

How one woman's health crisis led her to share her story in hopes of helping others

By Cyndi Martin, Marketing Communications Specialist at McKesson

Imagine being a clinical pharmacist and manager in community oncology all your career, then finding out some of those very drugs that you dispensed, you now need yourself.

That's what happened to Uyen Campbell, account executive for Specialty Provider Solutions in the Oncology business unit at McKesson. She discovered through her annual mammogram in May 2018 that she had invasive metastatic breast cancer – an aggressive form that had developed and spread rapidly in only a year's time.

Getting Ahead of the Disease

Since then, it's been a flurry of activity for Uyen. But she knew she had to be more aggressive than the disease. "I'm a wife and mother of two young children and work full time at a job I love with McKesson. I didn't have time for this," said Uyen. "I chose an oncologist and gathered my care team. That alone was overwhelming, as anyone touched by cancer can attest."

In June, she started 16 rounds of chemo followed by bilateral mastectomy. In November, she was pronounced cancer-free and in December she started back to work.

"In January, I started radiation (33 doses) to conclude my treatment plan and I feel so blessed to have a second chance in life."

Helping Others with Health Issues

Today, Uyen is a breast cancer survivor who wants to share her story in hopes of assisting others with serious health issues. Here are some of the things she learned from her experience that might help you or someone you know:

1) Share what you're going through

"I found when I shared what I was going through with my family, coworkers and friends, I received an overflowing of support and encouragement that continues to this day. When dealing with something so devastating, you desperately need that."

2) Accept help from others

"I had to learn to accept help from those around me. You feel it's a sign of weakness to do so at first. Looking back now, I'm not sure what I would have done without help – from transportation to child care, meals and more."



3) Know and use your company benefits

"I'm fortunate to have an HSA [Health Savings Account] plan that helped us financially, plus other benefits provided by the company. Be sure to know and use your benefits. This includes oncology navigators and financial officers that can guide you through the seemingly never-ending insurance and coverage maze."

"I'm a huge proponent of them [preventive exams]. Please don't miss your annual check-ups. A lot can change in just a year. I'm proof of that."

4) Take prevention seriously

"I'm also fortunate to work for an incredible company that values, encourages and rewards the health and wellness of its employees. That's part of the reason I get my preventive exams every year. Now, I'm a huge proponent of them. Please don't miss your annual check-ups. A lot can change in just a year. I'm proof of that."

5) Live in the now

"I think it's natural to live for tomorrow. After what I've been through, I live in the now. I appreciate what I have this moment, this hour, this day. I also love more fully and openly than ever before. These are the blessings in disguise of my health crisis that I'm thankful for. I hope you can experience these, too."