

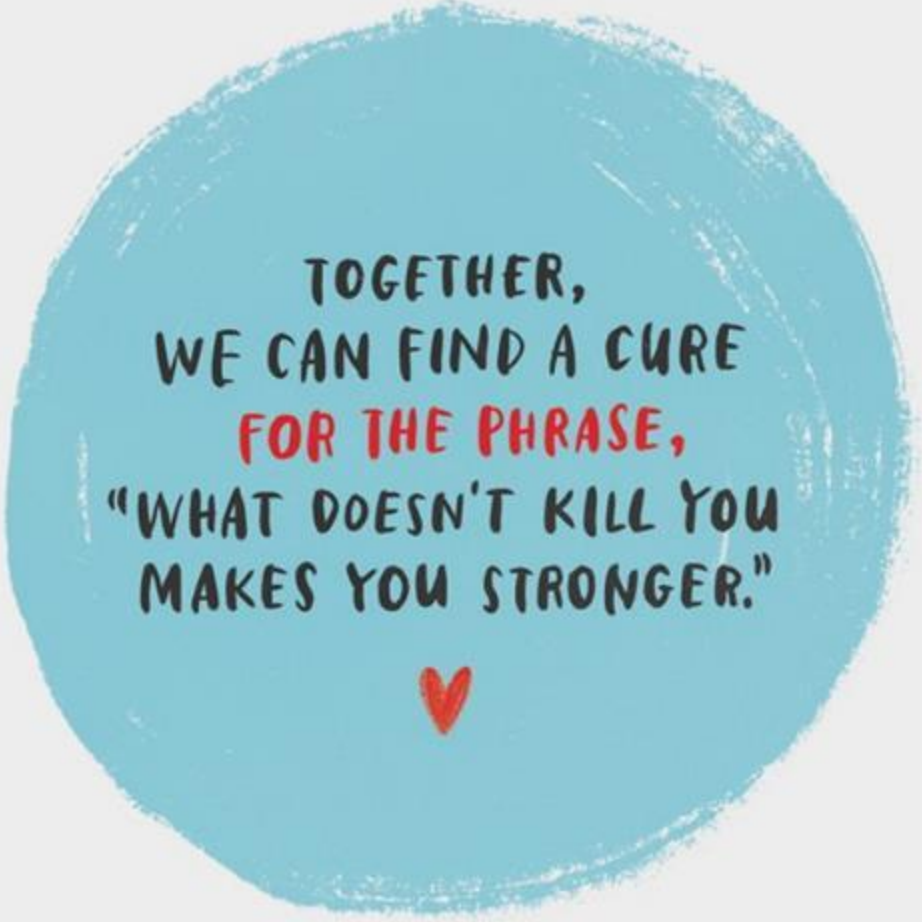


# Psychosocial Well-Being and Family Considerations in Cancer Survivorship: A Patient's Perspective

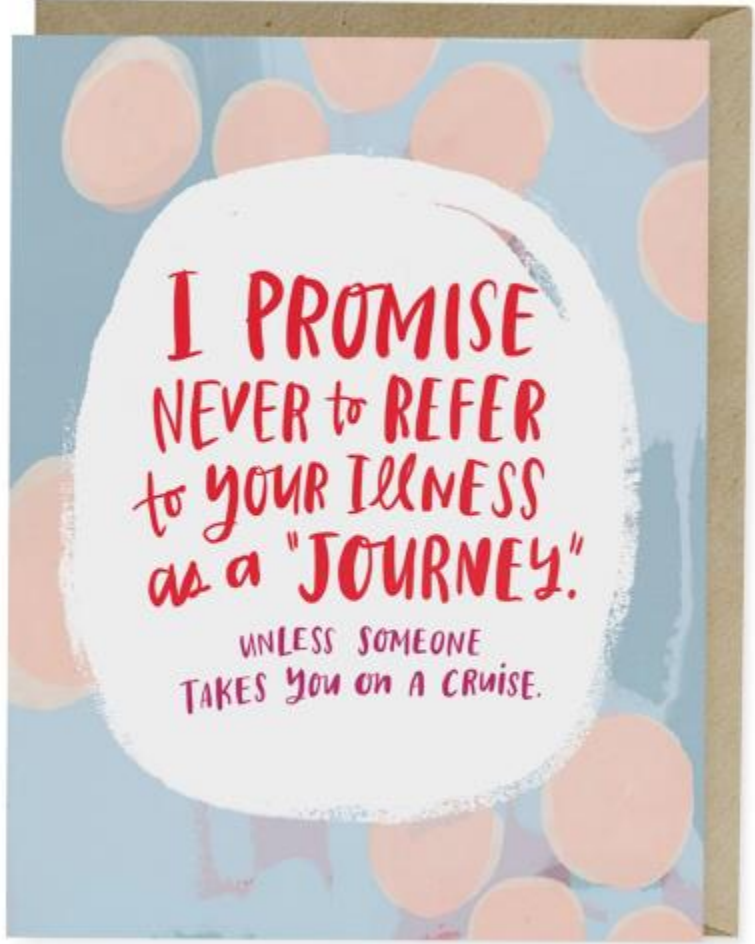


Darci L. Graves, MPP, MA, MA  
CMS Office of Minority Health  
July 2017

*"Working to Achieve Health Equity"*



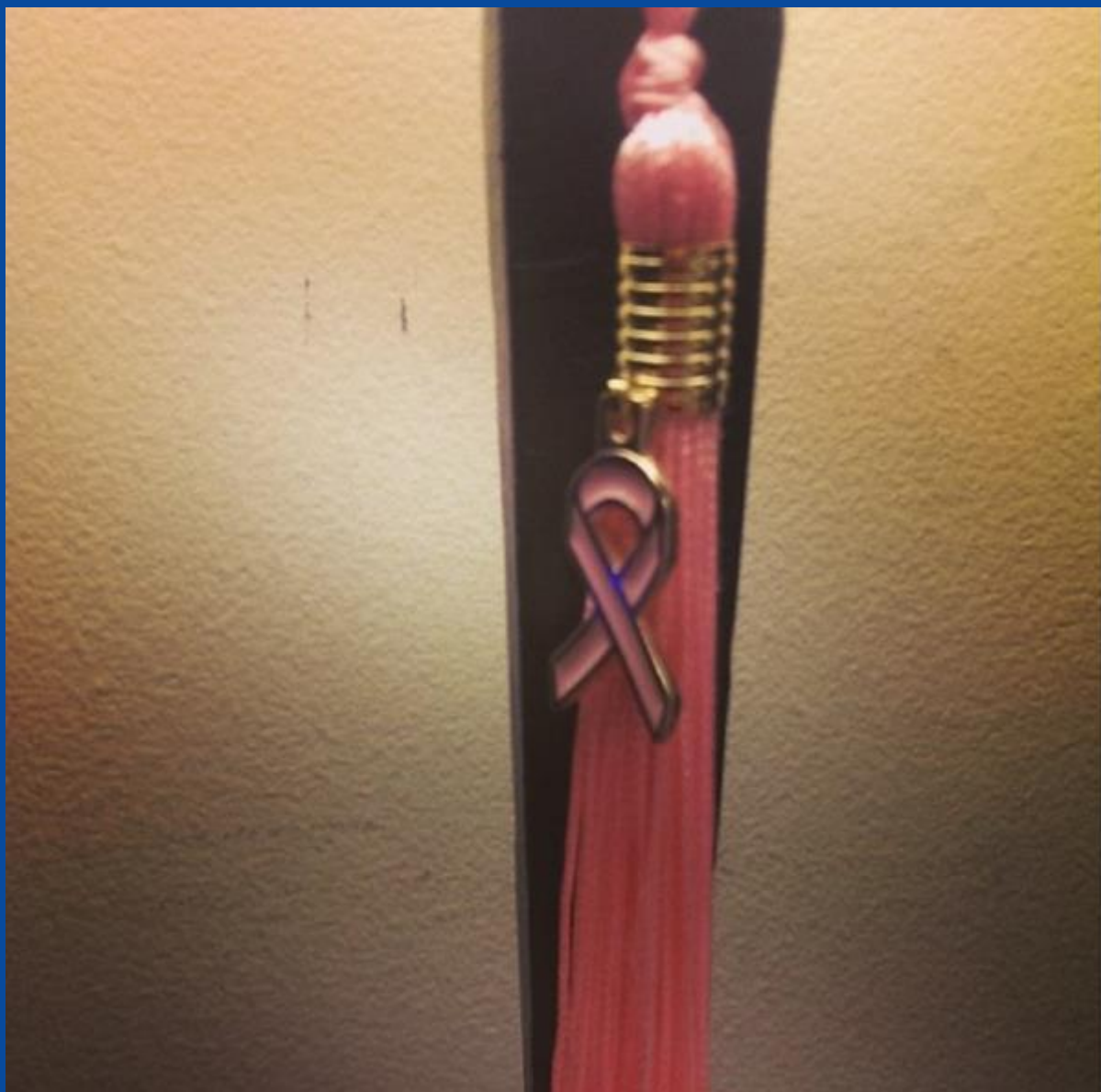
TOGETHER,  
WE CAN FIND A CURE  
FOR THE PHRASE,  
"WHAT DOESN'T KILL YOU  
MAKES YOU STRONGER."



I PROMISE  
NEVER to REFER  
to your ILLNESS  
as a "JOURNEY."

UNLESS SOMEONE  
TAKES YOU ON A CRUISE.

new normal  
vs.  
alternate reality



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seenbydarci This time last week I was going to my last chemo treatment... #100happydays #breastcancer #educatoraspatient

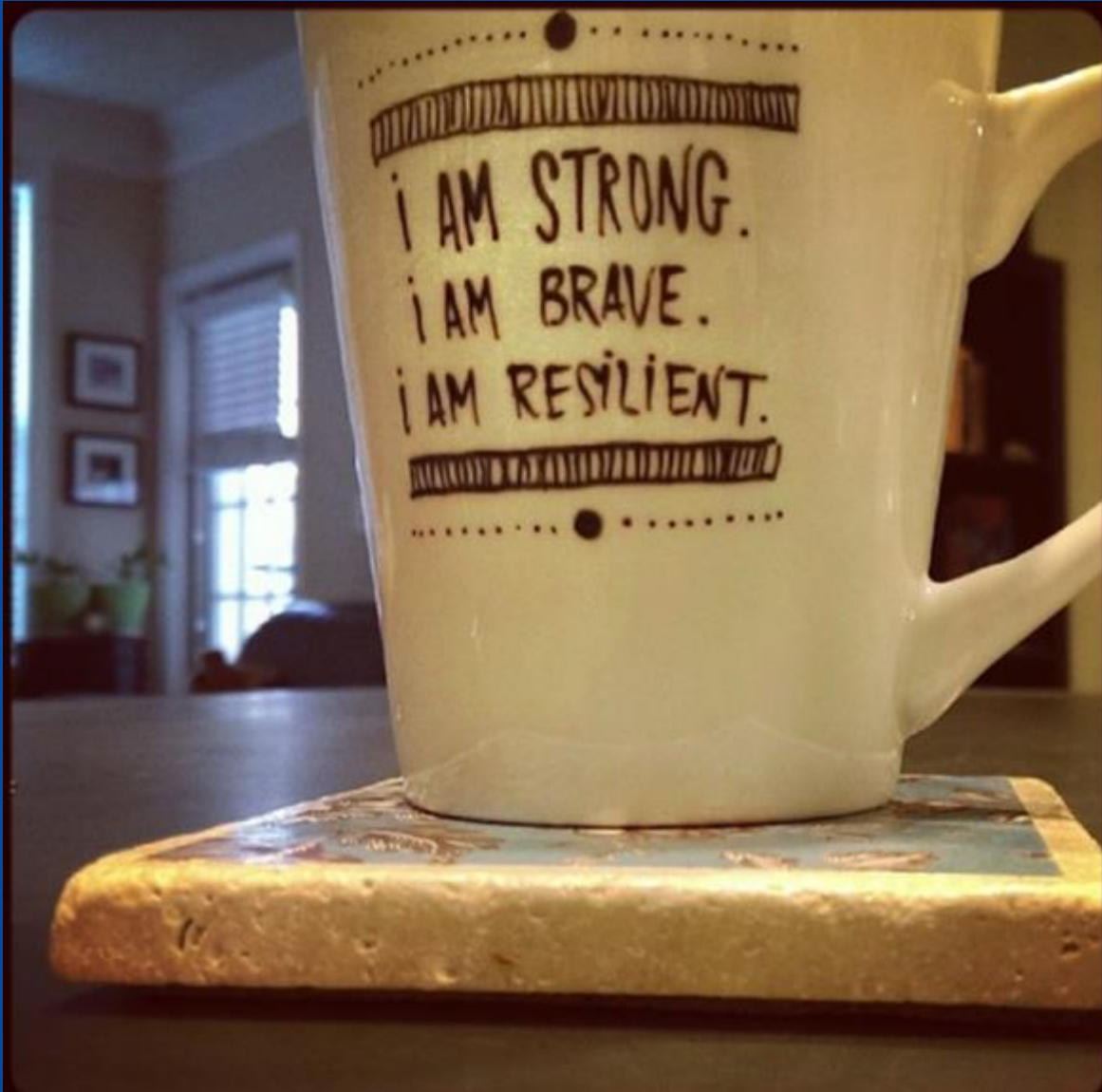


breastcancersoc and risastanley like this

FEBRUARY 27, 2014

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robynes likes this

DECEMBER 10, 2013

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seenbydarci Another 6 month check-up is done... doctor pointed out it has been almost 4 years since my #diagnosis... i focus so much on the end of #chemo that sometimes i forget the clock started much earlier...

I can this ensemble, cancer #survivor chic.

#cancersurvivor #cancer #breastcancer  
#lifeaftercancer #lifeafterdiagnosis  
#ihadcancer #educatoraspatient #fallingup  
#theartoffallingup @ihadcancer  
writing\_on\_a\_cusp ☐☐



33 likes

MAY 11

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seenbydarci From #saturday ... #streetsign  
#stop #lookagain more on the blog  
darcigraves.org



cenema\_mataro, mamayoss1, tce91199,  
fearparadox, psupaulie, ndbbm, lynnmx and  
dusiekx like this

MARCH 27

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seenbydarci #truth so many ways to read this sentence and they are pretty much all true.  
#health



scout200, carlyrm, lynnmx and londonchavez like this

OCTOBER 9, 2014

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Follow

seenbydarci #scenesfromtheweekend  
#getaway #bmoretonyc #backagain #travel  
#train #adventure #watchthegap



godricvf, lemonoel, barbarahlavata,  
alexis\_wilkin and hossamghaly1 like this

JULY 3

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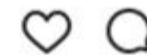
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seenbydarci Every follow-up visit and check-up is filled with mixed emotions.

#lifeafterdiagnosis #lifeaftercancer

#cancersurvivor #breastcancer #oncology

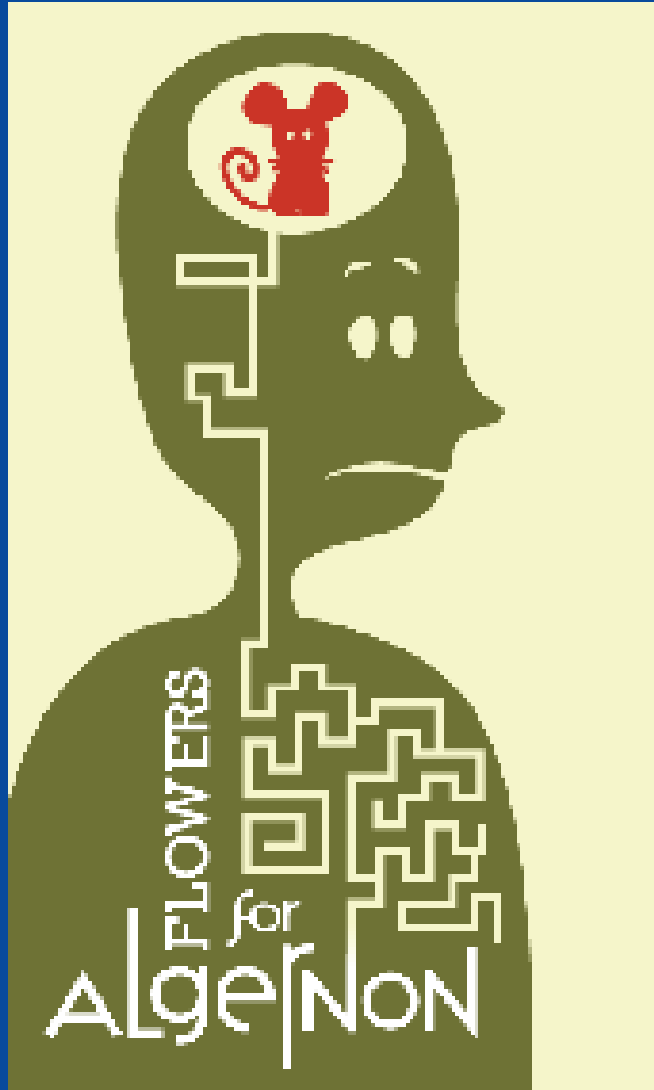


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MAY 4, 2016

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seenbydarci What do you do with a bouquet of unicorns? Put them in a vase of course!



jorgeungo and kellykellykellykelly1 like this

DECEMBER 12, 2013

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seenbydarci They really wanted their #license #plate to say #communicate.

seenbydarci #licenseplate #vanityplate



lynnmks, kristenrunvik and sameehamona like this

SEPTEMBER 19, 2014

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“ I WISH I HAD  
BREAST  
CANCER ”



Kerry, 24  
#KerrySwish

Today 23 people will be told they have Pancreatic Cancer. Like Kerry, this is what they face:

- Only 3% will survive because of late diagnosis
- Most will die within 4 to 6 months
- It's the UK's 5<sup>th</sup> biggest cancer killer

Pancreatic cancer has the lowest survival rate of all 22 common cancers. Early diagnosis saves lives.

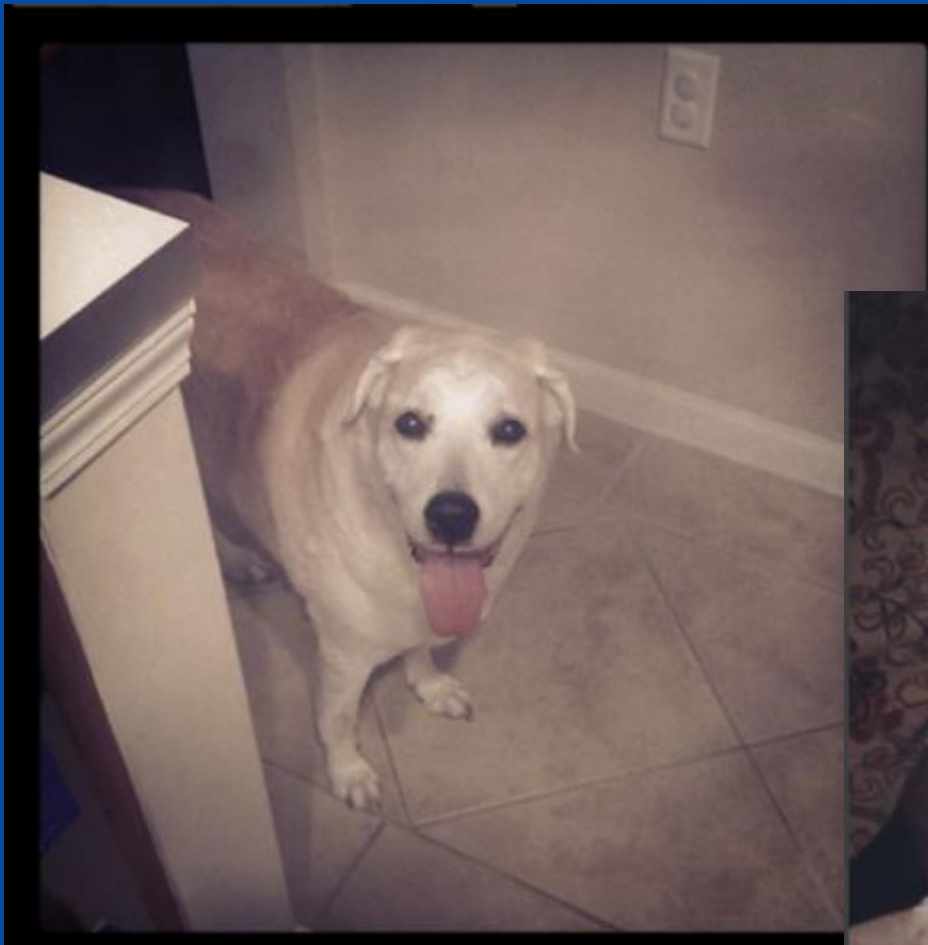
[www.PancreaticCancerAction.org](http://www.PancreaticCancerAction.org)



Pancreatic  
Cancer Action

Pancreatic Cancer Action is a registered charity in England and Wales No 1137689

 +5



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seenbydarci Crooked...



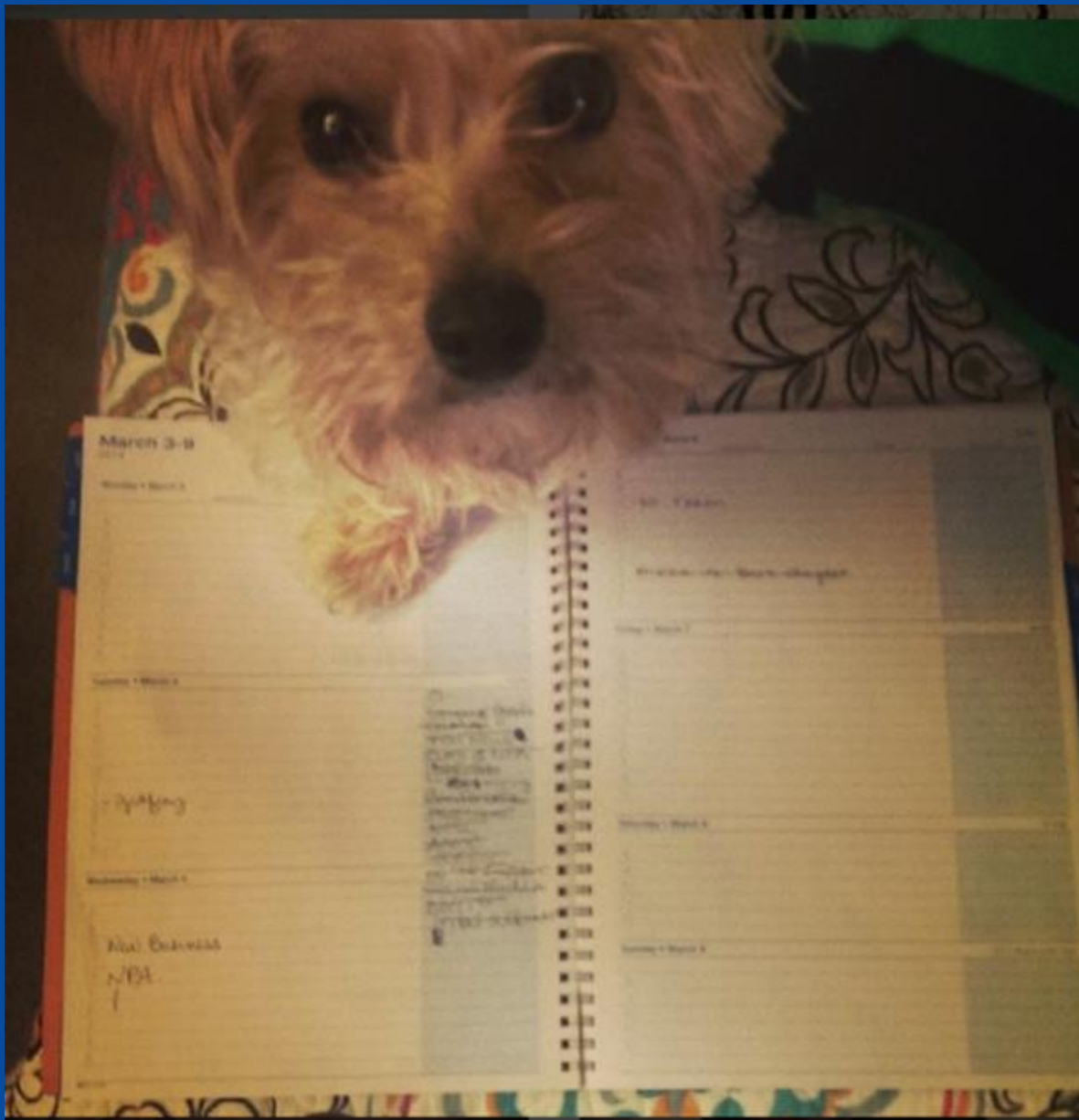
jorgeungo, grcohen06 and bnaturalcsharp like this

NOVEMBER 23, 2013

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seenbydarci A whole week without a doctor's appt. First time in 6+ months. #100happydays #cancer #survivor



ceciliakoral, nelly510\_ and \_kumo like this

MARCH 8, 2014

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We still love you,  
even though you

DON'T HAVE  
CANCER ANYMORE!

^^ Happy Breast Cancer awareness  
month, my cancer-free friend.  
♡♡♡                      ♡♡♡

-Rosie

**Do you ever get down in the dumps? If so, what do you do to lift yourself up?**

**—Vickie Eade Eddy,  
Olean, N.Y.**

Here's the procedure:

- 1) I telephone my mother.
- 2) She tells me I'm perfect.
- 3) I don't believe her.
- 4) But I feel better anyway.



seenbydarci

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seenbydarci Clipped from #Parade magazine YEARS ago. Still as true today as it was then. #myhero #mom #mother #the100dayproject #100daysofmanifesting



mountainorganicsfarm, awbaquero, tracyheaton09, summer\_mattel and coteybucket like this

JUNE 16, 2015

Log in to like or comment.



# a manifesto

for my cancer-free-turning-forty-life



wake every morning with the goal of letting people know they matter.

be on a quest to find the joy, the peace & the sacred in the world.



practice compassion.



be present.



learn every day & hug often.

*live with purpose, authenticity, & generosity.*



honor the process & the emotions that come with it.

when you find yourself down  
remember to fall up.



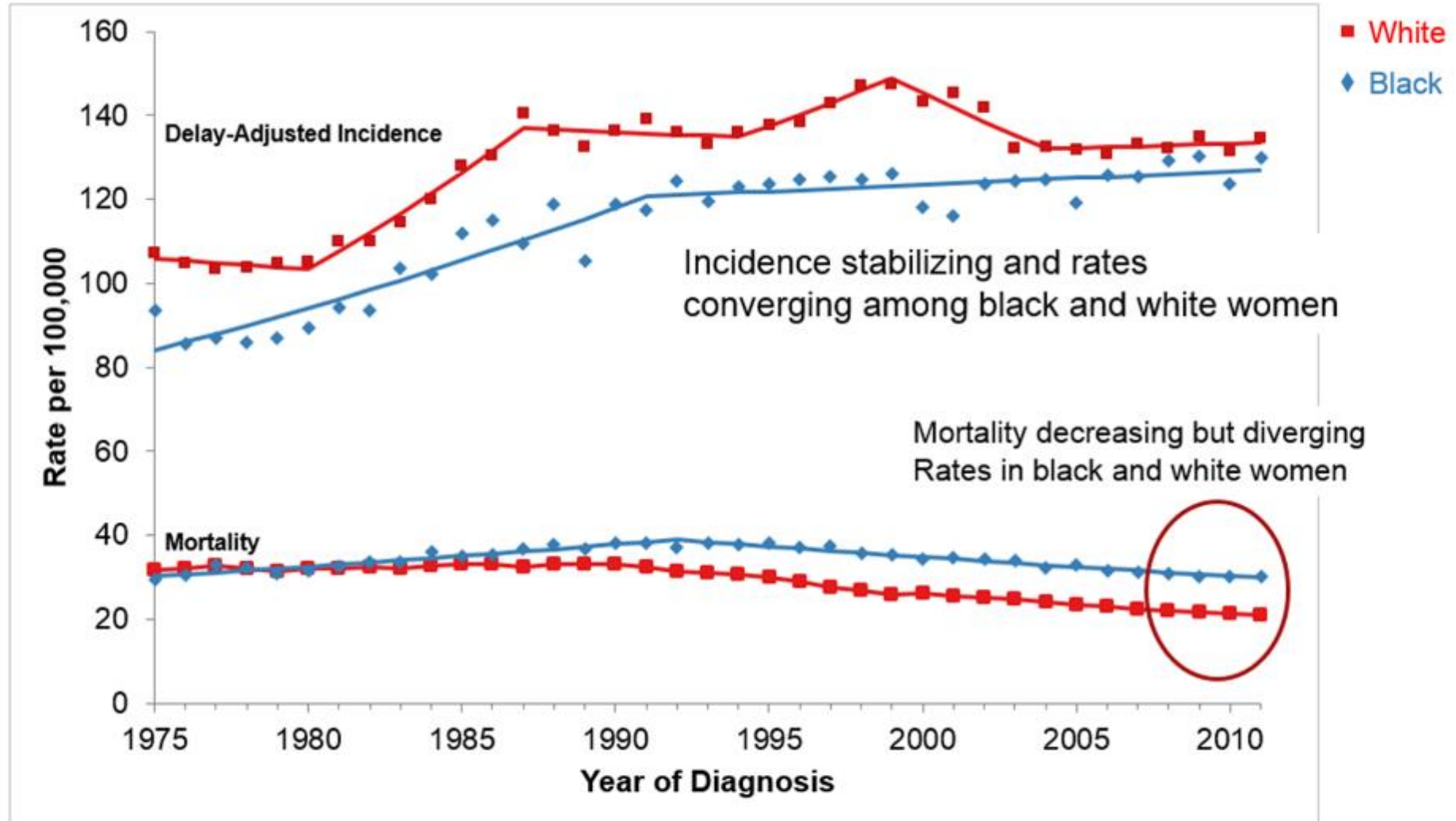
embody & facilitate the change you want to see in the world.

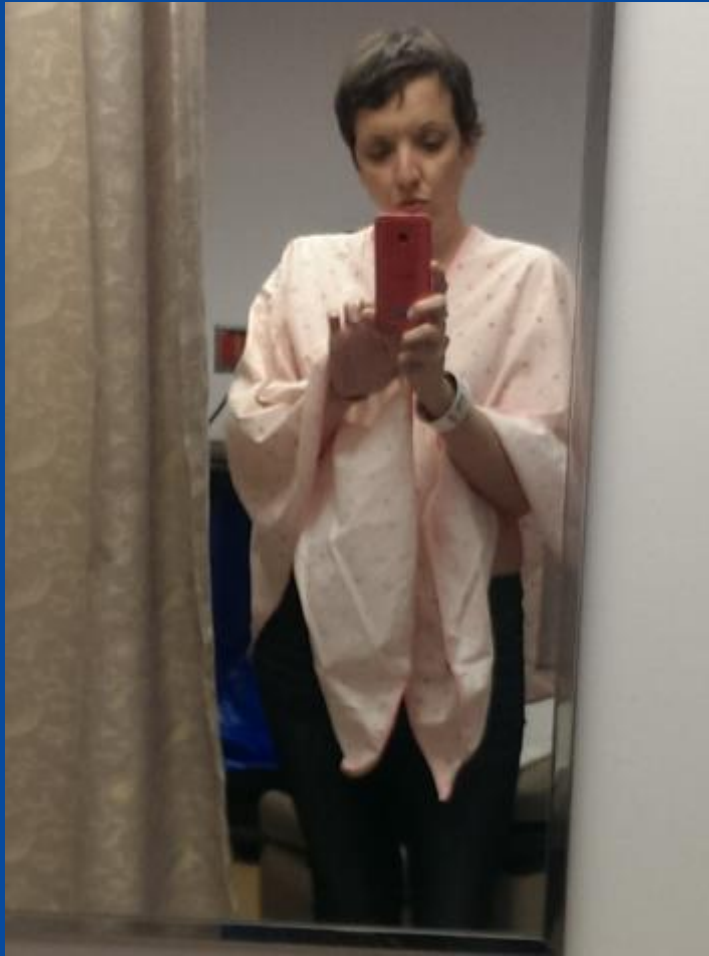


exercise creativity, breathe deeply, &  
always act with the best intention.



# Delay-Adjusted Female Breast Invasive breast cancer







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seenbydarci #100happydays #day100 family of survivors

seenbydarci #lifeaftercancer #cancer #relayforlife



brinneyjade, robynes, sameehamona, meshelleey and lynnms like this

JUNE 6, 2014

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Follow

seenbydarci #today we achieved #boring  
#roadtrip #Maryland



16 likes

FEBRUARY 5

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