



# SANDY WILLIAMS

“I truly believe that I was born with a positive attitude! Faith, family, and friends have kept me on that track.

To embrace life and to encourage others are my goals. To laugh often is medicine for the soul.”

In the spring of 2014, Sandy Williams was lying in bed reading when she had an itch on her left breast. There was also a small node, like a pea. But with fibrocystic disease she all but dismissed it. The itch continued for several weeks, the node still detectable. She called her physician to schedule a mammogram even though her regular appointment was more than six months away.

The lump was seen on the radiographs and a biopsy performed. Several days later, Sandy heard those unforgettable words, “you have breast cancer.” With her doctors in agreement, Sandy chose to have a bilateral mastectomy. Waiting is always so hard, but finally the day of surgery came. The bad news that day: there was cancer in the sentinel node. Healing at home began. The first appointment post-op brought the good news: the sentinel node, although positive, was the only cancer. It had not spread!

“The early detection, (I think the itching was a ‘God wink’), the diagnostic procedure, the surgeons and oncologists, were the makings of a success story,” Sandy said. Sandy took oral medication for five years and today is cancer-free. Sandy often says to Dr. Hill, “I had cancer, and now I don’t!”

When reflecting on the mission of the Women Helping Women program, Sandy shared, “I was fortunate enough to have the means to get a yearly mammogram -- I could afford to go to the doctor. I had access to healthcare that so many women in this community do not have.” She continued, “Women Helping Women enables the detection of breast cancer and other conditions that would go undiagnosed otherwise.”

Sandy also spoke of the role the program has beyond financial support: “When another woman relates to how breast cancer scars you physically and emotionally, you form a powerful bond. Women Helping Women is a special sisterhood.”

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