

<b>Enhertu:</b> January 2023 – May 2023	<b>Abraxane:</b> June 2023 - Present
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Treatment was an infusion through my port once a month, every 21 days.	Treatment is an infusion through my port three Thursdays out of the month.
After my infusion, I felt one full week of sheer exhaustion and total weakness after an initial five days of complete steroid insanity.	After my infusion, I feel tired for a couple days, my schedule includes plenty of couch time the Friday after treatment, just in case.
Due to the steroids, I cannot sleep more than 3 hours at a time which leads to a breakdown in my mental resiliency. I cry a lot and feel heavy, lonely sadness.	This treatment does not include any steroids, so while my first night is fitful, I usually can sleep pretty well after this first night.
I entered and lived in the “Upside Down” for a full week.	I remain grounded and live in Puyallup.
I felt fear and vulnerability due to the unpredictability of my world.	I feel strong and capable as my days feel more patterned and predictable.
I was highly sensitive to lights, to sounds, to tastes – my vision was blurred nearly the entire time.	Nothing is too bright, too loud, too sweet, too bland or too blurry.
I did not trust myself to drive as I did not have the capacity to focus and my reaction time was far slower than what it	My family complains that I drive too slowly, but I counter with that they drive too quickly– clearly a subjective

<p>should have been to be out on the road.</p>	<p>call; however, as it relates, I am totally fine driving myself around town.</p>
<p>Neuropathy held consistent from what began with Halavan.</p>	<p>Neuropathy issues are increasing as I have pain in my legs while sleeping and have experienced issues with incontinence.</p> <p>Moving my legs is laborious. Seriously. Read that line again...moving my legs...oy vey.</p> <p>I now take 200 mg of Gabapentin nightly and each week I do naturopathic hydration therapy called ALA (Alpha Lipoic Acid) to help heal the nerve damage. I take 600 mg of an Alpha Lipoic Acid supplement daily. In addition, sometimes I use cream on my feet at night to quell what feels like hypothermia that is so bad my toes just might fall completely off my feet.</p>
<p>I was unable to trust myself let alone others - my dialogue with others more self-centered, disjointed, guarded and quick.</p>	<p>I trust what I am saying and can regulate my thoughts and the pace in which I speak, and I enjoy hearing others' opinions, ideas and stories.</p>
<p>I was unable to focus which made any form of entertainment challenging –</p>	<p>Focusing is easy.</p>

<p>books, podcasts, music, conversation. I could not tolerate any of it.</p>	<p>I binge-watched <i>The Bear</i>, Season 2 and LOVED it!</p> <p>Netflix's <i>Fall of the House of Usher</i> – good one. It reminds me of <i>Knives Out</i> and <i>The Glass Onion</i> in terms of structure and character development.</p>
<p>The world felt twisted and confusing.</p>	<p>The world feels linear, more normal and makes sense.</p>
<p>I was unable to regulate my body temperature.</p>	<p>At times, I still find it difficult to regulate my body temperature.</p>
<p>My tastebuds felt burnt which resulted in the enjoyment of beverages and food to be inconsistent and inaccurate.</p>	<p>Food and drinks taste as expected.</p>
<p>My physical exhaustion began tapping on my mental reserves and I would wake up cloaked in heavy, defeating sadness and just cry and cry. This confused my husband as well as myself.</p>	<p>My mental reserves are intact in great part to sound, restorative sleep.</p>
<p>My bones felt bleached and porous as well as my ribs felt too cluttered for my chest.</p>	<p>My bones don't buzz, and I can take full breaths without feeling like I am running out of space inside myself.</p>
<p>My brain was chemically saturated with toxins.</p>	<p>My brain feels lucid. There is absolutely zero chemical saturation.</p>

<p>I had nightmares of corpses lying next to me in bed.</p>	<p>I sleep with nothing in my head but darkness and solitude.</p>
<p>My bed felt as if it was tilted on its head, the blood rushing to my head.</p>	<p>My bed is stable, flat.</p>
<p>I experienced days of intolerance and the inability to focus on typical, daily mundane conversations.</p>	<p>I can easily focus and care about what others share regardless of topic.</p>
<p>I found myself uncharacteristically cancelling on friends and life's routines due to sheer exhaustion over and over and over. I had to use sick days at work.</p>	<p>I may have to cancel on my exercise routine the day after chemo and sometimes even the next; however, most of the time, I find myself capable of my daily workout routine.</p>
<p>On day six from Enhertu, I felt general weakness throughout my entire body that I would describe as being weak as a kitten. Raising my arms was hard, and I lamented the fear of ever being able to regain my strength again.</p>	<p>I can complete my core work with my weighted ball, Pilates ring, tension bands, and stability ball on all the days I exercise.</p>
<p>CA 15-3 tumor marker measured as high as 59 which is a number I never recall seeing since being diagnosed.</p>	<p>CA 15-3 tumor marker is steadily declining and is now trending in the "normal range" measuring as low as 19 which I last recall seeing back in 2016.</p>
<p>During this treatment, I gained a cardiologist, radiation on my liver and my spine, a soul-</p>	<p>During this treatment, I am no longer having to see a cardiologist, have not</p>

<p>sucking round of COVID, while losing all of my hair and my mind.</p>	<p>experienced any extraneous illnesses, and my scans show...well the results are still pending. I just had an MRI yesterday and my insurance is playing the game of denying my PET scan until my oncologist shows up to the peer-to-peer fight that seems to be rather routine with the whole process.</p> <p>It makes me wonder who are these "peers" that side with the insurance companies rather than their colleagues when deciding on routine cancer screenings anyway?</p>
<p><b>Conclusion:</b> Enhertu SUCKED and nearly KILLED me.</p>	<p><b>Conclusion:</b> Abraxane feels a tolerable treatment; however, I am beginning to fear the lack of sheer torture means this treatment will not work for long.</p>