

Unlocking Resources for the Professional in Need

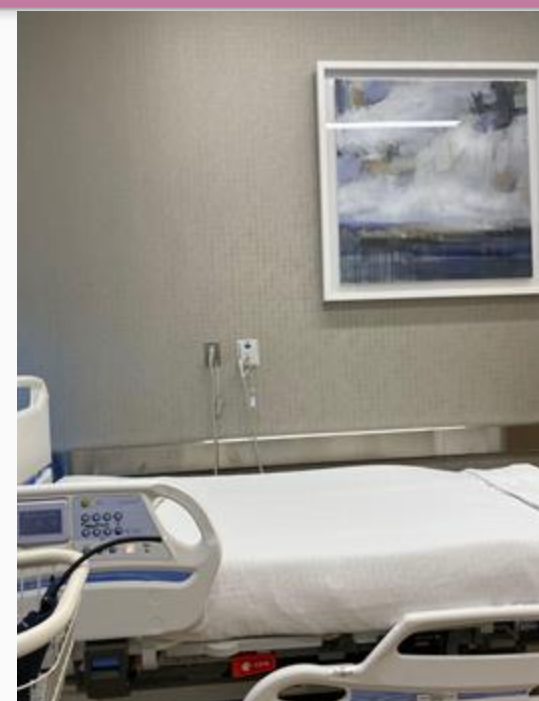
Our stories, careers & what has helped us navigate

By Jennifer Hennick, FNP-C & Stephanie
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Our Stories

One Year Ago Today



Stephanie's Story: Joined a club I never wanted to be part of...

- Strong family history of breast cancer- my mom, my aunt, their cousin, my great grandmother, my grandmother
- All negative for known genes
- Same age as my mom- 36
- 10 months postpartum with 2nd child
- Annual mammograms delayed due to pregnancy and nursing



Diagnosis & Treatment

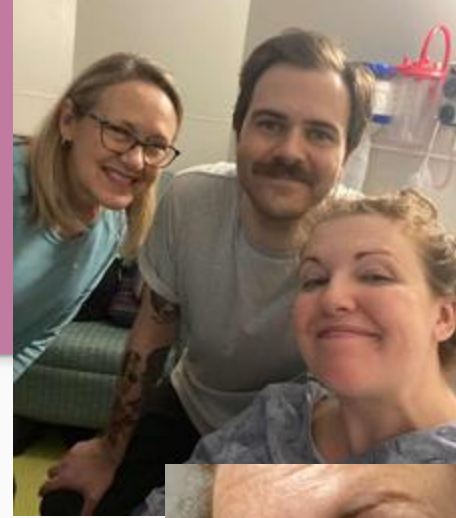
Mammogram(s)

Biopsy

- Hormone+, HER2- breast cancer, stage 1b, with lymph node involvement

Double Mastectomy

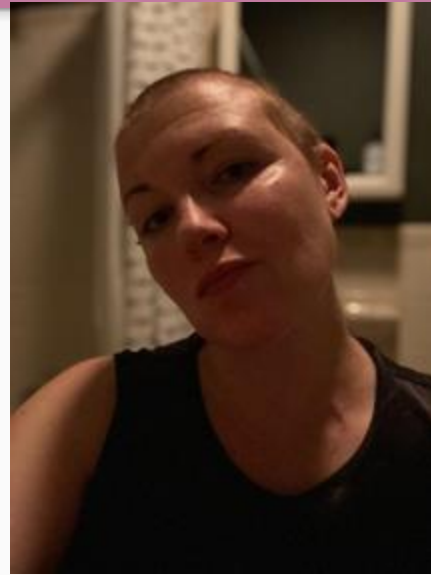
Port placed



Treatment: Chemo



Hair today, gone tomorrow



More chemo times



Treatment: Radiation



Treatment: Endocrine Therapy



Reconstruction & Lymphedema Care



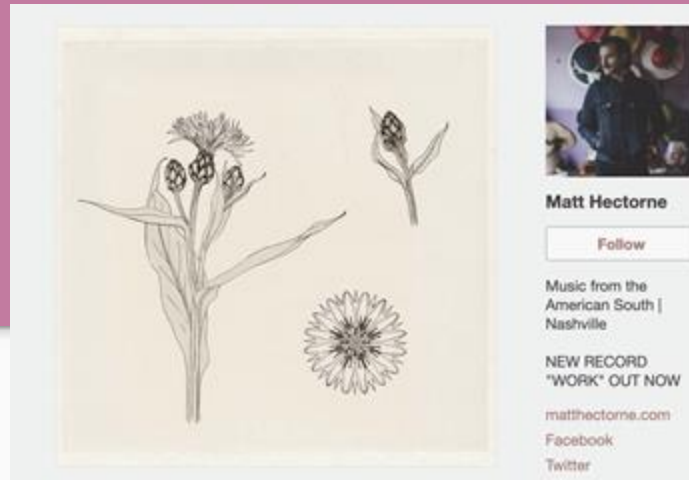
Most Helpful Things

Family, friends, supporters,
'Chemo-Teamo'

Faith

Self-Expression- art, photos,
writing (journal, thank you notes,
Tit-bits), music

Work



Career/ Vocation

Counselor & Art Therapist

-Adult Outpatient

-Adult & peds oncology patients at Sarah Cannon

- Support groups for patients and survivors





Things that deepened my practice

- Increased compassion
- “Both, And” 2 things can be true
- How hard AND important it is to ask for help
- Deeper experience with my own therapy and art therapy
- Difficult to hold space
- Things come and go in waves- nothing lasts forever

Jennifer's Story

- 28 years old.
- Divorced/starting to date
- Mom (5 and 3 y/o)
- Full time student (final year of undergraduate RN program)
- Full time employment (waitress)



Diagnosis & Treatment

- Felt my own lump.
- Uninsured
- Utilized school clinic
- Assistance with imaging:
Ultrasound, MAMMO and biopsy
- Left MRM/ALND



Diagnosis & Treatment



- Stage II IDC, mucinous. ER/PR (+)
Her2 (-)
- No family hx of cancer at all
- Genetics: BRCA 1/ BRCA2
negative.

Diagnosis & Treatment

- Chemotherapy
- Tamoxifen “hormone blocker”
- Reconstruction



Unique Challenges/ Juggling Act



Treatment schedule, follow-up, side effects

- Work schedule
- School schedule
- Child rearing. Toddlers. One in kindergarten and one in preschool
- Relationships/Dating



Unique Challenges/ Juggling Act



- Body image issues (hair loss/ loss of a breast)
- Fertility issues
- Early onset menopause
- Financial challenges
- Did not identify with typical support groups (felt alone, even with supportive friends and family)



Support & Advocacy



- YSC (California and TN): 2017 (100+ members)
- My Sisters healing closet (California). 2018
- Middle TN Young Breast Cancer Alliance: 2024 (77 members)
- Support from diagnosis through long term survivorship





- Share resources, experiences, tips and tricks.

- Dinner/movies/karaoke/paint nights/night on the town/kayaking to burgess falls/breweries/coffee dates/photo shoots/Friendsgiving/ Christmas party/ Galantines/ bingo loco/comedy nights/

- Very active private Facebook group

- Community outreach/support: making strides against breast cancer/ adopting a family to support at Christmas.

Career

- Infusion nurse
- Obtained FNP
- NP high risk breast cancer clinic alongside breast oncologic surgeon
- Certified Breast Care Nurse (CBCN)
- Lymphedema Therapist (CLT-LANA)
- Medical/Oncology NP





Resources



What does
your support
look like?

