

The path forward.
– J.S.

STILL.
Life and Possibility After Cancer and Limb Loss.

Life changes. Your story is still yours.



Carrying memories.
Ready for the journey.

Gemini Notebook

A life with its own meaning.

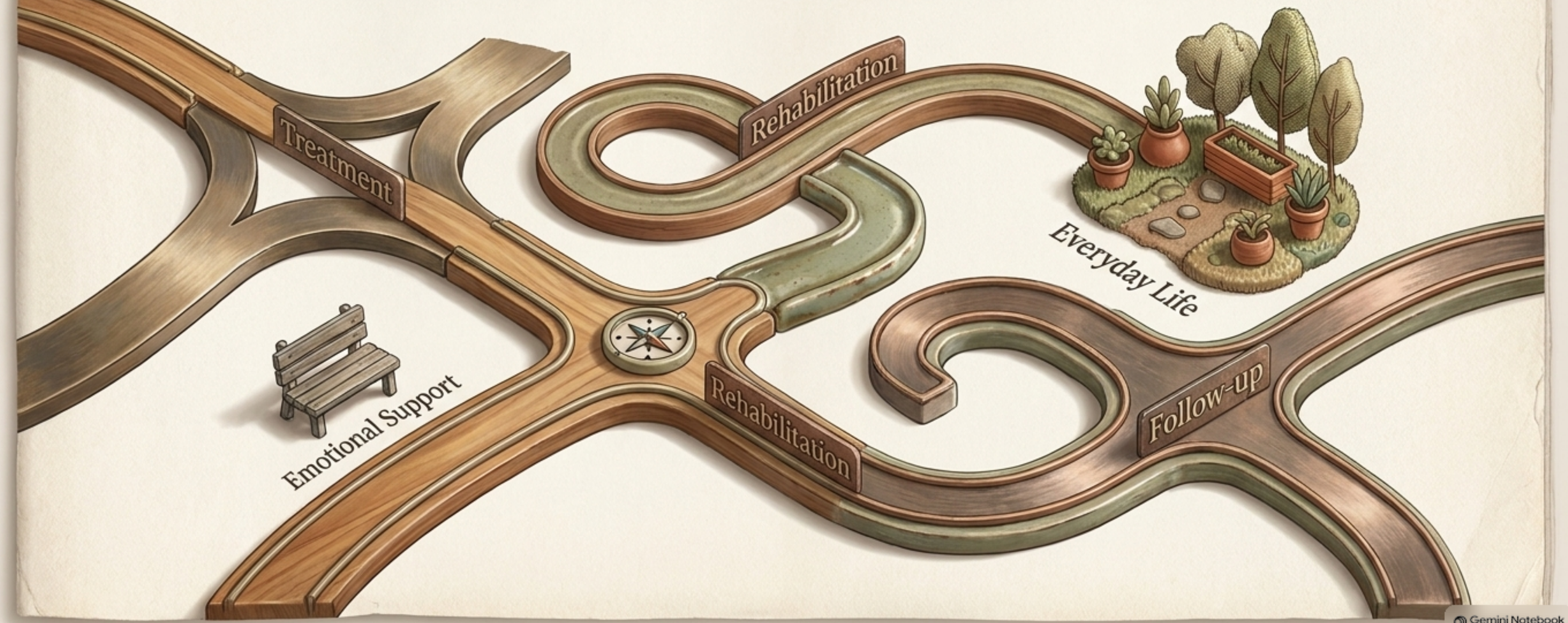
Every care journey belongs to someone with a whole life. When illness upturns things, the experience extends into routines, identity, independence, and expectations.



Gemini Notebook

There is no single way forward.

Needs and abilities change from day to day. Recovery is not a competition, a fixed sequence, or a guaranteed return to a previous life. You don't need all the answers today.



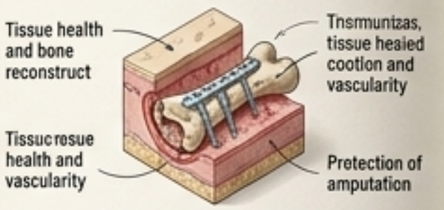
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What are my options, and why are you recommending this one?

What is the aim of treatment, and what remains uncertain?

What might everyday life look like for me?

What matters in an individual decision.

	Limb-Preserving Surgery	Amputation
Clinical Circumstances		
Expected Function		
Recovery Demands		
Personal Priorities		

Clinical circumstances determine options. No treatment guarantees a universal functional outcome.

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Your care ecosystem.

Oncology:
Treatment aims.

Nursing:
Daily care.



Surgery:
Procedure & risks.

Rehab/Physical Therapy:
Everyday goals.

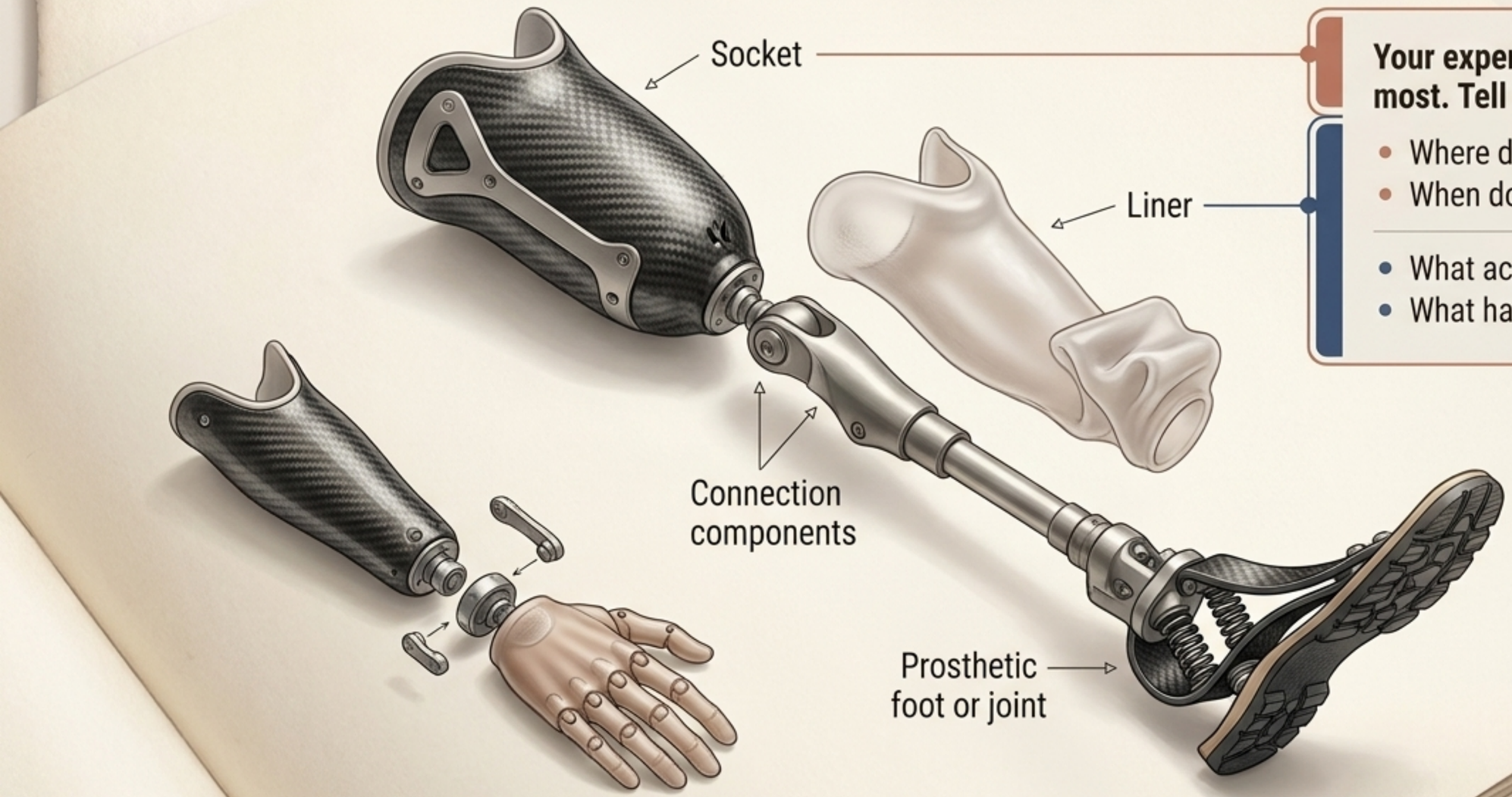
Prosthetics:
Fit & components.

Psychological Support:
Emotional processing.

Between appointments, keep a simple record: What I noticed / What changed / What I want to ask / Who to contact. Ask your team what changes need prompt attention.

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Made for a limb. Chosen for a life.



Your experience of the fit matters most. Tell your prosthetist:

- Where do I notice it?
- When does it happen?
- What activity was I doing?
- What has changed through the day?

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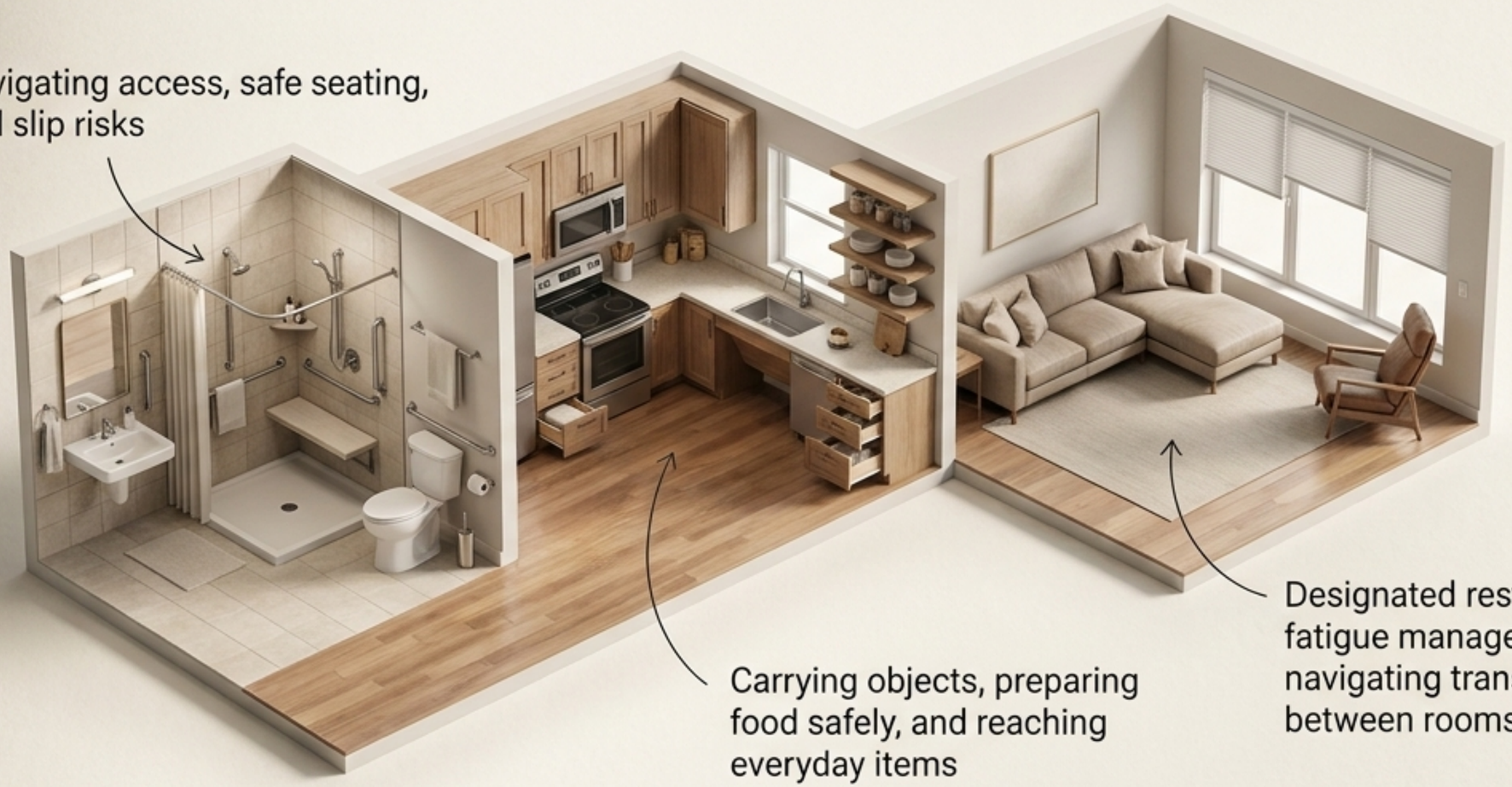
Tools to support the life you want to lead.

People use different methods to move, participate, and thrive. A prosthesis is one option. Mobility aids, adaptations, and choosing not to use a prosthesis belong in the conversation too.



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The practicalities of the everyday



Topics to review with an occupational or rehabilitation professional

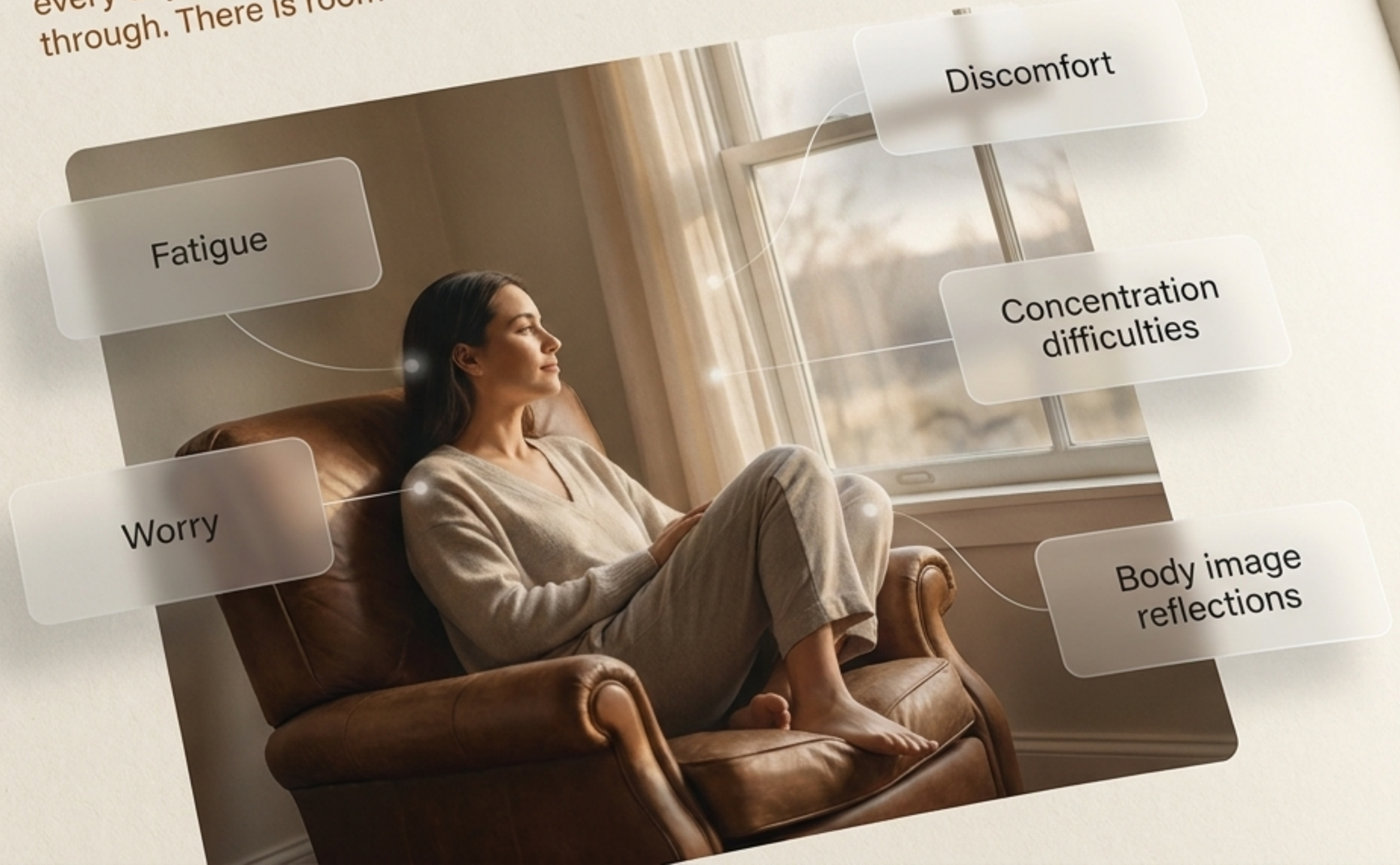
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Navigating logistics, work, and costs.



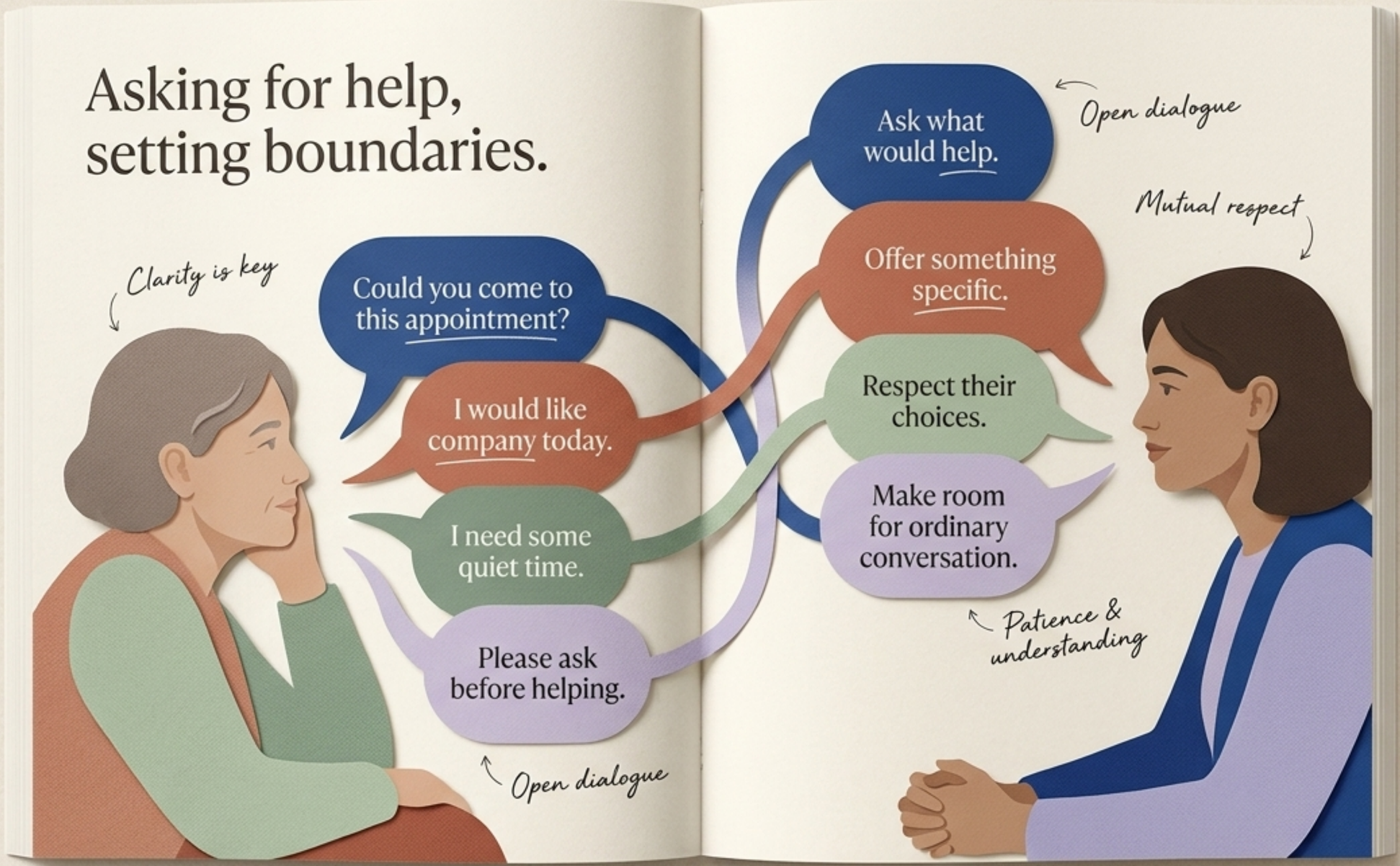
What others may not see.

You decide what feels like you. You do not have to be inspiring or positive every day. Some days are for possibilities. Some are simply for getting through. There is room for all of you here.



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Asking for help, setting boundaries.



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A diagnosis is a chapter.
A person is the whole story.

Alexandra's Story

Life after amputation.
Finding connection through skiing and amputee camp. A path to medical school.



Grace's Story

A limb-preserving path.
Surgery utilizing an internal implant to preserve her leg. Returning to school and earning a college scholarship.



These are historical accounts published by MSK, not predictions of another person's treatment or recovery.
One person's experience can open a conversation, but your experience will be your own.

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Your story belongs to you.

You choose what to tell, when to tell it, and who can hear it.
Keep it private, share with someone trusted, or share with a community.
Reflection does not require polished writing. A few words can be enough.

The part of my life that changed most was...

One person, moment, or small thing that helped was...

If I could sit beside someone going through this, I would say...

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Independent Guidance & Support: Trusted places to turn.



Resource links, not affiliations. Explore each organization's services and eligibility on its own website.

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One manageable next step:

Write down a question /
Ask about support /
Contact someone trusted /
Or simply rest.

There is no single way forward.
Your story is still yours.
Your story is still yours.



STILL offers information and reflection. Individual care decisions belong in conversation with your clinical team.

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