



A **strong** Pink Hope woman uses her experiences to raise awareness and channel her fears/doubts into achieving something amazing.

Meet Karni.



Karni: **STRONG**

My beautiful mum Ilana was diagnosed with ovarian cancer at the end of 2014, just before her 50th birthday. It wasn't luck that saved her, it was her pure awareness of her own body. She felt like something wasn't quite right, and headed straight to the GP- no messing around. This meant that the cancer was caught early- basically saving her life.

Since many women in our family have had breast and ovarian cancer, including her late sister, mum was tested and found positive for the BRCA1 gene mutation. From then on both my sister and I were found positive for this gene mutation and were recommended regular testing by our doctors.

This diagnosis saved my life- as in the February 2017 I was diagnosed with stage 1 Breast Cancer.

Being diagnosed with breast cancer at the age of 24 was a big test for me- both mentally and physically. I will never forget this day when my life came flashing before my eyes and when you simply wish you appreciated your life when you had the chance.

During the process, I never once doubted that I would be okay. It is this mind-set, as well as the support of my family and friends that I believe got me through.

Sharing my story doesn't come easy, I still feel such a sense of heaviness as I think back to my lowest points and how I felt during this time. What makes me want to share it is the thought of preventing someone who I love and care about go through the same thing.

As a young adult, I often feel the pressure to be portrayed as my best self. Through my journey with cancer I now understand that those who are strong are not only those who go through tough times and get through, but those who take that experience and are brave enough to be vulnerable and share it with others.

Knowing your risk can save your life – it saved mine.

“Being strong to me means being able to live your life with the mentality of ‘I will be able to tackle whatever comes in my way’- no matter how big or small. Being strong is a powerful mind-set that allows us to get through each day not knowing what tomorrow will bring.”

