



Dan Snow
Tongue and Lung Cancer

I had my first experience with cancer when a tumor was found at the base of my tongue in June 2005. As it metastasized in one of the lymph nodes in my neck; we discovered it was stage 4 base of tongue cancer. About four years later, stage 3 lung cancer was discovered in my right lung. I am currently undergoing chemotherapy and radiation in hopes of wiping it out like we did the first time.

My family and I were devastated by the diagnoses of course; but after the initial shock, we knew that supporting each other, along with positive thinking, would be the best way to beat this thing. We then began consulting with our doctors about the treatment course. It allowed us to focus on moving forward instead of drowning in the past.

It's definitely an endurance test for everyone involved. The side effects of the chemo and radiation are both numerous and substantial, and affect the patient's family as well as the patient themselves. While I was fighting with my body, my doctors were fighting to help me overcome the disease and my family was fighting to support my struggle and each other.

God definitely deserves most of the credit for guiding me through this battle; however my family and my team of doctors do as well. My family has always worked as a team; supporting and leaning on each other when we needed to. Our medical team, specifically Peter Garrett, M.D., and his staff, continue to be a vital tool for my success. Dr. Garrett, along with his staff, are accomplished professionals; their guidance, compassion, and profound abilities in treating this disease, rates second to none. They are a great relief for me and my family during this difficult time.

Through this experience, I've learned that everyone has an inherent ability to overcome adversity in their lives; however, it's easier to overcome if you have a support system, like I do with my family. Every aspect of my life has played a vital role in my success with this disease.

I try to recognize and appreciate the small things in my life now. I treasure the time I spend with my family; aware of how fleeting that time really is. I also remember to thank God for allowing me more time with those I love. I'm a stronger person now, and I believe my family is stronger as well.

My advice to cancer patients and survivors is to seek out positive people to help you through this difficult time, as negative emotions get you nowhere. Don't be fearful of the future; embrace it.

Having cancer has shown me that it isn't what happens to you that matters; it's how you react to it that counts.