

## Revive member spotlight - Lauren

Name: Lauren McDonald

Current age: 23

Age at diagnosis: 18

Cancer type: Hodgkin's Lymphoma

Time in remission: 4 years

What brings you to this site? It's encouraging to realise that there are others who have experienced and are experiencing similar issues to you and that you are not alone.

Favourite quote: Life is mostly froth and bubble, two things stand like stone, kindness in another's trouble and courage in your own (a verse from Adam Lindsay Gordon's poem "Ye Wearie Wayfarer")

Favourite colour/ music/ book/ food/ hobby: I would have to say that my favourite book of all time would have to be Anne of Green Gables (an oldie but a goodie). Anne shows so much spirit and is a very inspirational character and yet she is also very easy to relate to and experiences many of the same issues that we all have to face.

I love my sport both as a player and spectator. I really enjoy playing hockey but enjoy watching footy, cricket, tennis – whatever's going really! I love the beach and going fishing (especially if I am able to catch something!) and I also love to read.

I love my food and enjoy a good pasta but really can't go past a lamb roast.

My top three tips for healing... think positive, eat healthily and take time out to do things you enjoy.

What I would have changed about my hospital experience... There's not much I would change, the medical staff were all wonderful as were my fellow patients, although it would have been nice to be able to speak to someone my own age about my experiences for a change rather than people with an average age of 55 (but don't get me wrong they were all lovely!)

The one issue I did have at the time was the travel that I had to do to get to my treatment. Because I lived in the country I had to travel about 450km for every new round of treatment. This could be quite tiring both on myself and my mum, who the driving was usually left up to.

The things that help/ helped me get through treatment... The wonderful support of my family and positive attitudes of everyone around me, including the hospital staff. In order to help pass the time while I was having my treatment I would chat with other patients, listen to music or read and of course chocolate always helps!

Surviving cancer has made me a better person because... I am so much stronger mentally, the little things in life no longer cause me so much concern, I can really put things into perspective and not waste time worrying over trivial matters.

The most important lesson I've learnt in life.... To never take anything for granted. To appreciate everyone and everything that happens in your life, even the negatives as these make the positives so much sweeter.

My most memorable experience... Having Delta Goodrem call me to wish me all the best with my treatment and offer me words of support.

Happiness is... yours for the taking.  
Thanks Lauren for your time!

Do you want to share your story with us? If so we'd love to hear from you. You can email us at [revive@leukaemia.org.au](mailto:revive@leukaemia.org.au)