be there for you
- Support Group – could be in person, virtual, or online
- Financial Counselor
- Treatment Companion – someone to drive you to/from treatment and/or keep you company
- Meal Train – ([www.mealtrain.com](http://www.mealtrain.com) or a way to coordinate meals for you and your family)
- Task Force – people to help with everyday functions (e.g. laundry, errands, dishes, snow removal, grass cutting, house cleaning, pet care)
- Immerse yourself in positivity – you always aspire to your highest level of emotion

# YOU

The logo for Stacy HURT features the name "Stacy" in a red, cursive script font, followed by "HURT" in a blue, uppercase, sans-serif font.

- Self care – get proper rest, conserve energy, and perform daily hygiene
- Maintain balance – this isn't the time to start training for a marathon; keep doing whatever you've been doing; routine is critical in keeping your immune system strong
- Identify your purpose – figure out who/what you are fighting for; let it lift you above your disease
- Do not let your disease confine or define you – you are NOT your disease; you are still you – this is just something you have to deal with right now
- Hate impedes healing – let go of past quarrels
- Don't compare your situation to others – “stay in your lane”; you are not a statistic; each person's DNA is different; you can be the “responder”; you can be the 10%; you can beat this!
- Don't look back – you can't look ahead if you are looking behind you; second guessing will only frustrate you
- Accept your “new normal” – it's not perfect, but it's perfectly fine for survival; adapt and keep evolving
- Keep moving forward – setbacks are inevitable, but your general direction is forward; if you find yourself in reverse, switch gears
- Trust your gut instinct – if you feel something is “off” with your body, it probably is; gain the necessary information to make a rational decision about how to proceed; the truth may be scary, but the unknown is scarier
- Set boundaries- it's ok to say no to circumstances that cause you unnecessary stress and anxiety; your focus is YOU and your full restoration