A New Life

It’s a different life—cancer changes you—but it can be a good one.

June 13, 2022 By Bob Barnett

After the diagnosis, the fear and confusion, the treatments, the side effects—the whole emotional roller coaster of the cancer experience—there’s the promise of a new life.

It’s a different life—cancer changes you—but it can be a good one. That’s what Bryon Daily (“Second Acts”) discovered after his treatment for multiple myeloma. He found a new purpose.

The best life possible for people affected by cancer is the theme of our third annual list, Cancer Health 25: Quality of Life. These remarkable individuals are pioneers in acupuncture, sleep medicine, heart health, sexual health, side effects relief, palliative care, yoga, exercise, fertility, legal rights, health equity, financial lifelines and more.

Sometimes a new life requires confronting deep fears. New York City actress Erin Cronican (Voices), who has metastatic breast cancer, discovered that onstage, playing a character who has metastatic ovarian cancer in the play Wit.

Sometimes, it’s about moving on. When retired firefighter and farmer Jeff Meckstroth (Diary) was first diagnosed with metastatic lung cancer, all he and his wife could think about was the worst. But he’s surviving. And one day, he just decided to live in the present—and the future.

Adam Hayden (Life With Cancer), who lives with brain cancer, is an amazing patient advocate, but—inspired by comedian Jerry Seinfeld—he’s ready for a whole new chapter in his own life now.

You’ll find many paths here. Educate yourself about Care & Treatment and News. Check out the best ways for people with cancer to protect themselves from COVID-19 (Basics). Find the best pancreatic cancer websites (Resources). Learn how a yoga therapist can help anyone with cancer (Your Team) and how simple exercises can help you regain muscle strength (Solutions). Discover great gifts (Good Stuff). And let us know how you prepare for emergencies in your new life (Reader Survey).

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