# Our VOices submission template

Thank you for your interest in sharing your experience and story with the Canadian Breast Cancer Network. *Our Voices* is a place for the breast cancer community to share their experiences in their own words, to inspire others, and to show other breast cancer patients that they are not alone.

If you are using this template, it is because you are interested in sharing your experience, but you don’t know where to start. In that case, we hope that this template can assist you. Fill it out as best as you can, we’ll do the rest. **Please note that you are not required to provide an answer to every question or prompt.** While you don’t have to provide an answer to every question or prompt, providing more information will allow us to create a more in-depth and comprehensive post. Your responses will then be used to create a blogpost that we’ll send to you for approval before publishing it.

Please fill out this form to the best of your ability, providing as much information as you can and return this document at your earliest convenience to us by email at [cbcn@cbcn.ca](mailto:cbcn@cbcn.ca) with the subject *Our Voices submission*. If you are interested in using a personal image to accompany your post, please attach it as well.

[Click here](https://cbcn.ca/en/DAST) to learn about how sharing your experience can be used as a tool for advocacy.

## general blogpost information

Title of blogpost:

Picture:

I will send a personal photo

Does this photo have any special meaning to you or is there any special reason you chose it?:

CBCN can use a stock photo that I will approve later

Any social media information to include:

## About you

Name:

Age:

Where do you live?:

Who are you? (Describe yourself however you see fit):

## about your diagnosis

### general

Age (at diagnosis):

Date of diagnosis:

Breast cancer stage:

Breast cancer type:

How it was found and diagnosed:

How is your breast cancer being treated OR how was your breast cancer treated?:

Current breast cancer status:

### experience and impact

#### Diagnosis

Describe your experience of being diagnosed with breast cancer:

#### Treatment

Describe your experience of going through treatment:

What is/was the most difficult side effect(s) from your treatment to deal with?:

How do/did you deal with these side effects?:

#### Impact of being diagnosed on yourself

What is/was the biggest impact of being diagnosed with breast cancer…

…physically?:

…socially?:

…financially?:

…spiritually?:

…emotionally?:

…mentally?:

…in your relationship with others (including family members, friends, and non-family members?:

…on your work/career?:

…on your outlook of the future or on life in general?

#### Impact of being diagnosed on others

What is/was the biggest impact of being diagnosed with breast cancer…

...on your partner?:

…on your children?:

…on other family members?:

…on friends?:

…on your community

## Other prompts and questions

What has surprised you the most about being diagnosed with breast cancer?:

What or who has supported you/given you hope/motivated you/inspired you?:

What advice or tip do you have for other individuals who may be facing breast cancer?:

In terms of advocacy, is there anything that you would like to urge others to do or that you would like to see changed or done differently?:

What do you wish you had known prior to your diagnosis or treatment?:

Your motto or any quote you would like included:

One key message you want to share with other patients:

Anything else that you would like to include: