

## Soundbite Script – Wrestling With Your Emotions

**Jill Deno, Oncology Nurse Navigator, OSF HealthCare**

“With the initial cancer diagnosis immediately comes shock. Patients grieve the loss of the normal, of your expected, your routine and almost immediately after a cancer diagnosis all of your normal is replaced with labs, scans, biopsy appointments, and your life suddenly revolves around cancer.”

**Jill Deno, Oncology Nurse Navigator, OSF HealthCare**

“I think as cancer patients we find it really difficult to talk about our feelings and emotions with our families. We find that we want to be strong to protect them and be brave to protect them. Our families want to do anything and everything they can to protect us and, unfortunately, they can't fix cancer or take cancer away.”

**Jill Deno, Oncology Nurse Navigator, OSF HealthCare**

“The new normal is going to be different. It might be better than your previous normal, but it's okay to grieve those losses and then moving on to finding hope and encouragement from your family, your community, your caregivers, and finally, just victory or settling into, “this is how I will live the rest of my life with this diagnosis. There's a lot of emotions that you experience when going through a cancer diagnosis, treatment and even into survivorship.”

**Jill Deno, Oncology Nurse Navigator, OSF HealthCare**

“We don't want to just treat your cancer, we want to treat all of you. If you feel it's too hard and getting too heavy to carry, ask your cancer team for support. There might be support groups, medications, different tricks and tips, and even just talking with someone on your support team might be enough. But no one needs to carry that burden alone, and if it's too heavy to carry, than it's time to get help.”