

JANELLE

OCTOBER 2021

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looked forward to getting on
in my life and living it even
during chemo.”
-*Janelle Ndebele***



Janelle Ndebele - My story

Diagnosed with breast cancer and treated at Mediclinic Parkview Hospital

When did you find out you had breast cancer?

I was diagnosed with breast cancer last year on the 20th October 2020.

How did you find out you had breast cancer?

After receiving the biopsy test results, my breast surgeon confirmed that my breast tissue tested was found to be malignant.

What did you go through emotionally?

I decided to stay focused on what needed to be done to get well for my sake and my two kids. I had the support of my family and that helped me to remain strong emotionally.

What did your treatment plan include?

First, I had 12 sessions of taxol chemo treatment on a weekly basis and then four sessions of AC chemo every second week, surgery and then 26 sessions of radiation. I should have had 25 sessions, but because I fell ill with a high fever two weeks into radiation, another session was added.

How did you cope with the treatment?

I did well during the chemo sessions. I had to take a lot of rest because of the tiredness and managed to exercise in between. I played tennis and went for walks which helped me stay strong.

How was your treatment with Mediclinic?

From day one, my breast surgeon, plastic surgeon, oncologist and the wonderful sisters in the chemo clinic were amazing. They were my angels who guided me and made me feel like I will get through this. I am in awe of the wonderful staff who were put in my path and helped make me get better. I am in tears typing this because I am so grateful for them and the work they do.

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It is a fight and the battle can be won. You will be victorious, just believe!



What motivated you?

My lovely family and friends who were all so supportive and there for me. It was the simple things - hearing their voices in the house when I was taking a nap, hearing the joy and laughter gave me a sense of hope and encouragement to push on, my kids waiting for me to take them for walks in the evening. I knew I had to push on and looked forward to getting on in my life and living it even during chemo.

What advice would you like to give to the people reading your story?

There is always hope - stay strong and be courageous. Live your life, don't allow

anything to stop you because all things come to pass, even the storm, and there is sunshine on the other side waiting for you.

Anything else you wish to add?

My journey during chemo also made me stronger in my faith and I grew closer to God. My mother and family prayed for me to get through this and I did. 'Call those things that are not as though they are.' I hope that others will find strength and courage with my story and know that they can get through this and beat cancer. It is a fight and the battle can be won. You will be victorious, just believe!

