

**“OUT OF THE APPROXIMATELY ONE THOUSAND HORRORS CHEMO BROUGHT ME**—nausea, pain, depression, constipation, diarrhea, itchiness, pimples—losing my hair may have topped the list of horrors.”

—Claire, diagnosed in 2019



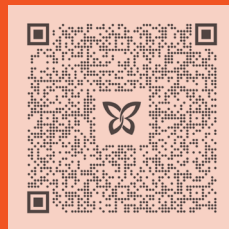
**THRIVE 365**

“This was not just about trimming my hair. It was about reclaiming my agency, that feeling of control over our actions and their consequences, that cancer had taken away.”

Breast cancer treatment can cause trauma that affects your body, mind, and emotions. Surgery, chemotherapy, radiation, and other treatments can have side effects that impact how you look and feel; and treatment, in general, can make you feel tired and scared.

Living Beyond Breast Cancer shares information and support on how to cope with changing body image via webinars, conference sessions, video series, and blog posts.

**DONATE** to Living Beyond Breast Cancer today to help more women like Claire #Thrive365



[lbbc.org/thrive365](https://lbbc.org/thrive365)



**LIVING BEYOND  
BREAST CANCER®**