



**Champion**

# COMMUNITY *Page*

## Local woman musters up more courage than she knew she had in recent battle with cancer

*Family and friends were instrumental in her fight*

By **FANNIE SUNSHINE**

*The Champion*

Sheena Cameron wasn't going to let cancer get the better of her.

Her world was shattered November, 1999, after the lump she discovered in her right breast was diagnosed as cancerous.

"I could feel it (lump). I went to the doctor and I was immediately sent to the surgeon.

"A biopsy was done and the lump turned out to be cancerous. I had the operation to remove the tumor the following week."

Even when she found the lump, the thought of cancer never crossed her mind, she said.

"I don't have one bit of (cancer) history in my family. I was in shock."

Surgeons removed the tumor and a small amount of lymph nodes.

"The surgeon said I probably had the lump for a while but I never felt different until that day I found it. I had a mammogram that year and nothing showed up."

After surgery, Ms Cameron went through "aggressive" chemotherapy, a chemical treatment used to kill off the body's cells.

"I had one injection every three weeks," she recalled. "It wasn't pleasant but I think I was lucky. I knew I was going to lose my hair. You don't think it's a big deal until it actually happens."

### Lengthy treatment

When the chemotherapy treatment was complete, she then went through six weeks of radiation treatment.

"I had 20 minutes of radiation every day. It was very tiring because I had to go in every single day."

Now living cancer free, Ms Cameron looks back on her nine months of turmoil with a new found love for life.

"I think I was really lucky because I had a lot of support," the Milton resident said, adding it takes a full five years to be in the clear of the disease.

"My family tried to do things as normally as we could when I was going through treatment. It really helped."

Besides the unconditional support from her family, Ms Cameron managed to personally keep her spirits high during treatment.

"I didn't want it to happen to me but something worse could have happened. I could have been kept



Photo by GRAHAM PAINE

Sheena Cameron recently shared the story of her battle with cancer during Cancer Awareness Month.

away from my family."

When her treatment was over, doctors recommended she take a much-needed vacation.

"We (husband and I) went to Los Angeles for two weeks. It was great."

After taking nine months off from her job as a receptionist, Ms Cameron felt it a little strange when she first returned to her desk.

"A lot of people thought I wasn't coming back. My co-workers were just fantastic."

Nowadays, Ms Cameron focuses her energy on enjoying life (and golf) and spending time with her granddaughter, 10 month-old Lennon.

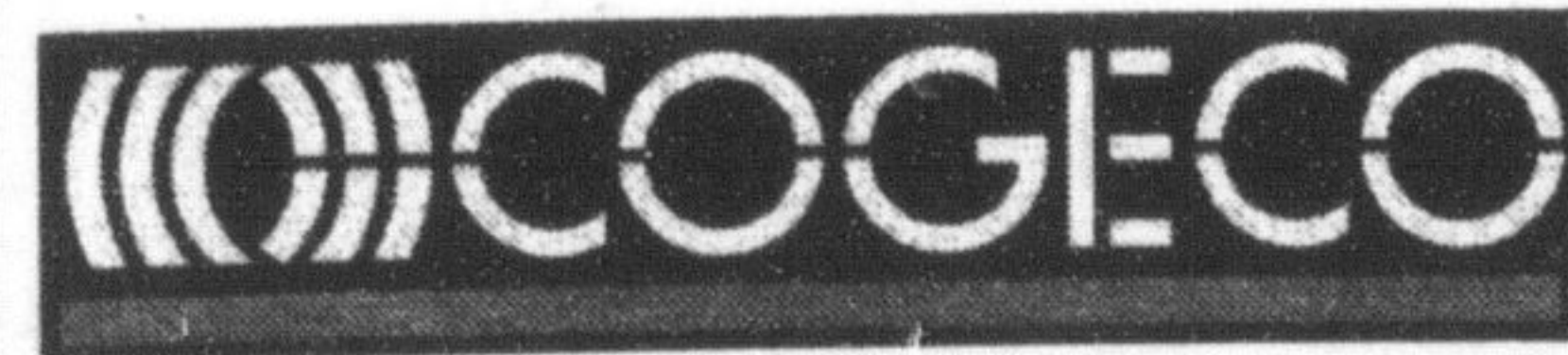
"That's the highlight of being here. I now look upon life differently. I had a lot more courage than I thought I had."

April is Cancer Awareness Month. According to the Canadian Cancer Society, women between the ages of 50 and 69 should

have a mammogram once every two years. Women should watch for changes in their breasts, including lumps, puckered or dimpled skin, bleeding or discharge from the nipples. More than 85 per cent of lumps found aren't cancerous.

For more information, call the Canadian Cancer Society at 1-888-939-3333 or visit [www.cancer.ca](http://www.cancer.ca).

### COGECO 14 Programming Schedule – April 15th - April 22nd, 2002.



Keeping North Halton turned ON!

[www.cogeco.ca](http://www.cogeco.ca)

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Monday, April 15th	Tuesday, April 16th	Wednesday, April 17th	Thursday, April 18th	Sunday, April 21st	Monday, April 22nd
9:00am Plugged In! - Late Week Edition	9:00am Plugged In! - Early Week Edition	9:00am Plugged In! - Early Week Edition	9:00am Plugged In! - Early Week Edition	9am, 10am Plugged In! - Late Week Edition	9:00am Plugged In! - Late Week Edition
10:00am Sunday Replay	10:00am Monday Replay	10:00am Tuesday Replay	10:00am Wednesday Replay	5pm, 6pm & 7:30pm Plugged In! - Late Week Edition	10:00am Sunday Replay
5pm, 6pm & 7:30pm Plugged In! - Early Week Edition	5pm, 6pm & 7:30pm Plugged In! - Early Week Edition	5pm, 7:30pm Plugged In! - Early Week Edition	5pm, 6pm & 7:30pm Plugged In! - Late Week Edition	5pm, 6pm & 7:30pm Plugged In! - Early Week Edition	5pm, 6pm & 7:30pm Plugged In! - Early Week Edition
5:30pm The Issue Is...	5:30pm Seniors Showcase	5:30pm Osler Health Connection	5:30pm Money Week	5:30pm Money Week	5:30pm With Good Taste
6:30pm Money Week	6:30pm Optimist TV Bingo (Live)	6:00pm Swap Talk (Live)	6:30pm Neighbour to Neighbour	6:30pm Seniors Showcase	6:30pm Money Week
7:00pm PeopleSpeak	6:30pm Halton Hills Council, April 15th	7:00pm PeopleSpeak (Live)	6:30pm Neighbour to Neighbour	7:00pm The Issue Is...	7:00pm Money Week
8:00pm SportZONE Live	8:00pm	8:00pm Auto Experts (Live)	8:00pm Halton Region Council, April 17th	8:00pm Neighbour to Neighbour	7:00pm The Issue Is...
		9:00pm War Amps "June Beach to Caen"			8:00pm SportsZONE Live

Keeping North Halton Turned ON!