Hi, my name is Philomena and this is my experience of my end treatment to radiotherapy.

I underwent a left partial breast radiotherapy treatment in February 2022, receiving a 26 dose of radiation to my tissue over two weeks.

Each section was brief, it was for about 20 to 30 minutes.

It was emotionally charged, blending relief and uncertainty.

I remember my last treatment was a bittersweet milestone, marking the end of a structured routine and the start of a new chapter.

Whilst leaving the hospital. It was empowering.

It was also unsettling to step away from the comfort of the rhythm of the support I had from the medical staff.

My post treatment I faced both physical side effects like mild tenderness and fatigue and also an emotional whirlwind of elation, apprehension and guilt.

Returning to work and social life was a gradual process - sometimes filled with both triumphs and challenges.

However, leaning on family, friends and fellow survivors like the Black Women Rising kind of provided me with invaluable strength and also embracing self-compassion and staying connected with my healthcare team was also very beneficial for me.

This experience transformed my perspective on life.

I learned to celebrate resilience in small victories.

I gained a deep appreciation for ordinary moments and recognized the equal importance of emotional recovery alongside physical healing.

I also learned that healing was a journey, it wasn't an event.

This journey fostered patience and understanding for myself and how I intend to show up for all this.