

Once I received the diagnosis, telling family and friends was a very difficult task. I was asked by a friend if there was anything that she could do for me to let her know. I called her back and asked her to start to tell our other friends. Explaining to my 5-year-old daughter about treatment, not feeling well, and hair loss was another challenge. How I kept myself composed, I will never know.

I learned a lot about relationships. I found my voice, how to advocate for myself and stand on my own through treatments and beyond. I also learned it is ok to take that break, take a deep breath, and go one step, one day, or one hour, if need be, at a time.

I am truly blessed with love and support from family, friends, LBP sisters- who know just when to reach out and send encouragement. As difficult as these years have been, I have learned a lot about life. It has forced me to take a hard look at mine, and I have made many changes.

The most important lesson I have learned over all is health, family, and friends are the true wealth in life

~Bridget Adams
Edinboro, PA