

FIND YOUR MBC VOICE

**Michael's Story
In Loving Memory
Michael Kovarik
1956-2021**

MICHAEL:

Do you hear that?

That is silence.

Silence used to frighten me.

When I was diagnosed with mBC, it was dark. I couldn't see. I was alone.

It was scary to be diagnosed with cancer but to me,

To hear the word metastatic,

That was terrifying.

Metastatic breast cancer felt bigger than me.

In the early days following my diagnosis, it possessed me. It defined me. It erased me.

All my life before cancer, I lived in fear.

I was a people pleaser. I always wanted to be perfect so that people would like me.

I put fear at the head of the line. And I was the last person in line.

But now, my voice was speaking out. I was giving power to those words.

I will not live in fear. I will not live in fear. I will not live in fear anymore.

I began to focus on the gifts of my life. My partner Tim, our dog Polar, the walks that Polar and I would have in the fields behind my house.

I began to use my voice more. In talking with my friends, with my family, with my doctors.

It was where I finally got to that place where I knew I could share my thoughts and my feelings.

These relationships grew, because I was now open and sharing all of me.

I have a favorite room in my home and it speaks to me because it is filled with light.

And, in this room, in a corner between two windows is a chair.

To me, this chair is my safety place.

It is where I sit in the morning with my hands cupped around my mug of tea or coffee.

It is where I begin my day. It is a place that I sit and look inside and just be.

Now, when there's silence, it's a different silence.

It's a silence of reflection. It's a silence of meditation. It's a silence of gratitude.

It is no longer a silence of terror. I am exactly where I need to be.

In challenging my fear, I found my voice.

MICHAEL VO:

My name is Michael Kovarik and mBC will not silence me.

I found my voice. Find yours.

Dedicated in loving memory to our long-time friend Michael, a vibrant voice and unforgettable presence among the breast cancer community. His advocacy and unwavering hope for all people living with mBC will live on.

Michael Kovarik
1956-2021

This video is for U.S. residents only and is intended to be viewed as it was originally produced by Pfizer. The information provided is for educational purposes only and is not intended to replace discussions with a healthcare provider.

