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'This is true love': Cancer stricken Shannen Doherty dedicates sweet Instagram message to husband Kurt Iswarienko on their fifth anniversary

By [SARAH SOTOODEH FOR DAILYMAIL.COM](#)

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Shannen Doherty and her husband Kurt Iswarienko are celebrating their fifth wedding anniversary in Mexico.

The 45-year-old, who is currently battling cancer, shared a sweet photo to her Instagram on Saturday while posing with her beau.

The actress penned a sweet message about her husband in the caption: 'Five years ago today I made one of the best decisions of my life. I said "I do" and married my best friend and soul mate @kurtiswarientko.'



Happiness: Shannen Doherty and her husband Kurt Iswarienko are celebrating their fifth wedding anniversary in Mexico

She penned: 'Life has thrown us some huge curves and we have faced them together with strength, love, passion and a desire to stand next to one another thru it all.'

Shannen, who was pictured wearing jeans with a T-shirt and baseball cap, continued: 'I have learned what partnership truly is with this man.'

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The former 90210 Beverly Hills star added: 'Yes we love to travel and have adventures together like today...hanging out with Vicky the zebra

but everyday is an adventure with Kurt regardless of where we are and what we are going.'

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theshando 5 years ago today I made one of the best decisions of my life. I said "I do" and married my best friend and soul mate @kurtiswarienko Life has thrown us some huge curves and we have faced them together with strength, love, passion and a desire to stand next to one another thru it all. I have learned what partnership truly is with this man. Yes we love to travel and have adventures together like today... hanging out with Vicky the zebra but everyday is an adventure with Kurt regardless of where we are and what we are doing. #thisistruelove #anniversary

© Mexico Instagram

To her love: The 45-year-old, who is currently battling cancer, penned a sweet message about her husband in the caption

Shannen finished off her sweet letter to her other half with:
#thisistruelove #anniversary #mexico.'

The twosome headed to Mexico on Friday; they kicked off their romantic holiday by stopping to take a selfie together.

Th starlet gushed about Mexico City, writing that the 'food scene is on fire here, history, charm...it's got it all.'



21.5k likes

3h

theshando Mexico City. What an amazing place. I've been to many spots in #mexico but never here. The food scene is on fire here, history, charm.... it's got it all including childhood memories for @kurtiswarienko who lived here when he was a kid.

© theshando/Instagram

Staying close: The twosome headed to Mexico on Friday; they kicked off their romantic holiday by stopping to take a selfie together

The Charmed actress also wrote that Kurt lived in the city as a child and has a lot of 'childhood memories' there.

Shannen has been open about her cancer diagnosis.

Last year, she was diagnosed with breast cancer - which spread to her lymph nodes in 2016.

The star told [Entertainment Tonight](#) that she had a single mastectomy.

The lovebirds married on October 15, 2011 in a ceremony held in Malibu.



Devoted: 'Five years ago today I made one of the best decisions of my life. I said "I do" and married my best friend;' seen on September 9 at the Stand Up To Cancer event in LA



Love story: The lovebirds married on October 15, 2011 in a ceremony held in Malibu

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EXCLUSIVE: Shannen Doherty Reveals Her Breast Cancer Has Spread: 'The Unknown Is the Scariest Part'

by Antoinette Bueno 3:01 PM PDT, August 01, 2016

Shannen Doherty has some devastating news about [her battle with breast cancer](#).

The 45-year-old actress reveals her cancer has spread in an exclusive sit-down with ET.

"I had breast cancer that spread to the lymph nodes, and from one of my surgeries we discovered that some of the cancer cells might have actually gone out of the lymph nodes," Doherty tells ET's Jennifer Peros. "So for that reason, we are doing chemo, and then after chemo, I'll do radiation."

WATCH: EXCLUSIVE -- Shannen Doherty Breaks Down Over Cancer Battle: 'I Don't Look Past Today'

Doherty also reveals she had a single mastectomy in May and is open about the most difficult part of fighting cancer.

"The unknown is always the scariest part," she shares. "Is the chemo going to work? Is the radiation going to work? You know, am I going to

have to go through this again, or am I going to get secondary cancer? Everything else is manageable. Pain is manageable, you know living without a breast is manageable, it's the worry of your future and how your future is going to affect the people that you love."

But Doherty has found amazing support from her team of doctors, including the surgeon who performed her mastectomy.

"He didn't want me to wake up with absolutely nothing," she recalls. "It was very important to him that I didn't have that experience, and so, he put an expander in, so I have a tiny something there. It's cute and sometimes we fill it up and make it bigger, and sometimes we reduce it."

"I'm being so personal right now," she acknowledges. "But I think a lot of women can probably go, 'Yeah, I've been through that.' It's great though, you get to pick out what size you want."

WATCH: Jason Priestley Speaks Out on Shannen Doherty's 'Incredibly Brave' Cancer Battle

Still, Doherty did have an emotional reaction to getting fitted for a new bra.

"It was traumatic and horrible, and I didn't think anything of it at the time, then my mom went with me and I broke down crying in the dressing room and ran out," she recalls, now able to laugh about it. "And then sat in the car crying."

Doherty was [diagnosed with breast cancer](#) in February 2015, and has undergone three out of eight rounds of chemotherapy so far. One of the more difficult experiences has been [losing her iconic hair](#) -- the long dark locks and blunt bangs she has sported since her Brenda Walsh days. Thankfully the *Beverly Hills, 90210* actress has the support of her mom, best friends, and her husband of five years, Kurt Iswarienko. With their

help she was able to turn a heartbreaking moment into an inspiring one when she shared photos of herself [shaving her head](#) earlier this month.

WATCH: Shannen Doherty Shares Photo of Her Completely Shaved Head: It Was an 'Impossibly Tough Day'

"After my second treatment, my hair was really matted, like in dreadlocks. And I went to try and brush it out, and it just fell out," Doherty recalls. "I just remember holding onto huge clumps of my hair in my hands, and just running to my mom crying, like, 'My hair, my hair, my hair, my hair, my hair.'"

"It was just shedding and it was driving me crazy," she continues. "It was just clumps, and I was like, 'Just grab the kitchen scissors.' And my mom's like, 'Wait, wait, wait.' I'm just, like, 'Grab it.' She went and grabbed the kitchen scissors, and put it in a ponytail and she just chopped it off. And it was this cute little bob, but it wasn't enough, you know, it was falling out."

WATCH: Shannen Doherty Opens Up About Cancer Battle: People Think I'm 'Unable to Perform'

Eventually, Doherty just decided to shave her entire head.

"We did stages," she recalls. "We did a pixie. And then we did a mohawk, which was my favorite look. And then finally, we had to get the shaver thing and just buzz it off."

Unfortunately, her husband wasn't able to be there with her during the process, but he was still cheering her on.

"He was in Mexico working and he was texting nonstop in the middle of his photoshoot like, 'Give me pictures, and are you OK? I wish I could be there,'" she shares. "He was so stricken that he wasn't there with me but I sent him pictures and videos and he was like, 'Oh my God. You're

hot with no hair.' So you know, everybody kind of made me feel better about it."

PHOTOS: Shannen Doherty Makes First Red Carpet Appearance Since Breast Cancer Announcement

Doherty, who wears scarves over her head -- some personally sent to her by designer Diane von Furstenberg -- also candidly describes her intense battle with the disease.



EXCLUSIVE: Shannen Doherty Opens Up About the Devastating Moment She Decided to Shave Her Head

"I am in bed and it is a rush to the bathroom," she says about her after-chemo experience. "It's, you know, you're throwing up every single second. After my first treatment I lost 10 pounds, instantly. You're throwing up and the last thing you want to do is be in a car. You don't want to be moved, you can't eat. But my husband has to, you know, pick me up. He puts me in the car, he buckles me in, and he drives me to my oncologist and they hook me up to an IV and I get hydrated. ... There's nothing going in my body, it's all going out."

Doherty admits to being self-conscious about her appearance. Though, above all, she hopes to inspire others fighting cancer.

WATCH: Shannen Doherty Chronicles Shaving Her Head Amid Breast Cancer Battle

"People don't realize that cancer -- yes, it ages you -- but also, you can balloon up from the various meds," she explains. "There are so many different reactions you have and so I just -- I didn't want someone to take a picture of me coming out of the grocery store and be like, 'Oh God, look at her.'"

"I wanted to put it out there the way it felt the best for me to put it out there," she adds. "And also, if I could help one person then it makes me go, 'Oh OK.' It's easier to live with having cancer if I know I'm helping at least one person."

WATCH: Ian Ziering on 'Tough Cookie' Shannen Doherty: She Handled '90210' Flap, She Can Fight Cancer

Last Wednesday, ET talked to Doherty's *Beverly Hills, 90210* co-star Jason Priestley, who called his on-screen sister a "tough fighter."

Tune into ET on Monday night for more on Doherty, and watch the video below to hear Priestley's sweet words about her:

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