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## Inspire to Aspire: The Fate of Possibilities

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Nadya Abdel Fattah

### Inspire to Aspire: The Fate of Possibilities

Imagine that you are walking through the hall heading towards your doctor's office and straight ahead you see your doctor sitting behind his desk; in his hands are your test results that were recommended in order to rule out cancer during your previous visit. Sympathetically, the doctor avoids eye contact so that he may gather sufficient strength to break down the bad news to you. Consequently and in that moment, you sense that there is bad news and you know that your life has already been altered by cancer. Cancer is one of the toughest battles to overcome. However, not many people know that when they are diagnosed with cancer they may still have the power and ability to win the battle. James "Rhio" O'Connor is proof of that power. O'Connor was diagnosed with [Mesothelioma cancer](#) in 2001 at the age of sixty-one. Mesothelioma is a rare cancer that is deemed to be 'deadly' and 'incurable'. When James O'Connor was diagnosed with this deadly cancer, his prognosis was no more than a year. Clearly, O'Connor chose otherwise and outlived his prognosis for more than six years. In his book titled: *They Said Months, I Chose Years: A Mesothelioma Survivor's Story*, James O'Connor elaborates on the methods and treatments that he withdrew by conducting an elaborate and an intellectual research for other possible and beneficial treatments of mesothelioma. This said it is understood that self determination and the will to survive results in possibilities of the objectives that are deemed impossible.

When James "Rhio" O'Connor was diagnosed with [Mesothelioma](#), a deadly cancer, he did not make praying for survival his only option. While it is easy to fall into hopelessness and be overpowered by such prognosis of a one year span, the inspirational and remarkable O'Connor became driven by his will to survive. He has given a new meaning to faith which is in something greater than yourself but paradoxically not beyond yourself: believing your mind capable to achieve the goals you set it to, is power in itself. Because he was determined to survive and consequently outlived his prognosis, he is the figure of true inspiration for all who are aware of his story. He as well shapes and demonstrates the power of determination that lies within us and therefore he reveals the leading ideology of self-destined and the ability to take

control of our own lives despite the grave nature that may inflict upon us. The most important element that makes James O'Connor's survival story inspirational is the fact that he is one who pertains to us all. In other words, he figures the force and power of the mind; one that lies within all human beings.

If I were diagnosed with such a dire and deadly cancer, there is no doubt after hearing James O'Connor's inspirational story that I will find my own ability to control my destiny rather than giving it up to the will of nature or even limit myself to the standard treatments of chemo or surgery if little to nothing has been offered. My first step is to educate myself of the dire disease so that I may acquire a well rounded comprehension of the disease which may determine the success of my journey. In order to succeed my first step, I will resort to university libraries to the best of my knowledge that I may prepare unanswered questions and study causes, symptoms, experimentations, its history, prognosis, and above all treatments. For example, one of the libraries that would contribute a further research is the National Library of Medicine located in Maryland. Further into the first step, I will evaluate and narrow the acquired information down to the researched links in order to get to the un-researched links in order to establish intellectual results that are worthy for research. The second step will be a consultation process between doctors who specializes in these cases and patients who have already undergone certain and standard treatments. The objective in this second step is to understand the latest research of mesothelioma by the doctors so that the objective is clarified by the elements that have been observed and to understand the success or failure of treatments within the patients. The results concluded in the first step will be inclusive of the consultation process. In other words, a viable and worthy research of the disease that may have been overlooked will be part of the discussion among the doctors and patients. Keep in mind that I will not restrict myself geographically. Mesothelioma oncologists and mesothelioma patients vary in knowledge and experience from state to state, country to country, and continent to continent. Furthermore, the consultation process will also include researchers, clinicians and university professors so that every direction has been satisfied and the scope of acquiring the essential information is fulfilled. The final step is to raise awareness and sufficient funds to conduct researches, clinical trials and experimentations of possible treatments that the FDA administration has overlooked or neglected. Nonetheless, the primary objective is to seek alternative treatments.

The primary focus when in search for treatments of mesothelioma will be directed without negligence of other possible areas, to the natural remedies. Given a logical historical perspective of medicine, treatments have begun with natural remedies. And it is only through time and technological advancements that treatments of various kinds began taking a different direction. While such developments and advancements are great, there are times when we have to trace back to what was given to us at first hand. Nevertheless, there are new unidentified species of plants or animals found occasionally in known or unlikely places. Such occasions may raise other questions, namely: what treatments do the natural world offer that are yet to be detected? Or what natural resources have been overlooked and unidentified that may contain substance to conduct an effective treatment? Many cancer patients have sought to 'naturalize' their lifestyle through organic diets and regular exercise as an alternative treatment; consequently, many have not only outlived their prognosis but also survived cancer altogether. Using research databases such as Pub Med Central: An Archive of Life Science Journals, Journals of Plant and Animal Science, and/or Medline will enhance the research project and aspire to new discoveries. For example there are medical studies being conducted on camel milk that may prove to be beneficial in cancer treatments.

All in all, James "Rhio" O'Connor has taught us not only to "think outside the box" but also to "extend our performance beyond capability". In other words, his intellectual performance suggests that people in awareness should continue his journey for more advanced and intellectual study of mesothelioma in order to completely defeat it. It is not an ideal goal to achieve and James O'Connor has certainly demonstrated that to us by outliving his prognosis. It is the first step but it will certainly not and should not be the last step. While the world has existed for thousands of years it cannot be concluded that all has been detected. Discoveries are left for those who are determined and driven by their will to accomplish. Our heart and mind, body and soul, in collaboration, aspires to accomplish objectives that are deemed impossible. Thus, we are capable of making things possible.