

Soundbite script – Life after cancer

Nicole Wagner, oncology nurse navigator, OSF HealthCare

“Life after a diagnosis completely turns your life upside down. It's really hard to find your footing; hard to find your bearings. It's hard to find something solid to hold on to after something like [a cancer diagnosis].” (:13)

Nicole Wagner, oncology nurse navigator, OSF HealthCare

“Maybe there are things we hold back from our family because we don't want them to worry. [A support group] is a safe place to share and be able to talk to someone who knows exactly how you're feeling.” (:11)

Nicole Wagner, oncology nurse navigator, OSF HealthCare

“It's important to focus on the things you can control. Cancer takes control of things that you wish it hadn't. And I think focusing on the things you can control, like getting your rest, being with loved ones, friends, family, singing, whatever brings you joy, being in nature, those are things we can control.” (:20)

Nicole Wagner, oncology nurse navigator, OSF HealthCare

“I think there is a tendency to want to rush right back to your old life – or what looks like normal. I think it's important for families to remember that too. Once we get through treatment, it isn't over. There's still a lot of healing to do, and a lot of support is needed.” (:22)