

Pink for breast cancer awareness

When Trisha Ahmed was diagnosed with breast cancer, her career came to a screeching halt and so did her family life. Having gotten married a mere few months earlier, Ahmed's diagnosis could not have come at a more difficult time. She was frequenting doctors' chambers and undergoing surgeries to remove her breasts when she was ideally supposed to spend time frequenting beautiful beaches all over the world for multiple honeymoons with her spouse.

"I was devastated on a new level, all the while asking myself what I had done to deserve such pain," Ahmed reflects.

Sabina Yeasmin's mother battled with cancer for 15 years and for the entire duration of those long and dreadful years, the family members did not discuss the ailment outside their apartment.

"We didn't share the news with anyone outside the immediate family. I think the additional distress associated with cancer came along with the constant need for hiding the truth. There were times when mum could not make it to family gatherings and we could not tell anyone about her condition; rather we had to make up stories to cover her absence. I think this continuous process of lies robbed me of an innocent childhood," said Yeasmin.

Doctors and psychologists now



encourage people to talk about their medical conditions, cancer. This

including helps patients to become less fearful of the days to come in addition to getting love and support from friends and family.

The month of October and pink ribbons displayed almost everywhere brings a certain sense of apprehension amongst people who have loved ones suffering from breast cancer. Yet, with all the discomfort associated with the universal advertisements, there's a major encouraging side to it — people become more conscious about early screening and medical procedures that can prevent cancer from taking root in the first place.

"A timely mammogram saved my life," revealed Hasnat Khatun. "Had I not received my regular and scheduled health screening at the hospital, I would have never realised that there was a malignant growth under my arms — I didn't feel it at all!"

Cancer is an extremely difficult experience in a number of ways, including a very lonely and scary journey. It is imperative that friends and family of people who are fighting the disease are offered continuous encouragement, love, and support — even if it feels like we do not know exactly what to say or how to comfort, our presence is all that is required. We should remember always that love and support is synonymous to effective medicine.

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