



Molly Wooldridge  
Lung Cancer

On Feb. 5, 2009, I was diagnosed with stage 4 lung cancer. I cried. I couldn't think of anything else. I couldn't believe someone as young as me could have something that young people don't customarily get when it comes to cancer.

My experience with cancer has been challenging. I wouldn't wish chemotherapy on anyone. I feel restricted from doing the things I used to do with ease; like picking up one of my kids. I feel weak most of the time. I've never been so sick and tired of being sick and tired! I am determined to get better, live better, and maintain my best health from now on.

We as Americans seem to intentionally abuse our bodies for the sake of our bad habits. Our bodies aren't designed to take in carcinogens and the world of other poisons we, and some other people, are putting into them. I have not smoked cigarettes in ten years, and I don't intend to ever smoke again. I want to reach out to everyone that I can about the real dangers of smoking, and how it affects everyone and everything around us.

If you have cancer, even if it is terminal, don't give up! No one should ever go from this world without a fight, even though it may be one of the hardest battles you've ever fought. Keep a positive frame of mind at all times. I've tried to stay focused and positive.

For people living without cancer, you should do everything within your power to stay healthy. Get active and stay that way, eat right, and stop smoking. If you

don't smoke, don't pick up the habit! There's no logical reason to want to slowly kill yourself. It not only hurts you in the long run, it hurts everyone around you - especially your loved ones. And, if you know of someone who has some form of cancer, do everything you can to help them out. You never know when you may need the same type of love and care.

Through this experience with cancer, my knowledge has grown immensely. My love for my children, family, friends, and life itself is undying. I don't take anything for granted anymore.