Breast Cancer Awareness Month: Participant Spotlight

Mary Helen

My struggle to do anything, much less exercise, began in 2013, about four years before my cancer diagnosis which was found during my annual mammogram. My husband of 33 years drowned while we were on a family vacation at Lake Buchanan. I wasn’t able to do the things I should have been doing for myself and barely doing the things that were required of me. My cancer diagnosis added to my already difficult life journey. Fortunately, my diagnosis was a very early stage breast cancer. I had a lumpectomy and I didn’t need radiation or chemo. I take Anastrozole to lessen my chances of a recurrence of cancer. So far, thanks to God, I am doing well.

I finally decided to get into an exercise routine about three years ago when my daughter and I joined a gym. We were doing very well, and we went to workout three times a week at the gym and to a Zumba class another night. Having my daughter go with me was wonderful motivation.

When the pandemic began and everything closed, we stopped going to the gym and I became lazy and unmotivated.

Since starting the Active Living After Cancer class, I have been motivated to start moving and stay moving. I have mostly been walking and dancing with exercise videos and sometimes with friends. Some days are a struggle for me, and I don’t reach my goals, but as with all my other struggles in life, I am going to keep trying because every day that God lets me wake up is another chance to do better.

Mary Helen

Questions?

Email us at GAMontoya1@mdanderson.org

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