

A breast cancer survivor's toolkit

SOT

Heather Chambers, breast health navigator at Moeller Cancer Center

"A lot of the hormones in [a woman's] body are like a fuel to a cancer cell. When you get an abnormal cell, estrogen in our bodies fuels that cell and produces and produces. And you get a mass. And then you have breast cancer." (:12)

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Cathy Keller, breast cancer patient at OSF HealthCare in Alton, Illinois

"She took it upon herself to find a chemo that would not affect me at all. And it didn't. The way it was delivered was very different from the way the first chemo was delivered. I didn't have to take the Benadryl. I didn't have to take the steroids." (:15)

SOT

Cathy Keller, breast cancer patient at OSF HealthCare in Alton, Illinois

"I would hold on to little Ziploc bags of ice. And they put them on my feet so that the smaller vessels would constrict a little bit so I wouldn't get all that chemo right back down in there." (:14)

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Dr. Alejandro Sanz [SAHNZ], surgeon at OSF HealthCare in Alton, Illinois

"There's a lot of information involved. Patients can get confused about it. So I take care of that. I try to spend a lot of time with my patients explaining this. Going through the images. A lot of my patients have never seen their own mammogram. They've never seen their own tumor. How does it look?" (:19)

SOT

Cathy Keller, breast cancer patient at OSF HealthCare in Alton, Illinois

"If she can come to school and have her peers see her with her short hair now, knowing she had long hair earlier in the year, I don't have to wear my wig anymore. So I saw her two or three days after I started wearing my regular hair, and I told her, 'You are my inspiration'." (:19)

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Dr. Alejandro Sanz [SAHNZ], surgeon at OSF HealthCare in Alton, Illinois

"Screening is the best tool we have at this moment in order to decrease the mortality of cancer." (:08)

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Heather Chambers, breast health navigator at Moeller Cancer Center

"Women who are thriving and are doing well and have the chance of living the next five years, by all means get their mammogram. Because we can give them that five years by saving them and finding and diagnosing and treating right away." (:14)

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Heather Chambers, breast health navigator at Moeller Cancer Center

“Any woman of any age should do a monthly check. Pick a day out of the month. I want to do it on the first. I'm going to check both breasts. That way you know your breast. You know how they feel. You know if you have lumpy breasts or not. And so if something changes, something seems abnormal, something feels different, then you get it checked [by a health care provider].” (:17)