



Harnessing your experiences: How to find community & strength

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**Cancer survivor, patient, research and
policy advocate**



WHO AM I?

Cancer researcher
advocate



Cancer patient

- Worked in Oncology since 2005
- 12-year Early-Onset colorectal cancer survivor
- Currently work in public health
- Cancer, research, community, and policy advocate

**Goal: Bridge the gap between
healthcare workers and
researchers and the communities
they serve.**

Cancer survivor



Cancer

CANCER JOURNEY

12-year Colorectal cancer survivor

- History of: Crohn's disease and asthma
- 4 open abdominal surgeries
- Treatment included: radiation and oral chemotherapy



“Cancer does not define me but it has made me the person I am today, stronger, happier and healthier.”

CANCER JOURNEY

12-year Colorectal cancer survivor

- History of: Crohn's disease and asthma
- 4 open abdominal surgeries
- Treatment included: radiation and oral chemotherapy
- Permanent ostomy
- Sepsis survivor
- Kidney disease: infections and kidney stones
- Cognitive ability affected
- Menopause
- Osteoporosis



“Cancer does not define me but it has made me the person I am today, stronger, happier and healthier.”

AYA SPECIAL NEEDS

Support programs



WHAT HELPED ME

- Hand-written calendars
- Setting alerts/alarms on my phone
- Caregivers
- Mental Health services
- Support service
 - Transportation: proximity to hospital
 - Wigs
 - Connections with other cancer patients
 - Support groups
 - Acupuncture/ alternative medicine
- Getting involved



LIFE AFTER CANCER



LIFE AFTER CANCER



SOCIAL MEDIA TO CONNECT

“I made myself anxious for nothing.”



1.05 billion daily active users spread across 154 countries

“If I hadn’t had my colonoscopy, I quite literally would not be alive.”



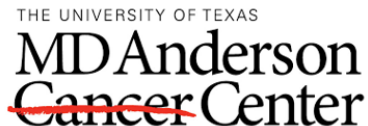
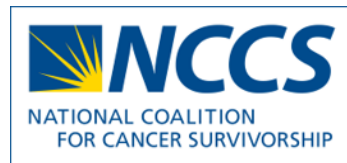
“They only offered me the large gallon prep.”



- 500 million daily active users
- The monthly active user base of Instagram is equivalent to the population of the EU and North America combined.

“New pill is awesome, colonoscopy itself was no big deal.”
“Sutab, game changer.”

ORGANIZATIONS





THANK YOU



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