**Health Updates**

Last week I had a staging sentinel lymph node biopsy...

*\* In this paragraph we gave an update on the results of my lymph node biopsy and PET Scan. We focused on the details family and friends would want to know and ask about. We kept it brief and tried to generalize what the results meant for my treatment and prognosis.*

The results of my genetic testing also came back this week.

\**In this paragraph we focused on the results of the genetic testing, but made it clear that we are trying not to spend too much time worrying about a cause since we don’t have answers at this point. Family and friends can do a lot of speculating and we wanted to shut that down.*

Now that we have all the testing back, it is time to finalize my treatment plan. The order/timeline is below. Details of my chemo will be finalized after the pathology report is back on my tumor.

1. Surgery - *\* we did include dates as we found it was helpful for our family and friends to know when to check in and when we would need the most support*
2. Chemo
3. Surgery
4. Hormone Blocking Therapy (5 years post treatment)

I have decided to do the double mastectomy to eliminate all future risk and give me peace of mind for the coming years. The double mastectomy will be split into two parts to minimize the risk of infection, which could delay cancer care. The first mastectomy is scheduled for \_\_\_\_\_\_. The second mastectomy and reconstruction will occur approximately 6 months later. The recovery time for the first mastectomy is projected to me 4-6 weeks. If all goes well, it could be shorter. During recovery I will have to limit all movement of my pectoral muscles, so lots of movies, Netflix and reading. I will not be able to drive as well, so Mac will get to chauffer me around - as per the norm. Luckily the pain is expected to be less than the pain I have now from the lymph node surgery. I hope to be able to work from home during my recovery period but it will depend on how I am feeling.

*\*It was important to me to include this paragraph because everyone has an opinion about whether women should have a single or double mastectomy. I wanted to share my decision but I did not go into why I made the decision. That information was more personal for me, though I did later share that information on my blog. Sharing this up front helped me eliminate more uncomfortable questions and decisions.*

**How Can You Help?**

So many of you have offered to help us and have asked what you can do to support us. Now that we have more details about my treatment plan and the timeline, we have a better idea of what help we need. We have listed some areas below where your help would be most appreciated.

**Moving**

* We will be moving the weekend of \_\_\_\_\_ and can use all the help we can get. I won't be able to lift or move anything so I will be charge of directing :-). If you can help us move, let us know and we will be glad to put you to work. We are going to come up with a schedule of who can help when, so just let us know which days/times work best for you.

**Meals**

* During my recovery I will not be able to cook or clean. Although Mac can cook, his style is more suited for a zombie apocalypse, so having ready-made meals available will be extremely helpful. A meal sign up link will be sent out from us or a friend next week. When you click the link, you will be able to sign up to bring a cooked meal, give a grocery store gift card or arrange for delivery/take out to be brought to us.

**Cards/Flowers**

* Flowers and cards are greatly appreciated and really brighten my day.

**Book Recommendations**

* I would love book recommendations for my recovery time. Nothing too sad please :-).

**Love/Support**

* Your love and support mean so much to us! Please keep sending the positive energy, love and prayers our way.

Now that we have gotten over the initial shock of the news, we are more open to discussing what is going on. Phone calls are still a bit overwhelming for us, but we appreciate hearing from you in other ways such as emails and texts. We will continue to send out these updates as we have more information to share.

We love you all so much!

Mac & Anna