

Raising Awareness through Story

Jean Koupal doesn't consider her story of surviving breast cancer unique.

"There are many women out there that have gone through exactly what I have gone through. My story is not unique, I want to raise awareness every where I can."

Jean's story begins in September 2002 when she found a lump in a breast. Just five months earlier she'd had a routine mammogram that came back clear. The diagnosis was a very aggressive form of breast cancer.

Over the next 12 months Jean endured chemotherapy and radiation.

"Before I could go through any chemo, they had found a huge tumor so I had to have surgery first," she said.

In October 2003, Jean was finally given the all clear. Something anyone fighting breast cancer fights to hear.

"Here it is 8 years later and I am very thankful I am still here."

Jean believes that if she had been more aware she may have found it sooner. Because she had such an aggressive form of breast cancer it's likely that it wasn't there at the time of her mammogram, "but if I would have found it a couple months earlier I may not have had to go through so much."

Jean says she could have never endured everything if it hadn't been for the love and support of her husband, Rick, and her family.

"To go through something like that, you really need support," said Jean. "My husband has been there 100 percent, above and beyond. And of course my family, friends, and people I didn't even know would call me and offer encouragement."

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