

# You Are Not Alone

“WHEN I HEARD THE WORDS  
‘YOU HAVE CANCER,’  
I WAS OVERWHELMED.”

— JOAN LUNDEN, JOURNALIST, AUTHOR, AND TELEVISION HOST



**“YOU HAVE CANCER.”**  
No matter what big plans you might have, they’re all washed away with those three small yet powerful words.

In June of 2014, I heard that dreaded phrase and was instantly thrust into the world of oncology. I was faced with intimidating appointments and a language that sounded completely foreign to me... TNBC, neo-adjuvant, Her2. I didn’t even know the questions that I should be asking. I had never had any close friends or family members who had gone through cancer treatment. As a journalist, I had done countless interviews with cancer experts, but since I didn’t have breast cancer in my family, I had probably never really digested that information in a personal way. Had I known that less than 15% of women diagnosed with cancer had ever had a family history, I wouldn’t have felt immune.

Shortly after my diagnosis it occurred to me that I had shared my entire life with the American public and here was a chapter where I might really have an opportunity to help other women. The minute I changed my focus from *my* cancer to the fight against cancer, it completely changed my mentality and empowered me in the most profound way.

That’s not to say that I didn’t have my vulnerable moments, just like anyone fighting a battle with cancer. It’s hard not to ask yourself questions like “What will happen to my family if I die? Have I accomplished enough in my life? What would my funeral be like?” Sure, I had moments when those thoughts filled my newly bald head, but thankfully my decision to become a warrior, not only

for myself but for others, never let me stay in that dark place for long. I will admit that one day, as I contemplated my mortality, I immediately got to work cleaning out my filing cabinet and my underwear drawer so that if I died, at least people wouldn’t think I was an unorganized slob!

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The more I became involved in the breast cancer community, and the more people connected with me on social media, the easier it became for me to maintain my fighting warrior spirit. Their words of encouragement and their feedback were truly like healing energy, almost like the chemo but for my spirit.

I was also learning valuable information from my new community: the benefit of clean eating, the need for constant hydration, and the importance of something as simple as always washing your hands to help protect yourself from infection.

It is so important to educate yourself when you’re a cancer patient. When we share our stories and our experiences, we can learn from and be inspired by one another. The breast cancer community is not a sorority you want to join, but I’ve found that once you’re in, it is a compassionate and powerful alliance.

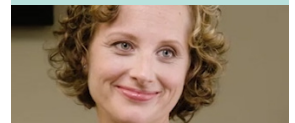
at HOME  
with JOAN

A website dedicated to stories of empowerment within the patient community.



**MEET SAFIYA**

“When I got the news, my first concern was, ‘How am I going to tell my kids?’”



**MEET NATALIE**

“When we’re diagnosed with cancer, we lose that sense of normalcy.”



**MEET SHAIKA**

“What helps me is feeling good, and my feeling good is looking good.”



**MEET JANINE**

“Being a survivor is a part of me, as much as being a mom or a police officer is.”

To hear more from Joan and these patients, visit [AtHomeWithJoan.com](http://AtHomeWithJoan.com)

# Questions TO ASK YOUR DOCTOR

- What type of chemotherapy am I receiving?
- Am I at risk for infection?
- What could happen if I get a serious infection?
- Should Neulasta® Onpro® be part of my treatment plan?

## Indication

Neulasta® is a prescription medicine used to help reduce the chance of infection due to a low white blood cell count, in people with certain types of cancer (non-myeloid), who receive anti-cancer medicines (chemotherapy) that can cause fever and low blood cell count.

## Important Safety Information

Do not take Neulasta® if you have had a serious allergic reaction to Neulasta® (pegfilgrastim) or NEUPOGEN® (filgrastim).

**Tell your healthcare provider if you have:** sickle cell disease; severe skin reactions to acrylic adhesives; are allergic to latex; have problems with your kidneys; have any other medical problems; are planning to become pregnant, or to breastfeed; and about all the medicines you take (prescription and over-the-counter medicines, vitamins, and herbal supplements).

**Possible serious side effects of Neulasta® may include:** spleen rupture (which can cause death); a serious lung problem called acute respiratory distress syndrome (ARDS); serious allergic reactions; sickle cell crises (which can cause death); kidney injury (glomerulonephritis), increased white blood cell count (leukocytosis), or capillary leak syndrome.

## Call your doctor or seek emergency care right away

**if you have:** pain in the left upper stomach area or left shoulder tip area (symptoms of an enlarged or ruptured spleen); fever; shortness of breath, trouble breathing, or a fast rate of breathing (symptoms of ARDS); shortness of breath, wheezing, dizziness, swelling around the mouth or eyes, fast pulse, sweating, or hives (symptoms of an allergic reaction), puffiness in your face or ankles, blood in your urine or brown-colored urine or you notice you urinate less than usual (symptoms of kidney injury), or swelling or puffiness and are urinating less often, trouble breathing, swelling of your stomach area (abdomen) and feeling of fullness, dizziness or feeling faint, or a general feeling of tiredness (symptoms of capillary leak syndrome). The most common side effect of Neulasta® is pain in the bones and in your arms and legs. These are not all the possible side effects of Neulasta®. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088 (1-800-332-1088).**

Please see brief summary of Important Product Information on the previous page.