

ONE BREAST WOMAN

THE JOURNEY OF MRS SUNITA MEHTA THROUGH BREAST CANCER

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Chapter 1: The Calm Before the Storm

Mrs Sunita Mehta lived a quiet, disciplined life in Meerut, Uttar Pradesh. As the widow of Late Colonel Vinoy Kumar Mehta of the Indian Army, resilience had always been stitched into the fabric of her being. She had raised her two sons, Devansh and Manish, with the same sense of honour, duty, and courage that defined the military life she had once shared with her husband. At 65, she

embraced her days with grace—cherishing family moments, maintaining her home, and living with a sense of serenity.

But destiny often arrives quietly before changing one's life forever.

Chapter 2: The Diagnosis that Shook Us

In December 2023, an unexpected discomfort led to a medical consultation. None of us imagined how drastically life would shift in a matter of days. When the reports arrived, they carried the words no family wishes to read: *ER/PR positive, HER2 negative breast cancer*.

For a moment, our world stood still. My mother absorbed the news with a tight-lipped silence, the kind only a woman of deep inner strength could sustain. I, Devansh, with my background in pharmacology, understood more than I wished to. But knowledge did not make the moment any less heartbreaking.

Chapter 3: Max Hospital, Vaishali – Where the Battle Began

Max Hospital, Vaishali, became our new fortress. Here, doctors crafted a personalised treatment plan—combining surgery, hormonal therapy, and cycles that tested her body and spirit. The hospital corridors became familiar, and the medical teams became allies.

My brother Manish and I chose one mission: *stand unwaveringly beside our mother*.

Chapter 4: Courage in the Eyes of a Mother

Even in her most vulnerable moments, my mother carried a quiet, unshakeable courage. She did not ask, “Why me?” She asked, “What next?” Her bravery was not loud—it was gentle, determined, rooted in the knowledge that challenges must be met, not feared.

She reminded us often of our father—how Colonel Vinoy Kumar Mehta always believed that a strong mind can carry a weak body, but a weak mind cannot lead even the healthiest person forward.

Chapter 5: The Sons Who Became Her Strength

Being the elder son, with an M.Pharmacy in Pharmacology and an MBA in Pharma Marketing, I shouldered not only the emotional responsibility but also the scientific one—explaining every treatment stage, every medicine, and every possible side effect to my mother in a way that comforted rather than frightened her.

Manish provided calmness and stability. Together, we created a circle of protection around her.

Chapter 6: The Healing Power of Daily Care

During her toughest days, nutrition became a cornerstone of her recovery. I prepared fresh tomato soup and chicken soup for her every single day—warm bowls that carried not just nourishment but hope, love, and the silent assurance that she was never alone.

What surprises many is that healing is not only in the medicines—it is in the routine, the attention, the presence of loved ones. Those soups became a symbol of our fight.

Chapter 7: The Shadows of Pain and the Light Beyond

Treatments came with their trials—weakness, nausea, restless nights, and moments when tears silently traced down her cheeks. But every morning, she rose again, steadying herself with the dignity she had cultivated over a lifetime.

She taught us that fear may visit, but it must never stay.

Chapter 8: A Family United

Cancer is never a journey walked alone. Our home transformed into a sanctuary of care. Relatives, friends, and well-wishers offered prayers and encouragement. My mother felt held—not by sympathy but by genuine affection.

Together, we turned a challenging year into a testament of unity.

Chapter 9: Small Triumphs, Big Victories

Every positive scan, every stable blood report, every day she felt slightly stronger was celebrated like a festival. Healing does not arrive suddenly—it comes in waves, in moments, in victories so small that only a family in battle understands their magnitude.

Her doctor once said, “Your willpower is the strongest medicine you have.” He was right.

Chapter 10: The Woman Who Refused to Give Up

My mother never stopped believing in life. Even on difficult days, she insisted on watering her plants, folding her clothes, or sitting outside to feel the sunlight. She was determined not to let cancer take away the little things that brought her peace.

This determination became her superpower.

Chapter 11: The Year of Transformation (2024)

2024 became the year when she transformed—not just physically but emotionally and spiritually. She learnt to prioritise herself, to listen to her body, and to embrace every breath with gratitude.

Her journey reshaped all of us too. We began valuing time more deeply.

