

## Survivor Story: Christian Singler Beaumont Texas Fire/Rescue Services, Assistant Chief Diagnosed with Nasopharyngeal Cancer in 2018

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"I can't believe this is happening" and "What about my family" is all I could think when I got diagnosed with Nasopharyngeal Cancer in early 2018.

I was at home and about a month away from going through seven weeks of radiation and chemotherapy when I received my FCSN toolbox. Receiving this toolbox let me know right away that I was not fighting this fight alone. After reading through the material printed out from the American Cancer Society, I knew what questions to ask to understand what I was about to go through, and what my family needed to do to prepare for this treatment and recovery.

The toolbox got me focused and determined to do whatever I needed to do to win this fight. During my seven weeks of my treatment, I had close to a hundred visits for treatments, Doctor consults, and other supportive care appointments. I got a lot of instruction from doctors and documents on the side effects for numerous

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medications that I had to keep and needed access to at a moment's notice so my family would know what to do when I was having a problem. The FCSN toolbox was perfect for that! I still have the box, and when I look at it now, I feel extreme gratitude for the FCSN to this day.

I was also assigned a mentor from FCSN who had a similar cancer and treatment. Being able to talk with someone who has had the same treatment I was about to go through prepared my family and me. He helped us have a more thorough understanding of what we had to do in the coming months. Just having someone that understands what you are going through and to give you positive thoughts that "you can do this" were real inspiring and what is exactly needed during treatment.

I have no sign of cancer since January of 2019, and life after cancer is great!