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## Courage in the Face of Cancer



Think about courage and you usually think about fighting an external enemy: war, nature, circumstance. With cancer, however, the fight is within us, both physically and emotionally.

Cancer patients are often astounded when people say how brave they are to be going through such harsh treatment or side effects. But the most courageous thing you do, is to make the decision of how to handle it. For some, it's whatever it takes to stay alive. For others, wait and see, or do nothing, is their choice. Every cancer experience is different. Yes there is physical pain, and determination to overcome it, but once the decision is made, what you go through is just part of the battle plan.

Emotionally, if they're honest, most cancer survivors will tell you that just living is what takes the most courage, even those in remission. Cancer puts mortality right in your face, every hour and every day. A phrase, a movie, a photo, brings back all those initial fears in a heartbeat. Cancer can make us appreciate our family, our friends and the beauty that is around us so much more; That is a true blessing. But it also strips us of our security blanket. So what makes us courageous? Not learning to live in the rain, but learning to dance through the storm.

The Los Alamos Council on Cancer was established in 1956, to further the education, prevention and treatment of cancer in Los Alamos and the surrounding areas. We are a non-profit organization, relying solely on the



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generosity of our donors and United Way grants. Our Board Members are passionate about helping those with cancer. Over 50% of them are cancer survivors. We host free bi-annual cancer seminars, run both the *Look Good Feel Better* and *I Can Cope* programs, and attend and support the Health Fair and other community events. If you would like to volunteer, or help us maintain and expand our services by making a tax-free donation, please visit our website at [www.losalamoscounciloncancer.org](http://www.losalamoscounciloncancer.org) or call MANNM on 661 8900 and ask to talk to someone about the Council.

*Kay Kerbyson, LACC Board Member.*