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CANCER IN AMERICA

Lance Armstrong: 'I'm Here As Long As I Need To Be Here'

by Jeffrey Zaslow

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Cycling star -- and cancer survivor -- Lance Armstrong with son Max, 1. Photo by Elizabeth Kreuz for PARADE.

with the disease. Armstrong's advice to survivors is heartfelt: In treatment and in recovery, continue to do what you love. Shortly after chemo and surgery, he was only strong enough to go on 30-minute rides, but he says, "I told myself the disease would not cut off my passion."

Eddie Falco: Sobriety Helped Me Battle Cancer

Armstrong predicts he'll quit the pro circuit within a few years, leaving him more time to help in the battle against cancer. "I'm here as long as we need to be here," he says. "I'm not going home until we're done."

Here, Lance Armstrong talks more about the success of Livestrong, the astounding influence of Twitter and why, for cancer survivors, there's no room for negativity.

On the amazing reach of Twitter

One Saturday morning this past January, he was in Adelaide, Australia, and told fans via Twitter, "Let's go for a ride. Meet me at 10 a.m." More than 5,000 people joined him for an impromptu 19-mile bike ride. The massive response excited Armstrong about the possibilities of Twitter. "If we needed five hundred volunteers in Des Moines this afternoon," he says, "I guarantee I could get them."

Celebrities Who Give Big

His advice to survivors

Surround yourself with positive people. People can be "pumps" or "drains," he says, and in the wake of cancer, "there's only room for those who can pump you up. It doesn't help to be around anyone who is a drain on your energy, time or spirit."

On his motto "live strong"

It's meaningful to the cyclist that people -- both survivors and those untouched by cancer -- have now embraced the words "live strong" in ways that go beyond the disease. "Live strong," he says, "has become a new twist on carpe diem [seize the day]. People say, 'I want to lose fifty pounds, get straight A's, quit smoking. I want to live strong.'"

On his ongoing work in the fight against cancer

"People ask how Livestrong is doing," he says, "and I catch myself telling them, 'It's going great!' But at the end of the day, it's not going great because cancer is still here. And so I've made a commitment. I'm here as long as we need to be here. I'm not going home until we're done."

Not long after cyclist Lance Armstrong was diagnosed with testicular cancer in 1996, he got a note from a U.S. soldier who also had cancer. "You don't know it yet," the man wrote, "but we're the lucky ones." Armstrong was taken aback. "I didn't understand what he meant," he recalls, "but he ended up being right." Though he'd never want to repeat his cancer odyssey, Armstrong says, "It enriched my life."

Armstrong's story has become legend: He fought off tumors that had metastasized to his lung and brain and went on to win the Tour de France a record-breaking seven times. He also started Livestrong, a respected nonprofit foundation that aims to empower cancer patients, survivors, and their communities.

12 Celebrity Cancer Survivors

Last month, his reputation was marred by former teammate Floyd Landis' allegation that Armstrong had used performance-enhancing drugs. The International Cycling Union has launched an investigation. Armstrong vehemently denies the charges.

Armstrong, 38 and the father of four, is preparing to ride in July's Tour de France with Team RadioShack. His team will have stickers on their bikes with the names of cancer survivors, part of a Livestrong campaign to reduce the stigma associated

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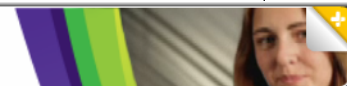
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Are you a cancer survivor? Connect with others at PARADE's partner website, [EverydayHealth](#).



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Article in 6/20/10 Parade Lance Armstrong

by nisadog posted: 06/21/2010 10:25:AM

This is the most realistic article I have ever read about living after cancer. I was diagnosed with cervical cancer last April. I know they told me about possible problems because of the treatments. But no one mentioned they could last beyond treatment. Especially not a year later, or forever.

Thank you for telling it like it is. It makes me feel "not the odd ball" because I have continuing issues because of the chemo and radiation. Internal and external.

I spoke to my regular doctor and told him I felt I would never be the same person I was before all this happened. He was the first doctor to agree with me. And oncology is not his speciality.

Thank you for the truth. Sincerely Paula

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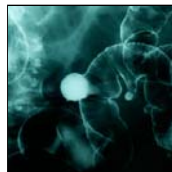
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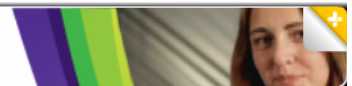
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