



# YOU CAN DO THIS!



Surviving  
Breast Cancer  
Without Losing  
Your **Sanity** or  
Your **Style**

Elisha Daniels and Kelley Tuthill,  
with Ann Partridge, M.D., M.P.H.

*Foreword by Evelyn H. Lauder*

## **Product Description**

Breast cancer survivors Elisha Daniels and Kelley Tuthill are redefining what it means to be a cancer patient. More than 200,000 women will be diagnosed with breast cancer each year, but that diagnosis does not mean sitting on the sidelines while life passes you by.

Both Daniels and Tuthill worked throughout their extensive cancer treatments and continued to enjoy their family, friends, and high-profile careers while fighting the fight of their lives. *You Can Do This!* shares with you the strategies that worked, what didn't, and what they wish they'd have known at the time of diagnosis, namely to:

- \* Send a message to the world that you are healing, not dying.
- \* Surround yourself with people who know how to make you feel better.
- \* Try to stick to your routine when possible. Go to work. Take the kids to school.
- \* Have a plan for what you will do at 2:00 a.m. if you cannot sleep.
- \* Keep wearing makeup and high heels. You don't have to look and feel like a patient all the time.
- \* Believe that you can beat this!

Benefiting from the expertise of Dr. Ann Partridge, an oncologist at the renowned Dana-Farber Cancer Institute in Boston who helped both of the authors through their own cancer journeys, this triumvirate answers questions like: Can you keep working? How do you pick out a wig or pencil in an eyebrow? What role might reconstruction surgery and prosthetics play in your recovery? What steps can you take to retain a professional, healthy image despite the effects of chemotherapy? How do you broach the subject of cancer with small children? Is it possible to lose your hair and not your sense of humor or libido?

Inside *You Can Do This!*, Daniels and Tuthill help the newly diagnosed patient work through the initial shock of diagnosis and move forward to face the coming challenges with courage, strength, grace, makeup, and high heels. By offering advice on looking your best, even when you no longer look or feel like yourself, Daniels and Tuthill emphasize that you can continue to lead an active life and that it's perfectly acceptable to research chemotherapy alongside the latest offerings from Chanel.

## **About the Authors**

Kelley Tuthill is an investigative reporter at WCVB-TV in Boston. She shared her breast cancer journey in an Emmy Award winning video diary and an online blog <http://www.thebostonchannel.com>. She has been interviewed by the Boston Herald, Good Morning America, and CNN. Elisha Daniels is the fashion director for a Boston-based clothing designer. Both women were diagnosed with breast cancer in 2006 and both are cancer free today.

## **Product Details**

Paperback: 224 pages

Publisher: Andrews McMeel Publishing (**September 15, 2009**)

Language: English

## **Foreword to *You Can Do This!***

by Evelyn H. Lauder

In the collective fight against breast cancer, it is important to reflect on the individual women who lead this battle daily. These women have inspired and continue to inspire my work in the world of breast cancer research. In October 1992, I launched a project with the Estée Lauder Companies to mark National Breast Cancer Awareness Month. Estée Lauder counters across the country began distributing pink ribbons and breast self-exam instruction cards (over 85 million have now been distributed). The message was out and I was just beginning. I made an important decision to dedicate myself to improving treatment and finding a cure for this all-too-common disease.

From the outset, I knew that funding for lifesaving breast cancer research was at an unspeakably low level. My plan was to raise as much money as possible for the all-important work of breast cancer scientists. At the time (1993), no other organization was focused solely on coordinated translational research. With this in mind, I founded The Breast Cancer Research Foundation (BCRF), which has the single-purpose mission of seeking out the most creative and promising clinical and translational ideas, and providing funds to accelerate their progress. BCRF is about fueling the scientific discoveries that are changing the futures of women everywhere.

In the last sixteen years, we have seen remarkable strides in treatment thanks to our scientific advisory board and committee headed by Dr. Larry Norton and Dr. Clifford Hudis, both from Memorial Sloan-Kettering Cancer Center. Early detection, quality-of-life care, and potential prevention of breast cancer are topics of study as well. Science is an art form and funding is transformative. Time and time again, we hear from the brightest investigators that BCRF's funding has allowed for creativity, collaboration, and progress. We must provide able minds with resources to carry out their critical research work. BCRF's efforts are far from over. I always say that we aim for the day that we put ourselves out of business. I know that day will come with adequate funding.

Through BCRF, I have met incredibly strong women with some very important lessons to share. They are survivors in every sense of the word. While doctors and researchers wage their own war on cancer, I know there are 2 million women like Elisha Daniels and Kelley Tuthill facing an unthinkable diagnosis and every difficult decision that ensues. I so admire their ability to pick themselves up, often with no hair and weak bodies, and move forward on sheer spunk and determination.

Elisha and Kelley have a great message for us all: Cancer does not diminish a woman's beauty. I have witnessed women emerge from cancer more beautiful, more informed, and much stronger. I love the practical advice this book puts forth: Surround yourself with people you love; remain in control of your own care; and look good to feel good. Cancer can be met with sanity and style.

When I established BCRF, my goal was to create an organization to sponsor the very best breast cancer research in an effort to achieve prevention and a cure. This is my way of supporting each woman with breast cancer and celebrating each survivor. For women like Elisha and Kelley, I vow to continue BCRF's work until we eliminate this disease once and for all.

My utmost thanks goes to both of them for their loyal support, and for sharing their personal experiences and guidance to help others through this challenging experience. Elisha and Kelley will make the journey much more manageable for any woman and her closest loved ones who read this book. They speak intimately to the reader with tremendous understanding and compassion.

Evelyn H. Lauder