

# Michelle Millman

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My story began last summer, when I was undressing and saw a lump on my right breast.

As I was about to find out, my life would never be the same.

Within two weeks I was diagnosed with Stage 2A invasive lobular carcinoma. By August I'd had a lumpectomy and during this surgery another cancerous tumor was found in my right breast. A mastectomy was recommended. I decided to have a double mastectomy so I wouldn't have to worry about the left breast developing breast cancer. That was the hardest decision I'd ever had to make.

This was all so overwhelming but I took each day as it came and each test and screening as they came. I put one foot in front of the other but at times it felt like I was in a fog, like I was watching a movie starring someone else, not me.

What helped me tremendously was talking other women who'd been down this road before. They eased my mind, listened and quite simply, made me feel better. Despite what I was going through, these cancer champions made me laugh. I soon found out laughter is some good medicine!

I need 20 weeks of chemotherapy and 7 weeks of radiation. At this writing, I have 5 more chemo sessions to go then after a few weeks off I'll start radiation.

Through all of this I have been blogging about my experience. When I was first diagnosed I felt an overwhelming desire to share what I was learning. I have been a television journalist for 20 years but writing

about this experience has been my toughest assignment yet. KIRO-TV's web staff created a beautiful page for me and there I'm able to blog, share pictures and video and get messages from others.

Often the people who email me are survivors – champions – and they inspire me with their stories. I also hear from people who've watched loved ones die from cancer. These are important stories to hear. It is for all of us -- the champions and those who've watched loved ones die – that we need to find a cure. We need to end the pain, the suffering, the death. It can be done, a cure is within our reach.