Hi, I'm Karen.

I had radiotherapy for tongue cancer nine years ago.

I had radiotherapy every day for six weeks and I had my weekends off and that was a huge relief.

I had to be put on steroids to get me through the last two weeks of radiotherapy because these side effects were really hard to bear.

I was in a lot of pain, I had a lot of mucus.

I was really struggling.

So my cancer nurse said it was time to bring out the big guns and have the steroids.

When it came to an end, it was a huge relief.

She was relieved to not have to wear the full face mask anymore and the mouthpiece.

So that meant I wasn't going to be gagging all the time.

What helped me?

Running helped me.

I used to be known as a jogging patient because I was using my sessions to help distract myself with squeezing stress balls to distract me and pretending that I was running in the machine because I could use my legs to move.

It was a huge relief.

Yet to the end.

I think what you always realize is the end is there.

There is a life at the end of the tunnel and you will get there.

Having a good support network is really, really important and having support from different cancer groups is really beneficial.

I didn't have that when I went through my cancer treatment, but there's plenty of support out there now and I think that's something to hold on to and reach out for.

You will get through it.

We all get through it.

It's just tough.

Take care.

Thanks for listening.