



Beating Ovarian Cancer

CHRIS BLEDY'S BOOK, "BEATING OVARIAN CANCER" IS PROVIDING HOPE AND INSPIRATION TO WOMEN ALL OVER THE WORLD

BY: MARK ARIEL



Chris Bledy is an author, speaker and survivor of late stage and recurring ovarian cancer. She knows what it takes to beat the odds and live your best life.

Bledy's book, "Beating Ovarian Cancer" is providing hope and inspiration to women all over the world. Her emphasis on small lifestyle changes adds up to big results when it comes to healing cancer. Her main goals are to

educate women about ovarian cancer and to help those who have the disease in order to improve survival rates.

In an interview with **LA Health News**, Bledy talks about her cancer journey.

Chris, can you share with us the first thoughts that went through your head when you received the diagnosis.

I was shocked, stunned really. I didn't know what to do or how to react. I never expected it to be cancer. Menopause yes, but cancer wasn't even on my radar.

My story is typical of most women diagnosed with this disease. The only thing that is not typical is I am here to tell it. I am a survivor of late stage and recurring ovarian cancer. My surgeries were extreme, going far beyond the usual radical

hysterectomy. To say that I'm alive against all odds is putting it mildly.

Looking back, what symptoms did you have before the diagnosis that were unrecognized warning signs?

I thought I didn't have any symptoms until I looked back and realized I did have several on the list. The problem is the symptoms were so vague I didn't give them a second thought. I thought I was simply going through menopause.

Ovarian cancer symptoms tend to be non-specific and can mimic other conditions such as irritable bowel syndrome or even aging. Because of this, symptoms are often ignored.

Symptoms Include:

- Increased abdominal size - Bloating or discomfort
- Changes in bladder function
- Constipation or diarrhea
- Feeling of fullness
- Fatigue
- Shortness of breath
- Unusual vaginal bleeding or bleeding after menopause
- Pelvic pain
- Pain during intercourse

If any of these conditions persist for more than 2-3 weeks,

consult a doctor. Keep in mind that even when women go to the doctor with these symptoms, they are often misdiagnosed.

What treatments had the most impact on your life during this journey?

I empowered myself. I took control over anything and everything I could control. That meant everything I put on body or in my mouth. I included all the products in my home - everything from the laundry detergent to the cleaning products, cosmetics, to shampoos - you name it - I took a close look to be sure it was pure and if possible organic. These things may not seem important to those who are healthy, but for those of us with a compromised immune system, every small thing does matter. Small changes add up to big results when it comes to healing cancer!

Even though my hands and feet were ridden with neuropathy, I started to exercise. I walked until I was strong enough to start at the gym. I worked with a trainer until I was strong enough to ride my Harley Davidson again and until I had enough energy to play tennis again.

Healing myself as a whole individual - meaning I started with my body, because that required immediate attention. I also made a conscious effort to heal my mind - the way I thought - my self-talk and my ways of sabotaging my successes. A complete healing can never take place without nurturing our spirits. So I got in touch with my long neglected spirituality.

At what point did you decide to write your book "Beating Ovarian Cancer"?

After I'd been cancer free for over 5 years, I made a list of all the pros and cons (my hopes and fears). When I was sick, all the books I found were basically clinical (very depressing too), not personal survival stories. I could find lots of breast cancer survivor books, but not ovarian cancer. So, I decided to speak up and be a voice for others with ovarian cancer. I want to let people know this disease can be beaten. You can not only survive it, but you can thrive again. Don't let the statistics determine your fate! Reclaim your life and regain your health. All things truly are possible.



Beating Ovarian Cancer received the finalist award in the 2010 National Indie Excellence Awards in the category of Women's Issues. The book can be purchased at Barnes & Nobel, Amazon.com or at www.BeatingOvarianCancer.com. Learn more about Chris, her book and her advocacy work for ovarian cancer by visiting her website at www.BeatingOvarianCancer.Com.