



## Beating Cancer...Twice

Heather was shocked several years ago when she was diagnosed with cancer – she was in her early 30s. She had surgery in 2016 and thought she was fine until she found a lump on the incision site in 2019 from the previous surgery. It was cancer again.

This triggered the call from Guardian Nurses. “Lauren and I would talk before every doctor visit, she helped me speak with doctors, discussed my procedure, and came up with questions I never would have thought to ask,” said Heather who had surgery in 2020

and then started chemotherapy during the height of COVID-19. “They didn’t allow family members at appointments, but because she is a nurse, Lauren got clearance to come with me. When you are going through something like this you don’t want to be alone and really need support.”

One of the most impactful things that Lauren did was to encourage Heather to get a second opinion. “I was anticipating chemo treatment forever, even though I had no visible cancer. When I switched to Penn, they found a way to give me the security to back off the chemo with more frequent monitoring, so I could finish out my two years of treatment and then stop,” said Heather, who had her last treatment in February and is now cancer free.

“Lauren is more than a nurse, over the past two years she has become a real friend, and I value her guidance and support,” said Heather who is focusing on caring for her two children and living a full, healthy life. “I told her she can’t leave me, even though I am cancer free. It helps to have extra people in your corner that you can count on.”