



JACQUELYN'S PHOTOGRAPHY OF AMES

**Theresa McDermott**, Ames, Iowa

Husband, Greg (Head Basketball Coach for Iowa State University), and children Nick (16), Doug (14), and Sydney (5)  
*Diagnosed at age 40, first mammogram at age 38*

**What I couldn't have done without:** My family. My kids, our parents, and siblings. Cancer brought us closer together. My husband was my rock. He helped me stay positive and keep my sense of humor. My mother was there for every chemotherapy treatment and helped out with the kids. My sisters were awesome: coordinating meals, helping with the kids, and just being there to listen. And my friends showed up to provide emotional support for me and my husband, plus helped the family with carpooling and errands.

**I'll never forget:** At the time of my treatments, my daughter was only five. She became my little nurse. I kept telling her that I knew God gave her to us for a reason, to help me get through this rough time. When my hair started falling out, we wanted it to be a fun event, so we threw a party, and my daughter cut off all my hair. She had a blast. When she cut it short enough, my sister then shaved the rest.

**I didn't miss:** My sons' basketball games. Despite treatments, I was able to make it to most.

**I missed:** My hair. Because now I not only felt different, I looked different. When my hair grew back, I vowed that I would never complain about another bad hair day!

**Going public:** I decided to go public about my cancer last year, hoping that it would encourage others to schedule mammograms. When I receive a letter from someone who I've helped, I know I did the right thing. The notes of encouragement and stories from many people gave me the strength to get through this. My husband and I are currently involved with "Hoops for Hope," a fundraiser for the American Cancer Society. Visit [www.hoopsforhopeiowa.com](http://www.hoopsforhopeiowa.com) later this year, when it is up and running.

**Advice:** Women, take care of yourself so you can be there for your family. Schedule annual checkups. Schedule annual mammograms. They truly can save your life.

**Words of hope:** If you are diagnosed with breast cancer, it can be treated. It's not the end of the world, and there is so much hope with new drugs and procedures. Meanwhile, I truly believe doctors and researchers will find a cure.

**Having cancer is hard. Finding help shouldn't be.**

*The American Cancer Society can help.*  
If your doctor told you that you have cancer, you will have many questions. Your doctor and health care team are there to help you understand what you have, how it should be treated, and what decisions you need to make. You will also have questions and needs that your doctor and health care team can't always answer or solve.

When that happens, the American Cancer Society is there to help. The Cancer Resource Network will help you with every part of your fight against cancer. They offer you information, day-to-day help, and emotional support. And best of all, it is all free to you.

The American Cancer Society is there for you 24 hours a day, seven days a week. Just pick up the phone and call them: (800) 227-2345. Or you can find them online at [www.cancer.org](http://www.cancer.org)

**Information**  
Tools to help with your treatment  
Clinical trials matching services  
?

**Day-to-Day Help**  
Help finding transportation and lodging  
Help with financial and insurance questions  
✓

**Emotional Support**  
Help finding local support groups  
Online community for cancer patients and their families  
❤️

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