

Patricia San Pedro



Patricia San Pedro is a four-time Emmy-award winning TV Producer who has spent her entire life creating value through her career and personal life. She's been an international corporate communications executive with American Airlines, a VP at The Miami Herald, manager and producer at NBC in Miami, international keynote speaker, two-time published author and exhibited photographer. She is passionate about making a difference in people's lives. A native of Havana, Cuba, she grew up on Miami Beach and graduated from the University of Miami.

I have always live my life according to the philosophy: "Work hard. Player harder. Be of service." Then, on April 10th, 2008 I was diagnosed with breast cancer. As you would assume, the diagnosis shook my foundation and brought that very busy life to a screeching halt. I saw my mom's life and death flash before my eyes: she died of breast cancer when she was only 59. Sadness and fear took over my entire body. The world began to spin in slow motion.

Driving back home with my friend, after getting the news, I looked up to the sky...it was a bright and sunny day. The world had no clue what I had just learned. Everything seemed normal. I didn't understand. I had always been an over-the-top positive person, but how could I see *this* glass as half-full?

I arrived home knowing that five girlfriends were on their way to see me. I walked my dog....trying to do something "normal". As I thought about my life, I began to view it from a 30,000 ft level.....way above my every day perspective. What I "saw" was that every past experience, every trail and tribulation, every difficulty...was just a blip on the radar screen of my life, now. So, I could either let this moment swallow me whole and drag me into a dark abyss, or I could make a very conscious decision to focus, as much as possible, on the positive aspects of my breast cancer and avoid going into a self-pity destructive mode. What can I gain from this journey? Bigger breasts. That's the first positive that popped into my mind. ;) Spending more time with friends and family? I was pretty sure that was about to happen. Learn more about myself and find deeper purpose to my life? Made sense. Help others through the lessons I would learn in the midst of healing? Possibly. Hopefully.

By the time my girlfriends arrived four hours later, I had talked myself into choosing joy in the midst of turmoil. I had no control over the "end result", but I did have power over how I would spend my days. No matter how many were left. I decided to turn my healing journey into a celebration of life.

When they arrived, we popped open two bottles of champagne. My instinct to be of service, and my life in the media, compelled me to pick up my camera and start videotaping. It felt right. I didn't stop recording for an entire year: through my double mastectomy, 17 sessions of chemo (Sacred Juice) and several reconstruction surgeries. I taped tips and advice to help, educate, encourage and empower others diagnosed with breast cancer. I recorded personal dairy entries, day and night, hoping to take some fear of the unknown away for those facing treatments like mine. I had a overwhelming passion to be of service to others, through my own dance with cancer. It actually gave me purpose and helped me heal.

The toughest part for me was telling my dad. It took me three weeks to summon the courage to tell him that his only child, was diagnosed with the same disease that killed his wife. With the hopes of gathering strength and centering myself, I went to a spiritual retreat ten days before my double mastectomy. That's when I finally broke down. I didn't recognize the thunderous sobs escaping my body. I didn't care who heard me. I went down a deep dark hole. I grieved for my mom. I grieved for me. I let it out. Then....little by little....it was over. I had released the fear, the sadness, the grief. I was free to focus on my healing.

Throughout my entire journey, I surrounded myself with happiness and joy, and with love -- the love of my family and my friends. I kept away from anything or anyone that was negative or toxic. Even though I had moments of fear and worry, I forced myself to move through them quickly, giving myself no option other than being positive and looking at this cancer as a gift that would change my life, hopefully, in a better way. It did.



2008

9 minute highlight reel of Pat's Healing Journey:

[Positively Pat's Breast Cancer Journey: A Story Of Survival - YouTube](#)

Since my diagnosis I:

- Created a global health and wellness community called Positively Pat [Home - PositivelyPat](#).
- Formed a support group called The Link of Hope Sistas.
- Wrote and published "The Cancer Dancer - Healing: One Step at a Time" (in English, Spanish and Portuguese, with the help of volunteers). In it I share my personal journey through cancer, plus offers more than 400 patient-to-patient and caregiver tips to help others on their own healing journey.



Healing: One Step at a Time
by Patricia San Pedro



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de Patricia San Pedro



- Wrote and co-produced a documentary with Discovery called "The Cancer Dancer" (Tengo Cáncer). The documentary aired on *Discovery Familia* in the U.S. and *Discovery Mujer* in Latin America. I still own the English-language video rights.
- Won a 2012 Suncoast **Emmy Award** in the Topical Documentary Category for The Cancer Dancer. Pat's short acceptance speech at the Emmy Awards: [Positively Pat Emmy Award Acceptance Speech - YouTube](#)



- In the midst of treatment I decided to follow my passion for photography and created/exhibited *Discover Your Doorway Healing Arts*. My goal is to travel my 15 piece interactive healing arts exhibit and accompanying presentations to hospitals across the country, so I can share the magical healing energy, vibration and colors of my photography with patients, healers and all who see them. Patrons can literally open the door and find unexpected beauty in the Doorway.



It hasn't always been easy, but when I move past the difficult moments, I am able to see that the blessings continue to pile up. My joy for living and my celebration of life escalates with each passing day.

My mission continues: to carry this care and compassion into the world to help each other heal and thrive through our words, our intent, our love, our commonality and our caring. And to encourage all, to flip that switch to the positive side, and find joy, even in the midst of turmoil.