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Stage 4 Triple Negative Breast Cancer (TNBC)

“Can’t be a butterfly with a caterpillar mindset”

Often, we question our purpose and get stuck in the “why” and see the “why not.”

Hearing the words “you have cancer” at the age of 36 and then being told “your stage 1 is now stage 4” 2 years later is a statement that will forever live in your brain. How would this mom of 2 be able to look into her children’s eyes and repeat those same words not once but twice. Not many would be able to face this life experience with the heart of a lion and the willingness to take every obstacle ahead of her, but I had no choice because I was raised that giving up is never an option.

My entire life I watched my elders deal with life hardships and always find the silver lining to still exist and thrive. It was now my turn to prove myself and to remind myself that my purpose and assignment is more important and bigger than me. Most importantly it is my job to create a legacy for my children to carry, learn from, and be proud of because they are seeing firsthand what resilience, determination, and being your unapologetic self looks like. I remember having an appointment with my medical team and my doctor telling me that the work I am doing is impacting and being spoken of

in rooms I’ve have yet to walk in. Never the one to smell my own flowers, I understood that my illness wasn’t just a negative part of my life but a gift. Living with stage 4 breast cancer is a constant reminder that time should not be wasted. To always make your make your dreams a reality and remember you’re enough.

Everyday, I am adding to my legacy by being the person I was designed to be. I am also teaching my children the importance of advocating for themselves and the things they believe in.

I understand that I may not be able to find the cure to my illness and being triple negative makes it even more difficult to have treatment options, but I refuse to live in fear. I chose to be the voice for the voiceless and carry the torch for every person that gained their wings with his illness. This fight is a marathon, and I am running for everyone in my community.