

■ NEWS

AUTHOR SHARES FAMILY'S EXPERIENCE WITH CANCER

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Dr. Sonia Anand never intended to write a book, especially one as personal as detailing a family member's battle with a deadly disease. But she realized she could tell the story from a number of perspectives — a daughter, a doctor, a caregiver, as well as a patient through her mom's own words.

"I would write in my journal after each appointment or any pivotal moment. It was catharsis for me to write down my emotions," Anand said. "After my mom passed, we were going through her poems and she was telling her personal experience, her innermost feelings — things she didn't even tell us — through poetry."



Sonia Anan

Anand realized her family's story might be able to help others in the same situation. The result was "My Mother's Journey with Cancer."

The book also serves as a tribute to her mom, an avid writer who helped found a writer's group within the local chapter of the Canadian Federation of University Women. Saroj Anand

would schedule her appointments and treatments around the group's meetings.

"I don't think anyone would get through (the book) without a few tears," said CFUW member Marg Kalil.

Sonia Anand donated copies of the book to the Halton Hills Public Library and to Cancer Assistance Service of Halton Hills (CAShh).

"CAShh was so important to our family," she said. "Both of our parents had cancer. They would drive our mom and dad to Juravinski (Cancer Centre in Hamilton), I'd meet them there, and the drivers would wait for hours and then take them home. They were incredibly helpful."

Her parents, both doctors, moved to Georgetown from Nova Scotia more than 35 years ago, following their three daughters, who had moved to the Greater Toronto Area. Her dad, S.V., was a surgeon at the Georgetown hospital.



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