



*Miriam S.*

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**R**outine is an interesting word. As a noun it works for me. I like knowing what comes next; it makes me feel safe like I'm on solid ground. Over the years, there have been a multitude of things that have upset my routines; life happens and it can be really wonderful or really scary. Routine as an adjective can be a bit trickier. In 2011 when I was 48, I went in for what I thought was a routine mammogram. That's not how it turned out. My diagnosis filled my life with uncertainties beyond what I thought I could handle. That was until my amazing family doctor suggested I call BCCR.

I went to a Breast Cancer 101 with Holly and from that point on, I felt like I had discovered my second home. I found strength through a wonderful mentor from the P.A.L.S. Program and eventually came to terms with what was happening and navigated my way through the process. BCCR has been a big part of my life since my diagnosis and I'm grateful for the opportunity to give back by serving on their Board of Directors.

Of course none of this would be possible without the unwavering support of my husband and my two children. Through diagnosis, tests, and surgery, they have held me up and kept me going. I am truly thankful for the lessons I've learned through this process.