



Bravely photographed bald on *People's* cover last October, award-winning journalist and television's longest-running morning host **Joan Lunden** is cancer free and using her famous profile to encourage others to be proactive about their own longevity.

In the newly released fall issue of [PainPathways](#) Lunden, the former host of ABC's *Good Morning America*, says, "Cancer lit a fire in me to use the public's trust in me to have an impact on this disease and its treatments. I knew that my normal was going to be over when I went on *Good Morning America* and made the announcement. Cancer changes you forever."

Already a health and wellness advocate and best-selling author, this mother of seven doesn't mince words when she talks about her battle with breast cancer in her new book, *Had I Known*.

"Women are stunned to hear I had a clean 3-D mammogram," Lunden says, referring to the normal results she received just weeks before her diagnosis of triple-negative, stage two breast cancer. "But the tumor was way back near my chest wall, and it only showed up with an ultrasound."

Read more about [Lunden's journey](#) in *PainPathways'* **National Pain Awareness Month issue** available online, and in Barnes & Nobles and Hastings booksellers in September.

Other issue features:

- **SPECIAL FEATURE: Opioid Safety & Awareness**
- Opioid-induced Constipation (OIC)
- Integrative Therapies

- Caregiving Tips
- Pelvic Pain
- Talking to Your Boss about Pain
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September is National Pain Awareness Month
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PainPathways MAGAZINE



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