

★★★★★ Taking the fear out of cancer

# Ali Gilmore

**"Imperfection at its best"**

**Singer/Songwriter | Speaker | Author  
Photographer | Filmmaker**

**As Seen On:**

**My Human Case: Cancer | Walgreens/Yahoo! Next  
Act Big Sky Outdoors | 12 Adventures film series**



Photo Credit: Osni Omenda

## Surviving Stage IV Colon Cancer (again and again)

### Seven Years of Battle, Self-Discovery and Gratitude

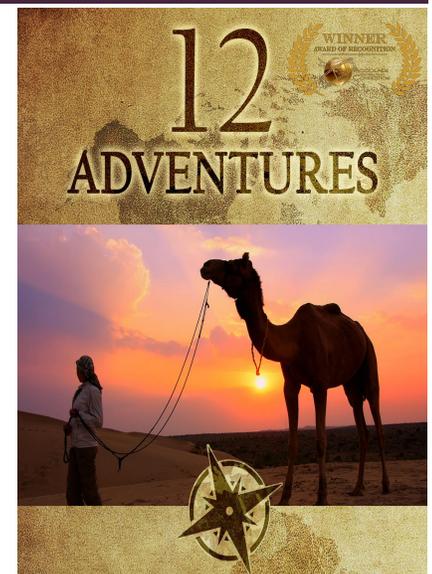
Keywords: Oncology, Radiology, Cancer, Colon Cancer, Integrative Therapy

Learning Objectives: Experience cancer from the patient's perspective; real fears, needs as a patient and the important issues of support from both a clinical viewpoint as well as from family and friends. Addressing compassion fatigue along with simple, but effective methods of impacting the lives of patients in a positive way.

"In the summer of 2010 I was working my 15th year in technology, feeling burnt and pretty middle aged.

If you'd told me then that in the few years to follow I would; face and survive stage IV colon cancer (4 times), publish 2 books that make people less afraid of and better prepared to face cancer, become a sports photographer with a highlight of photographing soccer greats like David Beckham, record a full length CD of my own Americana songs, jump out an airplane, swim in the Mediterranean, walk along the Cliffs of Moher and be the subject of an Emmy nominated film (My Human Case: Cancer), I would've thought you were some kind of twisted Tony Robbins wannabe, but this has been my life to date and it just keeps getting better...

In that moment, when we are faced with our mortality we have two roads to take; fight or give in. What makes us choose one over the other? How do we handle the challenges that come with fighting, keep our spirits up over the long haul? How do we dare to live out loud when others aren't surviving? In that moment, I decided that I was going to live the life I'd wanted and choose joy or anger, boldness over fear and laughter over tears, to be grateful for every moment I do have and not dwell on the ones I may not. The moments that led to this realization and the experiences that followed are what I share, hoping to inspire others not to wait for a daunting diagnosis to lead a more daring life and to impart on those in the field of Oncology, a patient perspective and genuine gratitude for their tireless efforts."



★★★★★ Inspiring story. Beautiful imagery.

### What People are Saying about Ali

- ▶ "We've been receiving all sorts of "best ever!" compliments about the conference and I'm glad you were a part of it!  
— Mitch Biersner, ASRT
- ▶ "Ali, you are a breath of fresh air. Your story is compelling, relevant and funny."  
— Jim Serrill, Legendary Mascot of the Portland Timbers and TED-Talker
- ▶ "I was blown away actually by her. I would like to bottle it up and serve it to patients."  
— Dr. Eva Lean, Radiation Oncologist

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