

Soundbite Script – Living after cancer

Jill Deno, oncology nurse navigator, OSF HealthCare

“I don't think that anyone who's been through cancer will ever spend another minute or day of their life not thinking about cancer. It becomes very much a part of you, no matter what, and so it's always there. And me personally, I haven't minded offering those people support who needed it, that have questions, that need help to just kind of sort through what's next and 'how do I tackle this mountain?'”

Jill Deno, oncology nurse navigator, OSF HealthCare

“I feel like it's important for newly-diagnosed patients to share those emotions with people who have already been through their journey. Because for me personally, it's actually uncovered a lot of emotions that I just kind of boxed up and put away and didn't deal with. I think everybody brings valuable aspects to a support group, whether brand new diagnosis, or a 20-year survivor.”

Jill Deno, oncology nurse navigator, OSF HealthCare

“I think it's a celebration. For me personally, I am cheering myself and everybody else – Look what I did? For instance, on November 16, will be my four-year 'cancer-versary,' the day that I was diagnosed with cancer. May 2 of this year was my three-year cancer-free anniversary. I think it's important to celebrate all of those milestones. It's a huge part of how we got to where we are.”

Jill Deno, oncology nurse navigator, OSF HealthCare

“No one fights alone. There's always support. There's always someone to reach out to. Whether it's a fellow survivor, a nurse, a doctor, your family, your family wants to help you more than anybody wants to help you, and it's really kind of a helpless position that they're in. They can't do anything for you besides meals, clean your home, rides, things like that. Take the help that's offered to you. It's not only helpful to you, it's helpful to the people who want to help you.”