

My cancer journey began in September 2014 when I was 44. Beautiful sunny day and I was gardening with my dad and I hurt my back. It niggled for a few days so the doctor suggested an x-ray. X-ray done the following week and I got a phone call to say there was a shadow on my lung which they put down to a chest infection. Antibiotics and a phone call 3 days later to say the radiographer would like me to have a CT scan. CT scan on the Friday.

Doctors confirmed I had a tumour on my lung on the Wednesday. My world fell apart but I had to be strong for my 2 young sons. I then went to Raigmore for a CT guided needle biopsy and waited for the results. It was confirmed I had a Non-small cell lung cancer. Stage 1. I had various tests. Chest x-rays, breathing test, pet scan and consultant appointments.

On 25th November, I underwent a lobectomy in Aberdeen Royal Infirmary and all cancer removed. I was there for 10 days.

In January 2015 I started a 3 month course of mop up chemo at Caithness General. I started attending the North Highland Cancer Centre in Thurso where I had support from the amazing volunteers and other centre users. Made some lifelong friends. I also went to the Maggie's centre in Inverness which is an amazing place. I now have yearly check-ups and 6 years on I am still cancer free.