



Elisa Arthofer Survivor and First Time Tour de Pink Rider



My name is Elisa and I am 27 years old. I was born and raised in beautiful Austria, but I have lived in many countries since I was 16. I am a biotechnologist by training and am currently enrolled as a PhD student at the Karolinska Institute Medical University in Sweden. I am also at the National Institutes of Health in Bethesda, Maryland, where I currently work in molecular biology with a focus on pharmacology. The research work I do on a daily basis has helped me a lot throughout the course of my diagnosis. I understand a lot of the complex terms of the disease and various treatments. I can also easily read up on scientific studies about testing new medications. In my spare time, I love to play sports, exercise, get together with friends for music and wine, travel, garden, and hang out with my dog Panna (she's a beautiful Hungarian Vizsla).

It's been about a year since I was diagnosed with breast cancer; I have completed most of my standard treatments. Shortly after my diagnosis I found out about the Young Survival Coalition and attended a Regional Symposium. I received so much information about breast cancer and my treatment options. I also met an amazing group of people who still support me to this day. YSC is such a gift and I am so happy we found each other.

All in all, I had two biopsies, several MRIs, mammograms and ultrasounds, fertility preservation, four rounds of Adriamycin and Cytoxan, four rounds of Taxol, a bilateral mastectomy with 2-step reconstruction using tissue expanders and 30 rounds of radiation including five boosters as well as continuing to take medication. I have also had 24 lymph nodes removed from my right arm, making me prone to develop lymphedema in that arm. Lymphedema as well as all my treatments has taken away exercise for quite some time. Before I continue, I want to express my utmost gratitude and say thank you to my entire team of doctors and health care professionals. I have been given the best information as well as support.

But finally, I can now get somewhat back to a normal life and start exercising again, which I love. I picked up running again, yoga and rock climbing. If my lymphedema arm allows it, I'd like to get back into crossfit and bikram yoga. However, most of all, I want to cycle again. I found out about Tour de Pink at the YSC Summit in Atlanta, Georgia. I signed up on the spot and was coached in how to fundraise by a YSC staff member.

Signing up for Tour de Pink not only is going to motivate me to exercise and train, but I can now say I will be a proud owner of a new Liv Survivor Bike! I cannot wait to ride in the East Coast this fall and meet a new family.

Share your story with us, [here](#).



3 DAYS.
200 MILES.
1 PURPOSE.

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 /TdPEastCoast

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