

Personal Goals: A Message From the Editor of Cancer Health's Winter 2026 Issue

Do you keep a bucket list? Compiling a checklist of lifetime goals can motivate.

December 8, 2025 By [Trent Straube](#)

Do you keep a bucket list? If you're like me, you'll get inspired to do just that after reading this issue of Cancer Health. Compiling a checklist of lifetime goals can motivate. Plus, the ability to pursue those dreams can reflect your quality of life, which is the theme of our winter 2026 issue.

Since Jackie Lantry was 12 years old, she yearned to visit France and learn the language. Life, of course, intervened. Fast-forward several decades: As Jackie approached retirement, she began tackling her never-forgotten goals by studying French and booking an extended stay abroad. Then a routine mammogram detected breast cancer. The resulting treatment caused chemo brain, which muddled her ability to think clearly, let alone in a foreign language. What happened next? Turn to her [Voices essay](#) to find out.

When Euvon Jones, our cover subject, was diagnosed with metastatic prostate cancer, he and his wife, Janet, embarked on a whole-life makeover. Not only is Euvon cancer-free today, but the family also enjoys healthier habits and better quality of life. [Go here](#) to learn how they did it.

Quality of life issues also surface in our Care & Treatment news, which covers [shorter radiation therapy](#) and [easier treatment options](#). In our [Your Team interview](#), Mary Jane Minkin, MD, shares an encouraging message for women dealing with menopause and sexual side effects of cancer. The [Leukemia Diary](#) follows Todd Bushmaker's inspiring journey through numerous clinical trials and regimens. And our latest [Can Heal column](#), profiles artist Pauline Decarmo, who faces debilitating side effects yet creates inspiring portraits and enjoys a fulfilling life.

More studies show that movement really is medicine—and that it boosts treatment effectiveness and improves quality of life. Our science editor, Liz Highleyman, [unpacks the data](#) here, including a look at weight-loss drugs. Tell us about your exercise habits by taking the [Survey](#). And finally, our

[Solutions](#) column offers five simple movement snacks that'll get you off the couch—and ready to tackle that bucket list.

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<http://beta.docker.cancerhealth.com/article/personal-goals-quality-of-life-bucket-list-breast-prostate-cancer-leukemia>