

***I am just diagnosed to have cancer;  
What to do??***

***A message from Heart to Heart,  
Please read it twice,  
You will feel The Difference.***

I am sure that you are now confused  
Fear of what's going to happen is the hallmark of your thoughts  
You cannot sleep as nightmares are continuously following you

Many, many un-answered questions are raised:  
  
Is this the end of my life?  
Am I going to suffer till death?  
Treatment is very aggressive, I will not tolerate?  
The dramatic scenarios with other people suffered cancer you know  
is blocking your mind.  
What about my family? I hate to let them suffer.  
My career will go down?  
No more hopes for my future plans and projects?  
  
And more and more and more

Be sure that this sample of thoughts and questions had been shared  
with people like you everywhere over years. Many of them had

failed to survive the disease event, but much more people had overcome it; cured, survived and got back to their life.

Don't think that we are just sharing sympathy

Don't think that we are just saying words for moral support

Try to be somewhat confident of what we are going to tell you,  
As they are LOGIC  
The 10 FACTS:

1. Be sure that you are not alone facing the event; hereby your family, friends, physicians and many people you still don't know them are going to support you, packing you and help you not only so as not to suffer, but to be the winner of your battle.
2. New utilities specifically designed for your problem are arriving at every day, hour and minute. Thanks GOD; this was not the story for people diagnosed with cancer even 10 or 20 years ago.
3. It is never true that chemotherapy or in other words systemic treatments, although are considered by many as the ugly face of treatment that are associated with no benefit but just complications, this is because of the better understanding of the specific targets of the drug, better technologies of manufacturing with less side effects. Moreover, now we have a long list of specific agents to guard against most of known complications.
4. Try not to have any information regarding your health problem except from authorized specialized healthcare professional as misunderstanding of crucial points in diagnosis and treatment will be extremely hazardous and definitely will exert negative influential impact upon your morality and general health state.
5. You have to be confident and sure that the proper management mandates correct procedures, not only regarding treatment, but also concerning identifying the exact magnitude of the problem (i.e. Stage) to guide the treatment selection. So, don't feel bad because of the lengthy investigations; they are a must.

6. Try to have an access to persons with past history of your disease and who were cured. This will be the most supporting step giving the hope for cure.
7. Life should go on, and nothing is going to change, just modify your schedule and life style. Be sure that everyone is going to help as you are too valuable, and they are awaiting your active participation as before.
8. You will never be mutilated or different than your previous image. Remember we are in 21<sup>st</sup> Century and all deficits can be effectively corrected, so let your physician select the best treatment for you.
9. Be sure your physician will not allow you to be in pain and he has a lot to do specifically for this issue.
10. ACT and Don't REACT. Face your problem and you will win.

Do you feel any difference after you finish reading?  
Try reading again carefully,  
You will feel the difference

If you still need more support,  
A lot of people are waiting to give a hand