



Ruth Lambert
Colon Cancer

I am a survivor of stage 3 colon cancer. I was surprisingly diagnosed on June 30, 2008 when I was rushed to the hospital in Detroit. I was in Detroit attending the graduation open house for my great nephew. I was in shock when I heard the diagnosis, the stage of the cancer, and the size of the tumor. I said, "Oh no, how can this be because I get my regular checkups? I am scheduled for my next colonoscopy in October." I also thought, 'What I am going to do? I am so tired after providing care and support to my husband who was diagnosed with prostate cancer and had surgery April 15, 2008?'

My experience with cancer has been unbelievable. It has been a journey lead by God. I was fully supported by my friends, colleagues, specifically Minister Melody Boone, my sorority (Delta Sigma Theta Sorority), church, my husband, Samuel, and our two daughters, Theata Tennon and LaWanda Girton, who both live out of town and were with me the whole time I was in the hospital (15 days) in Detroit. My oncologist and care team in Detroit was wonderful and assured me they'd removed the entire diseased tumor. I was cancer free. Chemotherapy was an optional preventive measure. After discussion with my family, I decided to get a second opinion from a doctor in Detroit. He recommended chemotherapy and asked if I wanted to get set up for the service. My response was, "No, I am going home to Indianapolis once my doctor releases me."

After arriving back home in Indianapolis, I called my friend, Ms. Rivienne Shedd-Steele who works at the IU Cancer Pavilion, and told her I needed services. She told me not to worry, she would help me get set up and I would

get the best services ever. She was exactly right. She called me back and had an appointment scheduled for me with Dr. Patrick Loehrer. The day of the appointment she met me and my family and escorted us to Dr. Loehrer's office. We allowed her to participate in the consultation session. I have received outstanding care at the IU Simon Cancer Center. The staff, particularly Dr. Loehrer and Lora Risley, made the journey so easy. I was extremely blessed to have such wonderful care and support. The chemotherapy facility is lovely, and has a relaxed, friendly and homey atmosphere. The staff is very professional, compassionate, kind, and caring.

I have learned that you never know what tomorrow will bring so you must trust in God and live each day to its fullest. I have learned to relax, meditate, and take more time for myself. I have learned that I have a lot of people and friends who care for me more than I had ever imagined. I can truly say that I have gotten my flowers while I live. My message to others is to take care of yourself, spend time with your family and friends, always get your physical checkups, and if by chance, you have a bout with cancer, the IU Simon Cancer Center is the place to go.

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