Hi, I'm Sarah.

I was treated for cervical cancer in 2018.

My treatment included a combination of chemotherapy and radiotherapy at the same time.

So I received external beam radiotherapy to my pelvis.

I had 25 sessions, so that was 5 sessions every weekday for five weeks.

When that was completed I then had internal radiotherapy where I had a sedative and a an anaesthetic to numb the lower part of my body and was given 3 sessions of internal radiotherapy or brachytherapy.

They were a week apart so each time I had time to recover.

I remember going to my last external beam session, my radiotherapy session and feeling quite strange.

I'd already had people drive me to each of my treatments, but on this final time I decided that I wanted to drive myself just more from a control point of view.

And I remember coming out of the hospital and spending quite a lot of time just thinking about what had just happened and processing what I'd been through.

And probably shouting very, very loud, turning the music up and just feeling a slight level of elation that it was over.

But at the same time dealing with the aftermath of what had really happened over that time through my diagnosis and treatment.

In terms of what happened next, there was a lot of fatigue.

I guess the radiotherapy built up so I really felt quite tired and washed out.

And that continued for at least two to four weeks after the treatment had ended.

I very gently started to do a little bit more every day and I could see how much more I was able to do on a week-on-week basis.

I kept a diary so I could see how many times I'd had a nap for example.

I really thought that getting outside and walking every day was really helpful.

I did some very gentle yoga which helped with my breath.

So I would recommend if you can move it can be really helpful to help with the fatigue.

In terms of what I learnt from my radiotherapy, it was to make sure that I treat my body with respect moving forward.

I got really frustrated and quite crossed with what I could and couldn't do after my treatment.

And actually if I just was a little bit gentler with it and understood what it had been through, that perhaps that progress, however slow it was, still progress.

And eventually, you know, seven years on now, I'm seeing that my body is kind of back to a level of normality that I have come to an acceptance with.

So I would say just be patient.

It will come back and the fatigue will slowly go.

And on the days that you do feel tired, take that extra-long break and just take that day as a day that you need a little bit more rest.

So make sure you're listening to your body.