

*"During your times of trial and suffering when you see only one set of footprints, it was then that I carried you."
- Your Heavenly Father*

"Journeys"

*Patients from Christ the Redeemer Catholic Church
share their thoughts and insights about the Cancer Journey*

Patience. Take one day at a time. Look forward to all the beautiful tomorrows.

Don't be afraid to share with others getting treatment- many times you realize your journey is not as bad – or you get some helpful ideas.

Pray to God – not only for help- but for every positive day. Pray when you are scared and He will give you peace.

Get out of the house- even if it is for a short time! Small outings give you more strength.

-Debbie, 4/8/15

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Talking to people who have had cancer for 12 to 15 years helped me realize that I could survive longer than just a couple of years. They didn't even have to have the same type of cancer as I had. Just knowing that they survived helped me.

Spending time with my grandkids really HELPED me because they have such a high energy level and they made me laugh a lot.

Spending more time with my spouse. Doing things she likes to do because she was my caregiver and it brought us closer together and helped us through the really tough times.

Getting really close to my doctors, being honest with them, really helped me with the treatments.

-David, 4/8/15

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For the caregiver - use valet parking at the hospital.

When family and friends offer to bring dinner or walk your dog- let them. You don't have to do everything.

Take care of yourself – If you are of age, get a shingles vaccine. I had the shot but still got a very mild case of the shingles.

I am thankful I had the shot; that I live in Houston where there is easy access to good medical care; that my husband and I have a good support group and faith in God.

-CTRCC Cancer Connections member, 4/8/15

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Cancer is not a death sentence.

Be a survivor not a victim.

Don't let all the bills worry you. It takes time for everything to be processed and worked out.

Use an online journal to tell about your progress. A lot of people want to know how you are doing but are afraid or uncomfortable about asking.

-CTRCC Cancer Connections member, 4/8/15

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Stay away from negativity; either from other people or reading material or anyone offering pity.

Give yourself a goal each day. "Today I will _____"

Think positive.

Follow care team's instructions on medication, nutrition, and life skills.

-CTRCC Cancer Connections member, 4/8/15

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It has been helpful as a support system to hear –really hear- what a patient needs and that the needs may change from day to day.

- CTRCC Cancer Connections member, 4/18/15

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The concept of “one days at a time” seems really the only alternative in the final analysis.

- CTRCC Cancer Connections member, 4/8/15

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The website SmartPatients.org (an online support group) has been helpful.

Friends – prayers

Family- visits from out of town relatives help.

- CTRCC Cancer Connections member, 4/8/15