HOPE IS ALL YOU NEED

Nowadays, most people suffer from diseases which come from external factors and one of them is called Cancer. There are numerous types of Cancer, but most of the women are afflicted from breast cancer. Breast cancer is a type of [cancer](http://en.wikipedia.org/wiki/Cancer) originating from [breast](http://en.wikipedia.org/wiki/Breast) tissue, most commonly from the inner lining of [milk ducts](http://en.wikipedia.org/wiki/Lactiferous_duct) or the [lobules](http://en.wikipedia.org/wiki/Lobules) that supply the ducts with milk. Some say you will never realize until its pain come. I strongly believe that most of the women do not even know how breast cancer dangerous or make their life miserable.

First of all, if you are women, you need to take some precautions more than men, because Breast Cancer is more than 100 times more common in women. In 2008, breast cancer caused 458,503 deaths worldwide (13.7% of cancer deaths in women), please but do not scare. Early diagnosis can save your life and survival rates mostly depend on that. More than 8 out of 10 women (85%) get rid of this trouble, if their disease in the first phase. It is not too late to go to a hospital and take some tests. Think twice, if you decide not to go to a hospital, one for yourself and the other for ones you will leave behind.

Secondly, if you already have that disease and there is no way to escape of it, you need to make peace with it. According to Dr. Louisa Herwing, an oncologist in London Hospital, most patients cannot deal what they have or some consequences such as mastectomy or lose all of their hairs, however one of the cures of this disease comes from psychology and how they feel. So, all you need is [get up a full head of steam](http://tureng.com/search/get%20up%20a%20full%20head%20of%20steam) and convince yourself that you will gain your healthy life back when everything is over.

Finally, if you do not believe your disease will be end one day, then all you need is looking up some examples. Mary Willington, a housewife and mother of three, will be a good example for you. When she first diagnosed in 2005, all of her doctor said to her, she will not make it, because her disease was in the last phase. However, she always thought positively or never missed a session for chemotherapy, because she is in love with life and she thinks that, if she pass away so early, what will happen to her children. After a 5 challenging year she took her health back and now she gives some courses to cancer patients and tell her story to make them conquerors. Never lose your hopes ladies, because life is full of surprises.

To sum up, some diseases are unstoppable and when they show up, you need to be stronger than anyone else. You have hope like other ones who has the same disease with you. Please be careful before it comes or try to be positive, even if you have no options to avoid of it.