

# Breast Cancer Wisdom

10 pieces of advice to keep you positive, hopeful & resilient

*Surround yourself with people who love you because love is the best medicine.*

- Candy O'Terry

*Give yourself grace. Your scars are your superpower and you are a warrior.*

-Melissa Dupois

*Find your people. Listen to survivors and always trust your instincts.*

-Lisa Carlin

*Love yourself more.*

- Tona Hines

*Being a breast cancer survivor is not a club anyone asks to be in; you are chosen. You will meet the most kickass women and they will help you harness the power to lift others up. If there is a silver lining, this is it.*

-Sue Tabb

*There will be a lot of scary unknowns including waiting around for test results. Breathe. Take every step day by day.*

-Steph Oteri

*Your love for your children motivates you to endure all the pain accompanying every surgery and every treatment. Nobody else can raise your children like you can.*

-Theresa Jay

*Allow people to give you support. Everyone wants to lighten your load. Be good to yourself. That's how you heal.*

- Barbara Perdigao

*A preventative double mastectomy was not just about risk reduction, it was about gratitude for medical advances in the world of breast cancer my mother had prayed so hard for.*

-Cara Belvin

*Let's roll up our sleeves and do what we need to do.*

- Carolyn Kaelin, MD.

