

Five Tips for Fighting Breast Cancer

Kim Regenhard was a successful human resources executive in a large corporation, happily married for over 20 years, and mother of a young child when, in the spring of 1998, she discovered a lump in her breast. Kim began the overwhelming task of learning about breast cancer, breast cancer treatments, and what she might expect on the road ahead. She developed a list of questions to ask care providers to gain a better understanding of what medical decisions would be best for her and her family. Learning there is a high survival rate when cancer is detected and treated in early stages, Kim began to interview surgeons and oncologists—a rare practice in the medical community.

Now cancer free, Kim has used her skills and experience to develop a tool that will help others navigate the physical and emotional course of cancer. With the help of other breast cancer survivors, Kim has created *A Survivor's Guide for the Breast Cancer Journey*. This organizer and guide offers a unique system to help women newly diagnosed with breast cancer understand, organize, plan, and record their journey from cancer diagnosis to recovery. Here are some tips that Kim has created to help others newly diagnosed cancer or any other life-threatening illness.

1. **Enlist help.** Assigning loved ones their “duties” early on helps you stay focused on your recovery and gives your friends and family a chance to start helping right away.
2. **Exercise.** As the folks at Nike say, just do it. Exercise is really important and starting a regime early on helps people feel better and mentally get prepared.
3. **Google your heart out.** Do your research to be well informed and also to help you feel more in control.
4. **Get a journal.** Documenting as much as you can is important to stay focused and stay organized. Keeping a journal can be a great defense against feeling overwhelmed or afraid.
5. **Set post-cancer goals.** Make sure that you're looking at your life beyond cancer. Repurpose yourself. Giving back to others should be a component of your new plan.

Remember – Enlist help, Exercise, Google your heart out, Get a journal, Set post-cancer goals. Finally, make sure you focus your energy on becoming well and spend your time with the people that you love.

More about Kim Regenhard and RiverStone Journals can be found at www.riverstonejournals.com