



Angela Russell
[Crow]

Well chemo is not easy, because . . . , it really lowers your resistance to a considerable extent. Because they are trying to kill off the cancer cells, a lot of other good cells are killed in the process so your immune system is really assaulted . . . I think the thing that probably bothered me more than anything during chemo was a lowered resistance. One really needs to be careful during that stage, that you're not in contact with people that have contagious

diseases, that you're not around people who have a lot of colds and have the flu. You just got to be a lot more cautious, and once you catch something like even a minor cold, that could be major and . . . so you've really got to take care of yourself . . . [You] also have to keep that spirit up too. . . . but I always told myself while I was finishing up my chemo, "remember, you've got three months left, or two months left and when you're through with this you're going to go on a trip". And I think we need to take care of ourselves more than we do.

I finished the radiation, I did 6 months of chemo. I was 2 weeks on, 2 weeks off. And, . . . , then I had like a month between chemo and then I started radiation. I did that everyday for 8 weeks . . . it wasn't as bad as I thought. I [didn't] get as sick as I thought I was going to get. The chemo wasn't easy, but it wasn't hard . . . It wasn't fun, but it was worth it all. . . . , my husband went with me and when I did the chemo he would stand behind me, you know, with his hands on my shoulders. And it was really neat because I got sick and he got sick at the same time. . . . , when I started losing my hair, he lost his hair too. And everything I went through when I'd go in to get my chemo, I guess it was just like



Evelyn Trujillo
[Yaqui]