

# LFSA YOUTH NEWSLETTER

SPRING 2023

## Think more about yourself!



Being a youth with Li-Fraumeni syndrome can be tough. I know it's hard to process a lot of feelings and also manage a life with appointments, check-ups, social life, family, and studies. Besides all that some of us have to deal with work too! Wow!

So, how about you take easy on yourself and live one day at a time? Some days can be harder than others. It's OK, that's normal. The good news is that every day you have the chance to write a new page, to live new opportunities and to think about new goals and dreams.

Here are 5 of my favorite tips that I practice to try to have a normal life while living with Li-Fraumeni syndrome:

- You are unique, don't compare yourself.
- Talk about your feelings with people you trust.
- Make plans and set goals, also fulfill all your dreams as much as possible.
- Look at yourself with kindness. Life is already tough.
- And last but not least: go to your exams and appointments!!!

Hope you have a nice and incredible year with a lot of good surprises!

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# Meet Dr. Renata Sandoval!



## Why did you choose the field of genetics as your profession?

Medical genetics is a very interesting and challenging field because we are still writing its history! Medical geneticists have to study a lot because we deal with thousands of rare diseases which may have many unspecific signs and symptoms. I guess that I chose this field because I love to study and help patients with a difficult diagnosis.

## What is your favorite part about your job?

The favorite part of my job is sharing attention and time with my patients and learning from them. It is also really rewarding when we reach a correct diagnosis that may impact people's lives.

## What do you like to do on your days off?

I love reading, jogging, and playing with my dogs on my days off!

## If you could travel anywhere in the world, where would you go?

I would go to Japan in the springtime to watch the cherry blossoms.

## Do you have any advice for youth who have Li-Fraumeni syndrome?

My advice is to live fully, have good habits, make a lot of plans, study, travel, have many friends, and have many loves--as everybody should!

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# Meet Claudia Boudreault from Québec, Canada!

Hello! My name is Claudia Boudreault. I was born on October 4, 1996 in Halifax, Nova Scotia. I moved to Québec with my family when I was 15, and I have lived in Québec City since 2017. I have been working as a social worker in residential support since October 2020, and I am passionate about my work.



## How did you discover you had LFS?

On December 1st, 2021 I was diagnosed with stage 3 breast cancer at the age of 25. After carrying out genetic tests, I was diagnosed with Li-Fraumeni syndrome in December 2021.

## How do you deal with LFS?

Today the syndrome is part of my life. I had a recurrence of my breast cancer, diagnosed on January 23, 2023. Despite the fear of developing another cancer, I try to enjoy life to the fullest. I adapt and precisely follow all the advice of my medical team.

## What are your main projects or dreams for the future?

One of my biggest dreams is to form a family with my spouse and with the support of science. I am confident that I will be able to give birth to a healthy baby. Also, I want to live a more active life and become a better person every day. Still, I dream of going on backpacking trips, and that motivates me a lot to continue. It's important to dream!

## What message would you like to pass on to other young people with the syndrome?

I would like to say to young people that this does not in any way change who they are. We are not a diagnosis. We are human and we have the right to dream and continue to live fully. We have one more reason for that! Don't get hung up on statistics. Create your own, don't wait any longer to do something you love. Above all, be patient and kind to yourself.