



BECS UPDATE

As I completed my 6th round of chemo this week, I thought it was a good time to do another update.

I won't lie, it's been tough. The drugs I was on for the first 4 rounds were pretty awful. My hair lasted until the 3rd round and now I have the same hair cut as my husband Rich. It does make hair washing a LOT easier and when having hot flushes from the hormone treatment having no hair helps with cooling, so it's not all bad! The EC combo (Epirubicin & Cyclophosphamide) also gave me really bad acid reflux so I have spent many nights "sleeping" sat up to try and alleviate the symptoms. Finishing with those drugs was a HUGE relief. Especially as they really affected my cognitive function and trying to keep up with supporting the cafe staff remotely as best as possible was rather challenging. Once again I felt very fortunate to have such supportive staff doing their best to keep the ship afloat.

After starting the last drug (Paclitaxel) I was relieved to have no more acid reflux. I can even taste coffee again, woooo! But, I did suffer extreme pain in my lower back, legs and joints to the point I could hardly walk for 3 or 4 days. I am hoping this won't be as bad for this round and the last 2, but we shall see!

After I finish my last round of chemo on the 8th of March I will have a break for a few weeks before starting 4 weeks (5x per week) of radiotherapy. Then I'm done with the worst of the treatments (hopefully to never be repeated!) and just have to keep on with the hormone therapy for 5 or 10 years.

If anyone is starting out on this road, do feel free to email me as I have learned some useful tips along the way that might save you a bit of discomfort.

While I have been trying to focus on my health and wellbeing, several of my staff have also been having a pretty rough time personally and health wise. They have still battled on and have really been trying their best to deliver the best service possible. We have had many challenging days with multiple staff off sick or other disasters to contend with that they have handled remarkably. Please appreciate that they all are human beings doing their best, often in quite challenging circumstances. If we make a mistake, or forget something, please do let us know so we can put it right for you.

Thank you to everyone who has been asking after me too.

Bees x