

Steve

I was diagnosed last year with a rare cancer which involved surgery that could impact my ability to walk, have potential loss of blood vessels, a kidney, portions of my intestines, damage to spine with significant risk of blood loss. My only exposure to other people's cancer and cancer treatments involved external ostomy bags and death. The procedures described by my medical team painted a picture of nausea, fatigue, a long recovery period and physical therapy to learn to walk again. How was I going to continue my woodworking hobby if I'm limited in my ability to walk?!?!

Pam has maintained medical certifications that demonstrate that she knew how physical training can allow the body to compensate for areas weakened by the surgical removal of organs and damage to muscles/nerves, in my case the psoas, abdominal muscles. Pam's working experience with a broad range of cancer patients and medical oncologists gives her a wealth of knowledge on how to approach getting strong for not only the recovery period but being ready for months of chemo, radiation and surgery.

Pam not only helped me prepare for what was to come, but also addressed the fears of what could come, including my deep fear of "ostomy" bags. I was encouraged to maintain a positive outlook and include considerations for diet and preparations for the various treatments to come (nausea, burns, fatigue, physical movement).

Throughout my cancer journey, with Pam's help, my doctors have been amazed at how well my strengthened body handled the treatments with very few side effects and recovered quickly with each stage. They were even more surprised at how well I was able to walk the day after surgery without my right psoas muscle and loss of eleven units of blood during the procedure.

