

# **CANCER COACH**

**Have you had cancer? Do you have a family member who had or currently has cancer?**

**Need to talk to someone?**

**Jesse offers one-on-one support sessions.**

**Please contact him by e-mail ([jj42aol@gmail.com](mailto:jj42aol@gmail.com)) or by phone ([702-493-0066](tel:702-493-0066)).**

Jesse Jones is a 32 year cancer survivor who has lived in Honolulu for 34 years. At age 32 he got throat cancer which reoccurred twice. After three surgeries and radiation treatments, he has been cancer free for 28 years.

He lives with many side effects including being tube fed since 2002, use of his right arm only (used to be left handed), has to speak in a whisper, and a tracheotomy done last October due to an insufficient airway. None of the side effects keep him from living life fully. He exercises regularly mostly by riding a recumbent trike. Remarkably he has done two Century Rides (100 miles) in the past year and regularly rides 15-20 miles 3x week. Jesse currently participates in several cancer support groups and is a volunteer driver for American Cancer Society patients on Oahu.

