

*A Survivor's
Guide*
for the
Breast Cancer Journey



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. In one moment Kim's busy, fulfilling life seemed to come to a standstill. When tests confirmed the lump was cancerous, Kim felt her world had been turned upside down. Although shocked and scared, Kim quickly decided her best strategy would be to remain positive and active.

Guided by the experience and encouragement of a friend who had also struggled through breast cancer, 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. Based on her research, Kim made the decision to have a lumpectomy, followed by chemotherapy and radiation therapy.

Strengthened by the support of doctors, family, and friends, Kim continued to work in her corporate position while going through the regimen of chemotherapy and radiation, drawing strength from the focus and normalcy her job provided. *"Work can represent a normalcy needed at a time when not much else seems very normal,"* said Kim. *"Cancer is a very individualized disease; what works for one person may not work at all for another patient. But looking back, I truly believe that my work was a much-needed distraction from the discouragement cancer can bring. Work kept me busy and it kept me going. My spirits were high most of the time and I fully expected to get well and stay well. In fact, I was on a business trip in Seattle when my hair fell out from chemotherapy. Fortunately, I was surrounded by a dozen supportive work friends, many of whom are very close friends today."*

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.

As founder and principal of RiverStone Journals, Kim manages the strategic aspects and day-to-day operations of her company and speaks at events related to breast cancer and other women's issues. Kim holds an E.M.B.A. from the University of St. Thomas and a B.S. degree in Psychology and Management from the University of Minnesota. In addition to authoring the company's first journal, Kim has served as Vice President of Human Resources for US BioEnergy, UnitedHealth Group, AT&T Wireless, and NCR.

*A Survivor's Guide for the Breast Cancer Journey is a gift
from those who have walked and survived the breast cancer
journey to those who find themselves taking the first steps.*