

Marsha's Story

Hi Reader,

You might be wondering why I do all this for free. The simple answer is that I'm retired and want to help others, but sometimes I get a letter like this that really hits me on a personal level and makes it all worthwhile.

"Hi Pete, Thank you for your videos and emails. They are so informative and helpful. My story is a little different than most. 2025 has been a year of chemotherapy (1st infusion New Year's Eve) and surgery May 27 for breast cancer. Prior to my diagnosis I was an avid tennis player and golfer. I'm an over achiever so naturally I have an especially aggressive cancer-- which means the chemo was especially brutal. As I struggled to recover from it, my bad hip hampered my efforts. I could swim laps but walking for exercise was out of the question.

Chemo affects everything and apparently expedited the deterioration of my hip joint. So in a matter of months it deteriorated from nuisance to bone on bone. The original plan was to get me through this year and replace next year when I'm stronger. But the catch 22 was that I couldn't really rehab due to hip pain. So we opted to replace August 11.

Recovery is slow as my strength and stamina are sub par, but I'm optimistic that I'll get there. My rehab will take longer than most but I stopped using any walking aids on day 4. And I can walk about 2,000 steps a day mostly without a limp.

I'm so glad I found your videos as they have been a tremendous help. So straightforward and realistic. Thank you for doing these, you don't know how helpful you are.

P.S. I will turn 70 in September and my friends are throwing me a big party to celebrate me being cancer free (and living to 70)." - Marsha

Marsha's story meant a lot to me because a close friend of ours, Monika, lost her battle with breast cancer many years ago. Monika was a single mom in her 30s and thought she had the cancer under control, but then she relapsed and passed away leaving her 12yo daughter motherless. I can still picture her daughter, Katherine, playing with our kids in the Turtle Sandbox in our back yard...

If you haven't seen it already, the below is a great 90-second introduction to all my content. If you've already seen it, please share it with someone.

Warm Regards,
Pete



[Disclaimer](#)

I am not a healthcare professional, I speak from my personal experience with a hip replacement, from research and what I have learned interacting with thousands of individuals on social media and through my YouTube channel. This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, treatment, or care. Please seek information from a physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program. Remember, you are in charge of your own health.

Pete's Hip Vlog



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