CLINICAL TRIALS ONTARIO · TORONTO · DECEMBER 5, 2026

When less is enough

A patient’s journey through de-escalation in breast cancer treatment

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TURNED AWAY FROM ROUND SIX

Do I really need to do this last round?

Will it really make that much of a difference in my final outcome?

MY DECISION

Nobody knew what would happen.
In that uncertainty, I chose myself.

Doing less treatment feels unsafe to the people who love you. Saying enough takes courage.

Wonderful news!
Pathology showed NO residual cancer in breast or nodes!
It's all gone!!

Omg!!! Thank you so much for sending me this!!!!!

I think that was the best text of my life!

THE INVITATION TO JOIN A TRIAL

I declined. Then I joined.

Why I said no

I felt like I was pushing my luck.

I remembered my family's reaction last time.

What changed my mind

A deeper conversation with Mark about overtreatment.

A new goal: not just to avoid dying, but to come out as unscathed as possible.

EVEN NOW

I gave a TEDx talk about this.

It was removed from the TedX website within three hours.

THE PUSHBACK I STILL GET

Often from other breast cancer survivors

Society rewards suffering

The more you endure, the more admired you are. Doing less can look like giving up.

Women feel the pressure

Social expectations push women to keep enduring and to put everyone else first.

Saying enough takes courage.

The best treatment is the one that preserves the life you want to live.

Watch my TEDx talk

youtu.be/NYxDSVyFauQ

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