

WEBVTT

NOTE duration:"00:29:00"

NOTE recognizability:0.885

NOTE language:en-us

NOTE Confidence: 0.848558263571429

00:00:00.000 --> 00:00:01.965 Funding for Yale Cancer Answers

NOTE Confidence: 0.848558263571429

00:00:01.965 --> 00:00:03.930 is provided by Smilow Cancer

NOTE Confidence: 0.848558263571429

00:00:03.997 --> 00:00:05.697 Hospital and Astra Zeneca.

NOTE Confidence: 0.89033146125

00:00:07.900 --> 00:00:09.772 Welcome to Yale Cancer answers with

NOTE Confidence: 0.89033146125

00:00:09.772 --> 00:00:12.614 your host, doctor and East JGP are Yale

NOTE Confidence: 0.89033146125

00:00:12.614 --> 00:00:14.434 Cancer answers features the latest

NOTE Confidence: 0.89033146125

00:00:14.434 --> 00:00:16.665 information on cancer care by welcoming

NOTE Confidence: 0.89033146125

00:00:16.665 --> 00:00:19.171 oncologists and specialists who are on the

NOTE Confidence: 0.89033146125

00:00:19.171 --> 00:00:21.250 forefront of the battle to fight cancer.

NOTE Confidence: 0.89033146125

00:00:21.250 --> 00:00:22.966 This week in honor of Breast

NOTE Confidence: 0.89033146125

00:00:22.966 --> 00:00:23.824 Cancer Awareness Month,

NOTE Confidence: 0.89033146125

00:00:23.830 --> 00:00:25.738 it's part three of a conversation

NOTE Confidence: 0.89033146125

00:00:25.738 --> 00:00:27.010 with breast cancer survivor,

NOTE Confidence: 0.89033146125

00:00:27.010 --> 00:00:27.746 Claudine Maury,
NOTE Confidence: 0.89033146125

00:00:27.746 --> 00:00:30.322 Dr Chad Power as a professor of
NOTE Confidence: 0.89033146125

00:00:30.322 --> 00:00:32.076 surgical oncology at the Yale
NOTE Confidence: 0.89033146125

00:00:32.076 --> 00:00:33.721 School of Medicine and one
NOTE Confidence: 0.89033146125

00:00:33.721 --> 00:00:36.860 of claudine's physicians. For
NOTE Confidence: 0.86176538375

00:00:36.870 --> 00:00:39.830 those of you who have tuned in before,
NOTE Confidence: 0.86176538375

00:00:39.830 --> 00:00:41.910 you'll know that Claudine.
NOTE Confidence: 0.86176538375

00:00:41.910 --> 00:00:44.278 Had a diagnosis of breast cancer seven
NOTE Confidence: 0.86176538375

00:00:44.278 --> 00:00:46.829 years ago when she was just over 40.
NOTE Confidence: 0.86176538375

00:00:46.830 --> 00:00:50.007 Initially she had had a clean bill of health,
NOTE Confidence: 0.86176538375

00:00:50.010 --> 00:00:51.888 found a lump all by herself.
NOTE Confidence: 0.86176538375

00:00:51.890 --> 00:00:54.026 A few days later had a
NOTE Confidence: 0.86176538375

00:00:54.026 --> 00:00:55.450 diagnosis of breast cancer,
NOTE Confidence: 0.86176538375

00:00:55.450 --> 00:00:57.630 went through a big surgery,
NOTE Confidence: 0.86176538375

00:00:57.630 --> 00:01:00.798 found out that it was in her lymph nodes
NOTE Confidence: 0.86176538375

00:01:00.798 --> 00:01:03.922 and we got to the point in the story

NOTE Confidence: 0.86176538375

00:01:03.922 --> 00:01:06.838 where she went to see the oncologist.

NOTE Confidence: 0.86176538375

00:01:06.840 --> 00:01:11.579 And initially was told you need chemotherapy.

NOTE Confidence: 0.86176538375

00:01:11.580 --> 00:01:14.128 You're gonna lose your hair and this

NOTE Confidence: 0.86176538375

00:01:14.128 --> 00:01:15.780 was really devastating for her.

NOTE Confidence: 0.86176538375

00:01:15.780 --> 00:01:18.604 So Claudine we got to the point in

NOTE Confidence: 0.86176538375

00:01:18.604 --> 00:01:21.237 the story where you had found out

NOTE Confidence: 0.86176538375

00:01:21.237 --> 00:01:24.488 from a friend that she had had a

NOTE Confidence: 0.86176538375

00:01:24.488 --> 00:01:26.693 certain kind of chemotherapy where

NOTE Confidence: 0.86176538375

00:01:26.693 --> 00:01:29.476 she didn't lose her hair called

NOTE Confidence: 0.86176538375

00:01:29.476 --> 00:01:32.460 CF and and your oncologist looking

NOTE Confidence: 0.86176538375

00:01:32.460 --> 00:01:35.760 at the size of your cancer.

NOTE Confidence: 0.86176538375

00:01:35.760 --> 00:01:38.890 The fact that it was in your lymph node said.

NOTE Confidence: 0.86176538375

00:01:38.890 --> 00:01:41.050 You know we can do whatever you want to do,

NOTE Confidence: 0.86176538375

00:01:41.050 --> 00:01:45.070 but CF is really 1950s chemotherapy.

NOTE Confidence: 0.86176538375

00:01:45.070 --> 00:01:49.510 I'd really rather treat you with a CT,

NOTE Confidence: 0.86176538375

00:01:49.510 --> 00:01:52.900 which is the gold standard.
NOTE Confidence: 0.86176538375
00:01:52.900 --> 00:01:55.360 And we had left the story
NOTE Confidence: 0.86176538375
00:01:55.360 --> 00:01:57.000 at the cliffhanger there.
NOTE Confidence: 0.86176538375
00:01:57.000 --> 00:01:58.930 So what happened?
NOTE Confidence: 0.927473836666667
00:01:59.920 --> 00:02:03.979 So when she looked at me and she said
NOTE Confidence: 0.927473836666667
00:02:03.979 --> 00:02:08.320 to me that if the cancer came back.
NOTE Confidence: 0.927473836666667
00:02:08.320 --> 00:02:11.660 And she couldn't cure me.
NOTE Confidence: 0.927473836666667
00:02:11.660 --> 00:02:14.484 Like I said, she looked at me with
NOTE Confidence: 0.927473836666667
00:02:14.484 --> 00:02:17.060 such care and such love and she
NOTE Confidence: 0.927473836666667
00:02:17.060 --> 00:02:20.524 didn't even I was a stranger to her.
NOTE Confidence: 0.927473836666667
00:02:20.524 --> 00:02:25.678 And she said, I understand your fear.
NOTE Confidence: 0.927473836666667
00:02:25.678 --> 00:02:29.251 And she said, let's set you
NOTE Confidence: 0.927473836666667
00:02:29.251 --> 00:02:31.199 up with the appointment.
NOTE Confidence: 0.927473836666667
00:02:31.200 --> 00:02:33.384 She said we're going to need to
NOTE Confidence: 0.927473836666667
00:02:33.384 --> 00:02:35.280 run scans because we do need to
NOTE Confidence: 0.927473836666667
00:02:35.280 --> 00:02:37.130 see if it's if it has spread.

NOTE Confidence: 0.927473836666667
00:02:37.130 --> 00:02:39.290 So we'll set up your next
NOTE Confidence: 0.927473836666667
00:02:39.290 --> 00:02:41.599 appointment to have your scans done.
NOTE Confidence: 0.927473836666667
00:02:41.600 --> 00:02:43.255 We'll set up the appointment
NOTE Confidence: 0.927473836666667
00:02:43.255 --> 00:02:45.328 to start the chemo, she said.
NOTE Confidence: 0.927473836666667
00:02:45.328 --> 00:02:47.946 Go home, think about what I've said.
NOTE Confidence: 0.927473836666667
00:02:47.950 --> 00:02:49.728 If you need to do any research.
NOTE Confidence: 0.927473836666667
00:02:49.730 --> 00:02:52.277 If you need to call me and ask me
NOTE Confidence: 0.927473836666667
00:02:52.277 --> 00:02:54.706 any questions I'm here for you.
NOTE Confidence: 0.927473836666667
00:02:54.710 --> 00:02:58.686 And we made the appointments and going home.
NOTE Confidence: 0.927473836666667
00:02:58.690 --> 00:03:03.794 I remember people say to you,
NOTE Confidence: 0.927473836666667
00:03:03.794 --> 00:03:06.787 it's just hair, it'll grow back.
NOTE Confidence: 0.927473836666667
00:03:06.787 --> 00:03:10.210 If you haven't ever lost your hair before.
NOTE Confidence: 0.927473836666667
00:03:10.210 --> 00:03:11.521 As a female,
NOTE Confidence: 0.927473836666667
00:03:11.521 --> 00:03:16.090 please don't say that to anybody because.
NOTE Confidence: 0.927473836666667
00:03:16.090 --> 00:03:19.365 You just don't understand until
NOTE Confidence: 0.927473836666667

00:03:19.365 --> 00:03:24.409 it happens and for me.
NOTE Confidence: 0.927473836666667

00:03:24.410 --> 00:03:28.649 That was the hardest part of all of this.
NOTE Confidence: 0.927473836666667

00:03:28.650 --> 00:03:32.598 UM, but I did go home,
NOTE Confidence: 0.927473836666667

00:03:32.600 --> 00:03:35.160 and I did think about it and I
NOTE Confidence: 0.927473836666667

00:03:35.160 --> 00:03:37.663 remember sitting on the porch and I was
NOTE Confidence: 0.927473836666667

00:03:37.663 --> 00:03:40.159 talking to my husband and I said to him,
NOTE Confidence: 0.927473836666667

00:03:40.160 --> 00:03:41.260 I really.
NOTE Confidence: 0.927473836666667

00:03:41.260 --> 00:03:45.660 Think that she needs to be my doctor.
NOTE Confidence: 0.927473836666667

00:03:45.660 --> 00:03:50.830 I said because she really cares and.
NOTE Confidence: 0.927473836666667

00:03:50.830 --> 00:03:54.814 I'm going to take her advice so September
NOTE Confidence: 0.927473836666667

00:03:54.814 --> 00:03:58.816 11th it was actually our anniversary.
NOTE Confidence: 0.927473836666667

00:03:58.820 --> 00:04:02.157 UM was the day that I had to go in and get
NOTE Confidence: 0.927473836666667

00:04:02.157 --> 00:04:05.966 all of my scans done to see if it had spread.
NOTE Confidence: 0.927473836666667

00:04:05.970 --> 00:04:08.386 We did find out that it didn't spread,
NOTE Confidence: 0.927473836666667

00:04:08.390 --> 00:04:10.140 so that was good news.
NOTE Confidence: 0.927473836666667

00:04:10.140 --> 00:04:10.550 Yes,

NOTE Confidence: 0.927473836666667
00:04:10.550 --> 00:04:13.010 that was probably the best news,
NOTE Confidence: 0.927473836666667
00:04:13.010 --> 00:04:14.552 but I still of course needed
NOTE Confidence: 0.927473836666667
00:04:14.552 --> 00:04:15.970 to go through with chemo.
NOTE Confidence: 0.927473836666667
00:04:15.970 --> 00:04:18.940 So then we start this wonderful
NOTE Confidence: 0.927473836666667
00:04:18.940 --> 00:04:20.920 thing called chemo training.
NOTE Confidence: 0.927473836666667
00:04:20.920 --> 00:04:22.792 Where you meet this amazing nurse
NOTE Confidence: 0.927473836666667
00:04:22.792 --> 00:04:24.452 who gives you this fabulous
NOTE Confidence: 0.927473836666667
00:04:24.452 --> 00:04:26.540 book of all the information that
NOTE Confidence: 0.927473836666667
00:04:26.540 --> 00:04:28.429 you really don't want to know.
NOTE Confidence: 0.8741345
00:04:30.010 --> 00:04:31.730 And she tells you all about
NOTE Confidence: 0.8741345
00:04:31.730 --> 00:04:33.270 what's gonna happen over the next
NOTE Confidence: 0.75832507
00:04:33.280 --> 00:04:38.378 16 weeks. Come back to episode one.
NOTE Confidence: 0.75832507
00:04:38.380 --> 00:04:41.692 When I asked the question why me I got
NOTE Confidence: 0.75832507
00:04:41.692 --> 00:04:43.834 the answer because I had something to
NOTE Confidence: 0.75832507
00:04:43.834 --> 00:04:47.518 learn and after that my attitude changed.
NOTE Confidence: 0.75832507

00:04:47.520 --> 00:04:48.980 I'm going to be OK,
NOTE Confidence: 0.75832507

00:04:48.980 --> 00:04:50.639 I just need to get through this.
NOTE Confidence: 0.75832507

00:04:50.640 --> 00:04:53.016 I just literally kept saying I just need to
NOTE Confidence: 0.75832507

00:04:53.016 --> 00:04:55.820 get through this and eat turtle that came.
NOTE Confidence: 0.75832507

00:04:55.820 --> 00:04:57.430 I jumped over the hurdle.
NOTE Confidence: 0.75832507

00:04:57.430 --> 00:05:00.967 UM, but I did have to have a port
NOTE Confidence: 0.75832507

00:05:00.967 --> 00:05:04.298 installed which I do recommend to anyone.
NOTE Confidence: 0.75832507

00:05:04.300 --> 00:05:06.943 Or if they do have to go through chemo to
NOTE Confidence: 0.75832507

00:05:06.943 --> 00:05:09.447 get the port because it is extremely helpful.
NOTE Confidence: 0.75832507

00:05:09.450 --> 00:05:11.090 It's not uncomfortable when you're
NOTE Confidence: 0.75832507

00:05:11.090 --> 00:05:13.274 getting chemo put through you or any
NOTE Confidence: 0.75832507

00:05:13.274 --> 00:05:14.989 other blood work or any other thing,
NOTE Confidence: 0.75832507

00:05:14.990 --> 00:05:17.240 because any Ivy can just go right through the
NOTE Confidence: 0.75832507

00:05:17.240 --> 00:05:18.947 port so it does make it really convenient.
NOTE Confidence: 0.75832507

00:05:18.947 --> 00:05:20.843 If you do have to go for those
NOTE Confidence: 0.75832507

00:05:20.843 --> 00:05:22.294 chemo treatments or whatever other

NOTE Confidence: 0.75832507

00:05:22.294 --> 00:05:24.290 treatments that you need to go for.

NOTE Confidence: 0.75832507

00:05:24.290 --> 00:05:26.390 So even though I hated it,

NOTE Confidence: 0.75832507

00:05:26.390 --> 00:05:28.210 I it was a love hate relationship.

NOTE Confidence: 0.75832507

00:05:28.210 --> 00:05:29.876 I I did, I did celebrate the

NOTE Confidence: 0.75832507

00:05:29.876 --> 00:05:31.610 day that it did get removed.

NOTE Confidence: 0.75832507

00:05:31.610 --> 00:05:32.906 I did pretty much have a

NOTE Confidence: 0.75832507

00:05:32.906 --> 00:05:34.180 party that day for myself.

NOTE Confidence: 0.75832507

00:05:34.180 --> 00:05:35.952 Uhm, but it does.

NOTE Confidence: 0.75832507

00:05:35.952 --> 00:05:39.560 It is a blessing to have that so.

NOTE Confidence: 0.75832507

00:05:39.560 --> 00:05:40.520 I was very grateful.

NOTE Confidence: 0.893049437333333

00:05:40.530 --> 00:05:42.306 You know there's so many things

NOTE Confidence: 0.893049437333333

00:05:42.306 --> 00:05:43.834 about cancer treatment that are

NOTE Confidence: 0.893049437333333

00:05:43.834 --> 00:05:45.332 a love hate relationship, right?

NOTE Confidence: 0.893049437333333

00:05:45.332 --> 00:05:48.860 Oh my God, you you really hate chemo,

NOTE Confidence: 0.893049437333333

00:05:48.860 --> 00:05:50.876 but you know that it comes from

NOTE Confidence: 0.893049437333333

00:05:50.876 --> 00:05:53.494 a place of love that that that
NOTE Confidence: 0.893049437333333

00:05:53.494 --> 00:05:55.174 your oncologist really wants.
NOTE Confidence: 0.893049437333333

00:05:55.180 --> 00:05:58.024 But what's best for you and the same for
NOTE Confidence: 0.893049437333333

00:05:58.024 --> 00:06:02.450 the port and the same for everything else.
NOTE Confidence: 0.893049437333333

00:06:02.450 --> 00:06:04.893 I think that what you said was
NOTE Confidence: 0.893049437333333

00:06:04.893 --> 00:06:07.109 really true in the sense that
NOTE Confidence: 0.893049437333333

00:06:07.110 --> 00:06:08.910 keeping a positive attitude,
NOTE Confidence: 0.893049437333333

00:06:08.910 --> 00:06:12.060 knowing that you can get through this,
NOTE Confidence: 0.893049437333333

00:06:12.060 --> 00:06:14.460 UM is so important
NOTE Confidence: 0.92182679

00:06:15.100 --> 00:06:17.108 and you know, I honestly, I was like,
NOTE Confidence: 0.92182679

00:06:17.108 --> 00:06:18.940 OK, let's get this started because I want
NOTE Confidence: 0.92182679

00:06:18.990 --> 00:06:21.540 this to be over as soon as possible. And
NOTE Confidence: 0.84361905

00:06:22.070 --> 00:06:23.960 you know the fear is
NOTE Confidence: 0.8236687505

00:06:23.970 --> 00:06:24.714 of the horror stories.
NOTE Confidence: 0.8236687505

00:06:24.714 --> 00:06:26.228 So all of the horror stories where you
NOTE Confidence: 0.8236687505

00:06:26.228 --> 00:06:27.660 know you think you're going to be sick.

NOTE Confidence: 0.8236687505

00:06:27.660 --> 00:06:28.992 You think you're going to be in bed for

NOTE Confidence: 0.8236687505

00:06:28.992 --> 00:06:30.569 16 weeks and you're not gonna be able to

NOTE Confidence: 0.8236687505

00:06:30.569 --> 00:06:31.947 do anything you're gonna be throwing up,

NOTE Confidence: 0.8236687505

00:06:31.950 --> 00:06:34.560 and you know you just all the horror stories.

NOTE Confidence: 0.8236687505

00:06:34.560 --> 00:06:36.480 So. And of course,

NOTE Confidence: 0.8236687505

00:06:36.480 --> 00:06:38.584 everyone takes it differently.

NOTE Confidence: 0.8236687505

00:06:38.584 --> 00:06:41.474 Everybody responds differently to drugs,

NOTE Confidence: 0.8236687505

00:06:41.480 --> 00:06:43.469 so you never know what you're going to get.

NOTE Confidence: 0.8236687505

00:06:43.470 --> 00:06:45.162 You just don't really know how

NOTE Confidence: 0.8236687505

00:06:45.162 --> 00:06:46.989 your body is going to respond.

NOTE Confidence: 0.8236687505

00:06:46.990 --> 00:06:49.174 She did say to me in chemo

NOTE Confidence: 0.8236687505

00:06:49.174 --> 00:06:50.629 training that exercise is key.

NOTE Confidence: 0.8236687505

00:06:50.630 --> 00:06:51.530 No matter what you do,

NOTE Confidence: 0.8236687505

00:06:51.530 --> 00:06:53.150 even if it's just a walk,

NOTE Confidence: 0.8236687505

00:06:53.150 --> 00:06:54.710 because it just helps everything.

NOTE Confidence: 0.8236687505

00:06:54.710 --> 00:06:56.780 It helps the toxins get out of your body,
NOTE Confidence: 0.8236687505

00:06:56.780 --> 00:06:58.229 which is what you want to do.
NOTE Confidence: 0.8236687505

00:06:58.230 --> 00:07:01.137 You want to drink lots of water and you
NOTE Confidence: 0.8236687505

00:07:01.137 --> 00:07:03.725 want to exercise and you know of course,
NOTE Confidence: 0.8236687505

00:07:03.725 --> 00:07:05.342 like when I was going through surgery,
NOTE Confidence: 0.8236687505

00:07:05.342 --> 00:07:07.956 I kept saying when can I get back to the gym?
NOTE Confidence: 0.8236687505

00:07:07.960 --> 00:07:09.288 When can I get back to the gym?
NOTE Confidence: 0.8236687505

00:07:09.290 --> 00:07:09.460 I
NOTE Confidence: 0.916365914

00:07:09.470 --> 00:07:11.356 was like a broken record. They're like,
NOTE Confidence: 0.916365914

00:07:11.356 --> 00:07:13.757 well, you gotta heal state 10 weeks
NOTE Confidence: 0.948559394210526

00:07:13.770 --> 00:07:15.818 just from surgery and I did have to
NOTE Confidence: 0.948559394210526

00:07:15.818 --> 00:07:17.814 go to physical therapy because I
NOTE Confidence: 0.948559394210526

00:07:17.814 --> 00:07:20.158 could only raise my arms chest level.
NOTE Confidence: 0.948559394210526

00:07:20.158 --> 00:07:22.430 So I did need to work on getting
NOTE Confidence: 0.948559394210526

00:07:22.501 --> 00:07:24.016 my range of motion back.
NOTE Confidence: 0.948559394210526

00:07:24.020 --> 00:07:29.078 Uhm, I did deal with Lymphoedema,

NOTE Confidence: 0.948559394210526
00:07:29.080 --> 00:07:32.428 which although they said is rare,
NOTE Confidence: 0.948559394210526
00:07:32.430 --> 00:07:34.495 I did have to deal with it
NOTE Confidence: 0.948559394210526
00:07:34.500 --> 00:07:37.260 and I will say to people,
NOTE Confidence: 0.948559394210526
00:07:37.260 --> 00:07:39.276 once people have lymphoedema or the
NOTE Confidence: 0.948559394210526
00:07:39.280 --> 00:07:40.828 there's that big fear around lymphoedema.
NOTE Confidence: 0.948559394210526
00:07:40.828 --> 00:07:42.780 And no I didn't know what the hell
NOTE Confidence: 0.948559394210526
00:07:42.827 --> 00:07:44.346 it wasn't till of course get slapped
NOTE Confidence: 0.948559394210526
00:07:44.346 --> 00:07:46.496 in the face with it and it is your
NOTE Confidence: 0.948559394210526
00:07:46.496 --> 00:07:49.176 arms or you know part of your body
NOTE Confidence: 0.948559394210526
00:07:49.176 --> 00:07:51.416 swelling because the lymph nodes.
NOTE Confidence: 0.948559394210526
00:07:51.420 --> 00:07:53.838 Now fluid has to find different
NOTE Confidence: 0.948559394210526
00:07:53.838 --> 00:07:55.047 ways to travel,
NOTE Confidence: 0.948559394210526
00:07:55.050 --> 00:07:57.395 so it does kind of get trapped.
NOTE Confidence: 0.948559394210526
00:07:57.400 --> 00:07:59.512 So the physical therapist did help
NOTE Confidence: 0.948559394210526
00:07:59.512 --> 00:08:02.108 with massage to try and start getting
NOTE Confidence: 0.948559394210526

00:08:02.108 --> 00:08:04.340 that fluid to move into different
NOTE Confidence: 0.948559394210526

00:08:04.340 --> 00:08:06.700 areas and get other lymph nodes to
NOTE Confidence: 0.948559394210526

00:08:06.700 --> 00:08:08.862 work and filter that fluid out.
NOTE Confidence: 0.948559394210526

00:08:08.862 --> 00:08:11.067 And immediately people are like
NOTE Confidence: 0.944356331818182

00:08:11.270 --> 00:08:12.322 Oh my God, OK,
NOTE Confidence: 0.944356331818182

00:08:12.322 --> 00:08:14.180 you can't lift anything with that arm.
NOTE Confidence: 0.944356331818182

00:08:14.180 --> 00:08:16.161 Don't lift your bag, don't lift your
NOTE Confidence: 0.944356331818182

00:08:16.161 --> 00:08:18.088 personal carry a person on that arm.
NOTE Confidence: 0.944356331818182

00:08:18.090 --> 00:08:20.374 If you have make sure you have
NOTE Confidence: 0.944356331818182

00:08:20.374 --> 00:08:21.634 a an emergency kit because.
NOTE Confidence: 0.944356331818182

00:08:21.640 --> 00:08:22.756 God forbid don't let it bleed.
NOTE Confidence: 0.944356331818182

00:08:22.760 --> 00:08:24.174 You know you can't get it cut.
NOTE Confidence: 0.944356331818182

00:08:24.180 --> 00:08:28.788 Oh my God, people calm down.
NOTE Confidence: 0.944356331818182

00:08:28.790 --> 00:08:31.230 Again, don't live in fear.
NOTE Confidence: 0.944356331818182

00:08:31.230 --> 00:08:33.610 I continued to use that arm.
NOTE Confidence: 0.944356331818182

00:08:33.610 --> 00:08:35.040 I continued when

NOTE Confidence: 0.939003800666667

00:08:35.050 --> 00:08:36.602 I was able to get back to the

NOTE Confidence: 0.939003800666667

00:08:36.602 --> 00:08:38.147 gym and I lifted weight and I

NOTE Confidence: 0.939003800666667

00:08:38.150 --> 00:08:40.144 did everything that I used to do.

NOTE Confidence: 0.939003800666667

00:08:40.144 --> 00:08:42.388 And guess what? It got better,

NOTE Confidence: 0.857460668666666

00:08:42.710 --> 00:08:45.342 yeah, and that's such a key point

NOTE Confidence: 0.857460668666666

00:08:45.342 --> 00:08:48.017 because it is a common misperception

NOTE Confidence: 0.857460668666666

00:08:48.017 --> 00:08:51.433 that if you have lymphoedema or you're

NOTE Confidence: 0.857460668666666

00:08:51.516 --> 00:08:54.444 at risk of getting lymphoedema that

NOTE Confidence: 0.857460668666666

00:08:54.444 --> 00:08:57.466 lifting weights will make it worse.

NOTE Confidence: 0.857460668666666

00:08:57.466 --> 00:08:59.598 There's actually randomized control

NOTE Confidence: 0.857460668666666

00:08:59.598 --> 00:09:02.840 trial data that lifting weights actually

NOTE Confidence: 0.857460668666666

00:09:02.840 --> 00:09:06.160 makes it better. So I am so glad,

NOTE Confidence: 0.857460668666666

00:09:06.160 --> 00:09:11.522 right like you should live your life, I mean.

NOTE Confidence: 0.857460668666666

00:09:11.522 --> 00:09:13.808 I tell patients that the reason

NOTE Confidence: 0.857460668666666

00:09:13.808 --> 00:09:16.289 why we're treating this cancer.

NOTE Confidence: 0.857460668666666

00:09:16.290 --> 00:09:18.570 Is so that you can live your life.
NOTE Confidence: 0.8574606686666666

00:09:18.570 --> 00:09:21.274 We're going to take care of the cancer
NOTE Confidence: 0.8574606686666666

00:09:21.280 --> 00:09:23.086 so that you can live your life.
NOTE Confidence: 0.8574606686666666

00:09:23.090 --> 00:09:25.708 You're not going to put your life
NOTE Confidence: 0.8574606686666666

00:09:25.708 --> 00:09:27.536 on hold because of this cancer.
NOTE Confidence: 0.8574606686666666

00:09:27.536 --> 00:09:29.684 We're going to deal with the cancer so
NOTE Confidence: 0.8574606686666666

00:09:29.684 --> 00:09:34.280 that you can live your life exactly. So
NOTE Confidence: 0.8236610866666667

00:09:34.310 --> 00:09:35.039 the whole reason
NOTE Confidence: 0.9164564666666667

00:09:35.050 --> 00:09:38.368 why I got cancer to remember
NOTE Confidence: 0.9164564666666667

00:09:38.370 --> 00:09:40.688 to get back to living life.
NOTE Confidence: 0.9164564666666667

00:09:40.690 --> 00:09:42.018 Yeah, 'cause we forget
NOTE Confidence: 0.9702334233333334

00:09:42.500 --> 00:09:44.516 and I think that that is one
NOTE Confidence: 0.9702334233333334

00:09:44.516 --> 00:09:46.319 of the biggest lessons that.
NOTE Confidence: 0.9702334233333334

00:09:46.320 --> 00:09:49.056 People who go through cancer get and I
NOTE Confidence: 0.9702334233333334

00:09:49.056 --> 00:09:51.620 think it's one of those lessons that
NOTE Confidence: 0.9702334233333334

00:09:51.620 --> 00:09:53.906 people who have not gotten cancer

NOTE Confidence: 0.970233423333334
00:09:53.906 --> 00:09:56.294 should remember is that you know,
NOTE Confidence: 0.970233423333334
00:09:56.300 --> 00:09:57.920 every day is a gift.
NOTE Confidence: 0.970233423333334
00:09:57.920 --> 00:09:59.525 That's why it's called the
NOTE Confidence: 0.970233423333334
00:09:59.525 --> 00:10:00.591 present and you know,
NOTE Confidence: 0.970233423333334
00:10:00.591 --> 00:10:02.320 we need to live our lives in
NOTE Confidence: 0.970233423333334
00:10:02.380 --> 00:10:04.312 the present and we need to be
NOTE Confidence: 0.970233423333334
00:10:04.312 --> 00:10:06.121 grateful for what we have and we
NOTE Confidence: 0.970233423333334
00:10:06.121 --> 00:10:07.834 need to live life to the fullest.
NOTE Confidence: 0.970233423333334
00:10:07.834 --> 00:10:10.840 And we need to love the people around us.
NOTE Confidence: 0.970233423333334
00:10:10.840 --> 00:10:12.898 Because you know,
NOTE Confidence: 0.970233423333334
00:10:12.898 --> 00:10:16.800 you don't really need the big seat
NOTE Confidence: 0.970233423333334
00:10:16.800 --> 00:10:19.760 to give you that epiphany, but man,
NOTE Confidence: 0.970233423333334
00:10:19.760 --> 00:10:21.740 boy, if you get that diagnosis,
NOTE Confidence: 0.970233423333334
00:10:21.740 --> 00:10:23.525 it really does give you that epiphany.
NOTE Confidence: 0.75028851
00:10:24.210 --> 00:10:27.456 I said, you know my life.
NOTE Confidence: 0.75028851

00:10:27.460 --> 00:10:30.120 I was very off balance.
NOTE Confidence: 0.75028851

00:10:30.120 --> 00:10:32.328 My life was completely.
NOTE Confidence: 0.75028851

00:10:32.328 --> 00:10:35.640 I was the example of someone
NOTE Confidence: 0.75028851

00:10:35.750 --> 00:10:38.828 that had no work life balance
NOTE Confidence: 0.75028851

00:10:38.830 --> 00:10:41.520 and I said to myself.
NOTE Confidence: 0.75028851

00:10:41.520 --> 00:10:43.200 You know I can't get like a
NOTE Confidence: 0.75028851

00:10:43.200 --> 00:10:44.558 little small kick in the ***.
NOTE Confidence: 0.75028851

00:10:44.560 --> 00:10:45.056 No, I get it.
NOTE Confidence: 0.75028851

00:10:45.056 --> 00:10:47.388 I need to get a big kick in the ****
NOTE Confidence: 0.788621044

00:10:47.860 --> 00:10:49.390 for me to really like
NOTE Confidence: 0.9258352033333333

00:10:49.400 --> 00:10:54.026 wake up and my entire perspective
NOTE Confidence: 0.9258352033333333

00:10:54.026 --> 00:10:56.339 changed my priorities.
NOTE Confidence: 0.9258352033333333

00:10:56.340 --> 00:11:00.228 Changed the way I handled work.
NOTE Confidence: 0.9258352033333333

00:11:00.230 --> 00:11:03.968 Changed because we get on this.
NOTE Confidence: 0.9258352033333333

00:11:03.970 --> 00:11:05.460 We're like these little hamsters
NOTE Confidence: 0.9258352033333333

00:11:05.460 --> 00:11:07.774 on the wheel and we run, run, run,

NOTE Confidence: 0.9258352033333333
00:11:07.774 --> 00:11:09.643 run, run and we think that making
NOTE Confidence: 0.9258352033333333
00:11:09.643 --> 00:11:11.607 more money and getting the bigger
NOTE Confidence: 0.9258352033333333
00:11:11.607 --> 00:11:13.247 job and getting the promotion.
NOTE Confidence: 0.9258352033333333
00:11:13.250 --> 00:11:15.635 And having the big house in the car and
NOTE Confidence: 0.9258352033333333
00:11:15.635 --> 00:11:18.010 all this other stuff is so important.
NOTE Confidence: 0.9258352033333333
00:11:18.010 --> 00:11:19.738 And then you get a slap in the face,
NOTE Confidence: 0.9258352033333333
00:11:19.740 --> 00:11:22.038 and you're like, Oh my God,
NOTE Confidence: 0.9258352033333333
00:11:22.040 --> 00:11:24.020 everything that I thought was so
NOTE Confidence: 0.9258352033333333
00:11:24.020 --> 00:11:26.040 important is so not important.
NOTE Confidence: 0.9258352033333333
00:11:26.040 --> 00:11:28.245 I'm not spending time with my family.
NOTE Confidence: 0.9258352033333333
00:11:28.250 --> 00:11:30.130 I'm not living life.
NOTE Confidence: 0.9258352033333333
00:11:30.130 --> 00:11:32.950 I'm not enjoying waking up every
NOTE Confidence: 0.9258352033333333
00:11:33.039 --> 00:11:36.367 day because I have to do this job
NOTE Confidence: 0.9258352033333333
00:11:36.367 --> 00:11:38.979 that consumes every minute of my.
NOTE Confidence: 0.9258352033333333
00:11:38.980 --> 00:11:41.896 Yeah, my brain of my energy.
NOTE Confidence: 0.9258352033333333

00:11:41.900 --> 00:11:44.040 I'm not getting in the gym like I want to.

NOTE Confidence: 0.925835203333333

00:11:44.040 --> 00:11:46.628 I'm not in, you know, I'm not.

NOTE Confidence: 0.925835203333333

00:11:46.628 --> 00:11:49.526 I'm not doing the things that make

NOTE Confidence: 0.925835203333333

00:11:49.526 --> 00:11:52.750 me happy yeah but we get stuck

NOTE Confidence: 0.925835203333333

00:11:52.750 --> 00:11:55.020 until something like this happens.

NOTE Confidence: 0.925835203333333

00:11:55.020 --> 00:11:58.300 And what I learned was.

NOTE Confidence: 0.925835203333333

00:11:58.300 --> 00:12:01.940 I am going to make it a mission.

NOTE Confidence: 0.925835203333333

00:12:01.940 --> 00:12:05.192 To make sure that I can pay forward

NOTE Confidence: 0.925835203333333

00:12:05.192 --> 00:12:08.560 and I can teach people what I learned.

NOTE Confidence: 0.925835203333333

00:12:08.560 --> 00:12:10.780 Without them having to go through

NOTE Confidence: 0.925835203333333

00:12:10.780 --> 00:12:12.250 what I went through,

NOTE Confidence: 0.925835203333333

00:12:12.250 --> 00:12:12.750 so

NOTE Confidence: 0.933532192307692

00:12:12.760 --> 00:12:14.643 important and it reminds me of something

NOTE Confidence: 0.933532192307692

00:12:14.643 --> 00:12:17.172 you said in the first show, which was.

NOTE Confidence: 0.933532192307692

00:12:17.172 --> 00:12:21.540 If you had to do it all over again.

NOTE Confidence: 0.933532192307692

00:12:21.540 --> 00:12:24.529 Would you go through cancer to learn

NOTE Confidence: 0.933532192307692
00:12:24.529 --> 00:12:27.910 that lesson and you said absolutely
NOTE Confidence: 0.873151227
00:12:28.200 --> 00:12:30.438 every every day. I would say
NOTE Confidence: 0.873151227
00:12:30.438 --> 00:12:31.930 the same answer absolutely.
NOTE Confidence: 0.919753629
00:12:32.990 --> 00:12:34.726 We're going to take a short break
NOTE Confidence: 0.919753629
00:12:34.726 --> 00:12:36.583 for a medical minute and learn more
NOTE Confidence: 0.919753629
00:12:36.583 --> 00:12:38.513 about all of the lessons you learned
NOTE Confidence: 0.919753629
00:12:38.513 --> 00:12:40.253 through your cancer journey so that
NOTE Confidence: 0.919753629
00:12:40.253 --> 00:12:42.750 you can pay it forward to our audience.
NOTE Confidence: 0.919753629
00:12:42.750 --> 00:12:43.638 Please stay tuned.
NOTE Confidence: 0.9042892933333333
00:12:44.070 --> 00:12:46.030 Funding for Yale Cancer answers
NOTE Confidence: 0.9042892933333333
00:12:46.030 --> 00:12:47.990 comes from Astra Zeneca dedicated
NOTE Confidence: 0.9042892933333333
00:12:48.054 --> 00:12:49.924 to advancing options and providing
NOTE Confidence: 0.9042892933333333
00:12:49.924 --> 00:12:52.280 hope for people living with cancer.
NOTE Confidence: 0.9042892933333333
00:12:52.280 --> 00:12:57.880 More information at Astra Zeneca Dash us.com.
NOTE Confidence: 0.9042892933333333
00:12:57.880 --> 00:13:00.004 The American Cancer Society
NOTE Confidence: 0.9042892933333333

00:13:00.004 --> 00:13:02.352 estimates that nearly 150,000 people
NOTE Confidence: 0.9042892933333333

00:13:02.352 --> 00:13:04.984 in the US will be diagnosed with
NOTE Confidence: 0.9042892933333333

00:13:04.984 --> 00:13:06.920 colorectal cancer this year alone.
NOTE Confidence: 0.9042892933333333

00:13:06.920 --> 00:13:09.045 When detected early colorectal cancer
NOTE Confidence: 0.9042892933333333

00:13:09.045 --> 00:13:11.760 is easily treated and highly curable,
NOTE Confidence: 0.9042892933333333

00:13:11.760 --> 00:13:13.824 and men and women over the age of
NOTE Confidence: 0.9042892933333333

00:13:13.824 --> 00:13:15.603 45 should have regular colonoscopies
NOTE Confidence: 0.9042892933333333

00:13:15.603 --> 00:13:17.593 to screen for the disease.
NOTE Confidence: 0.9042892933333333

00:13:17.600 --> 00:13:19.000 Patients with colorectal cancer
NOTE Confidence: 0.9042892933333333

00:13:19.000 --> 00:13:21.100 have more hope than ever before,
NOTE Confidence: 0.9042892933333333

00:13:21.100 --> 00:13:24.022 thanks to increased access to advanced
NOTE Confidence: 0.9042892933333333

00:13:24.022 --> 00:13:25.970 therapies and specialized care.
NOTE Confidence: 0.9042892933333333

00:13:25.970 --> 00:13:27.458 Clinical trials are currently
NOTE Confidence: 0.9042892933333333

00:13:27.458 --> 00:13:28.574 underway at FEDERALI.
NOTE Confidence: 0.9042892933333333

00:13:28.580 --> 00:13:29.930 Designated comprehensive cancer
NOTE Confidence: 0.9042892933333333

00:13:29.930 --> 00:13:32.630 centers such as Yale Cancer Center

NOTE Confidence: 0.9042892933333333

00:13:32.630 --> 00:13:35.173 and at Smilow Cancer Hospital to

NOTE Confidence: 0.9042892933333333

00:13:35.173 --> 00:13:37.198 test innovative new treatments for

NOTE Confidence: 0.9042892933333333

00:13:37.266 --> 00:13:39.740 colorectal cancer tumor gene analysis

NOTE Confidence: 0.9042892933333333

00:13:39.740 --> 00:13:42.040 has helped improve management of

NOTE Confidence: 0.9042892933333333

00:13:42.040 --> 00:13:44.372 colorectal cancer by identifying the

NOTE Confidence: 0.9042892933333333

00:13:44.372 --> 00:13:47.054 patients most likely to benefit from

NOTE Confidence: 0.9042892933333333

00:13:47.054 --> 00:13:49.278 chemotherapy and newer targeted agents,

NOTE Confidence: 0.9042892933333333

00:13:49.280 --> 00:13:52.148 resulting in more patient specific treatment.

NOTE Confidence: 0.9042892933333333

00:13:52.150 --> 00:13:55.220 More information is available at

NOTE Confidence: 0.9042892933333333

00:13:55.220 --> 00:13:56.762 yalecancercenter.org you're listening

NOTE Confidence: 0.9042892933333333

00:13:56.762 --> 00:13:58.818 to Connecticut Public Radio.

NOTE Confidence: 0.9042892933333333

00:13:58.820 --> 00:13:59.340 Welcome

NOTE Confidence: 0.842687604

00:13:59.350 --> 00:14:00.990 back to Yale Cancer answers.

NOTE Confidence: 0.842687604

00:14:00.990 --> 00:14:02.880 This is doctor in East Rag Park

NOTE Confidence: 0.842687604

00:14:02.880 --> 00:14:04.930 and I'm joined tonight by my guest,

NOTE Confidence: 0.842687604

00:14:04.930 --> 00:14:05.804 Claudine Maury.
NOTE Confidence: 0.842687604

00:14:05.804 --> 00:14:07.989 We're talking about her journey
NOTE Confidence: 0.842687604

00:14:07.989 --> 00:14:10.617 through breast cancer and all of the
NOTE Confidence: 0.842687604

00:14:10.617 --> 00:14:12.800 lessons that she learned along the way.
NOTE Confidence: 0.842687604

00:14:12.800 --> 00:14:15.278 So Claudine, before the break we were
NOTE Confidence: 0.842687604

00:14:15.278 --> 00:14:17.623 talking about how you didn't really
NOTE Confidence: 0.842687604

00:14:17.623 --> 00:14:19.638 want to go through chemotherapy,
NOTE Confidence: 0.842687604

00:14:19.640 --> 00:14:22.490 but you went through chemotherapy.
NOTE Confidence: 0.842687604

00:14:22.490 --> 00:14:25.244 And you had mentioned that you
NOTE Confidence: 0.842687604

00:14:25.244 --> 00:14:28.500 really didn't want to lose your hair.
NOTE Confidence: 0.842687604

00:14:28.500 --> 00:14:30.024 Did you lose your hair and
NOTE Confidence: 0.842687604

00:14:30.024 --> 00:14:31.040 what was that like?
NOTE Confidence: 0.891255416470588

00:14:32.560 --> 00:14:34.765 Well, since I've pretty much
NOTE Confidence: 0.891255416470588

00:14:34.765 --> 00:14:37.345 figured it was inevitable that I
NOTE Confidence: 0.891255416470588

00:14:37.345 --> 00:14:39.622 was going to lose my hair, I'm like,
NOTE Confidence: 0.891255416470588

00:14:39.622 --> 00:14:41.309 OK, so I'm going to be prepared.

NOTE Confidence: 0.891255416470588

00:14:41.310 --> 00:14:43.814 So I did do some research on that,

NOTE Confidence: 0.891255416470588

00:14:43.820 --> 00:14:47.348 and I found this company online where

NOTE Confidence: 0.891255416470588

00:14:47.348 --> 00:14:50.218 they actually come to your house.

NOTE Confidence: 0.891255416470588

00:14:50.220 --> 00:14:52.740 You send them a picture of what you

NOTE Confidence: 0.891255416470588

00:14:52.740 --> 00:14:55.330 look like with her and they come to

NOTE Confidence: 0.891255416470588

00:14:55.330 --> 00:14:57.569 your house and they bring you up.

NOTE Confidence: 0.891255416470588

00:14:57.570 --> 00:15:00.894 Assortment of wigs that will fit

NOTE Confidence: 0.891255416470588

00:15:00.894 --> 00:15:03.875 your look an you can try them on

NOTE Confidence: 0.891255416470588

00:15:03.875 --> 00:15:06.181 and they will do a little cut and

NOTE Confidence: 0.891255416470588

00:15:06.181 --> 00:15:08.712 make them you know so that it fits

NOTE Confidence: 0.891255416470588

00:15:08.712 --> 00:15:10.410 your face and this amazing.

NOTE Confidence: 0.891255416470588

00:15:10.410 --> 00:15:12.860 Within a week I had an appointment

NOTE Confidence: 0.891255416470588

00:15:12.929 --> 00:15:15.297 and because OK so I knew when I

NOTE Confidence: 0.891255416470588

00:15:15.297 --> 00:15:17.778 was starting chemo so I knew I had

NOTE Confidence: 0.891255416470588

00:15:17.778 --> 00:15:19.680 about three weeks until I actually

NOTE Confidence: 0.891255416470588

00:15:19.680 --> 00:15:21.750 needed to be prepared for this.

NOTE Confidence: 0.891255416470588

00:15:21.750 --> 00:15:24.894 And uhm, so this amazing girl comes and

NOTE Confidence: 0.891255416470588

00:15:24.894 --> 00:15:29.204 she has everything and she makes up.

NOTE Confidence: 0.891255416470588

00:15:29.204 --> 00:15:31.128 Very scary.

NOTE Confidence: 0.891255416470588

00:15:31.130 --> 00:15:34.346 Yeah thing yeah, I mean very,

NOTE Confidence: 0.891255416470588

00:15:34.350 --> 00:15:37.254 you know, scary reality.

NOTE Confidence: 0.891255416470588

00:15:37.254 --> 00:15:40.017 UM, kind of fun and you know we

NOTE Confidence: 0.891255416470588

00:15:40.017 --> 00:15:42.244 tried on all these wigs and I

NOTE Confidence: 0.891255416470588

00:15:42.244 --> 00:15:44.530 actually try it on a blonde wig.

NOTE Confidence: 0.891255416470588

00:15:44.530 --> 00:15:47.450 And like you know so I did pick

NOTE Confidence: 0.891255416470588

00:15:47.450 --> 00:15:50.524 out a wig and I was very fortunate

NOTE Confidence: 0.891255416470588

00:15:50.524 --> 00:15:54.070 because my insurance didn't cover it.

NOTE Confidence: 0.891255416470588

00:15:54.070 --> 00:15:54.788 And uhm,

NOTE Confidence: 0.891255416470588

00:15:54.788 --> 00:15:58.045 I was able to actually keep it so I

NOTE Confidence: 0.891255416470588

00:15:58.045 --> 00:16:01.122 had it with me. So I was prepared.

NOTE Confidence: 0.891255416470588

00:16:01.122 --> 00:16:02.078 So and.

NOTE Confidence: 0.891255416470588
00:16:02.080 --> 00:16:02.768 Oh, really,
NOTE Confidence: 0.891255416470588
00:16:02.768 --> 00:16:05.971 what I will say is that wig is a
NOTE Confidence: 0.891255416470588
00:16:05.971 --> 00:16:09.283 safety net and it gets you over the hurdle.
NOTE Confidence: 0.891255416470588
00:16:09.290 --> 00:16:14.946 So I did start chemo and as promised
NOTE Confidence: 0.891255416470588
00:16:14.946 --> 00:16:19.080 within I think it was about 19 days,
NOTE Confidence: 0.891255416470588
00:16:19.080 --> 00:16:22.240 uhm, maybe 17 days.
NOTE Confidence: 0.891255416470588
00:16:22.240 --> 00:16:24.120 It started to, you know,
NOTE Confidence: 0.891255416470588
00:16:24.120 --> 00:16:27.151 more strands were coming out and
NOTE Confidence: 0.891255416470588
00:16:27.151 --> 00:16:29.118 I remember I had a lunch date
NOTE Confidence: 0.891255416470588
00:16:29.118 --> 00:16:30.799 which was kind of unusual,
NOTE Confidence: 0.891255416470588
00:16:30.800 --> 00:16:32.530 but it was with family.
NOTE Confidence: 0.891255416470588
00:16:32.530 --> 00:16:35.418 And somebody was leaving to go to Florida,
NOTE Confidence: 0.891255416470588
00:16:35.420 --> 00:16:38.122 and she was actually my sister in
NOTE Confidence: 0.891255416470588
00:16:38.122 --> 00:16:40.883 law who also was going through
NOTE Confidence: 0.891255416470588
00:16:40.883 --> 00:16:43.907 cancer and she had multiple myeloma,
NOTE Confidence: 0.891255416470588

00:16:43.910 --> 00:16:46.640 so very different.
NOTE Confidence: 0.891255416470588

00:16:46.640 --> 00:16:50.406 But I remember being in the shower
NOTE Confidence: 0.891255416470588

00:16:50.406 --> 00:16:54.903 and the hair was just coming out in
NOTE Confidence: 0.891255416470588

00:16:54.903 --> 00:16:57.990 clumps and it just wouldn't stop.
NOTE Confidence: 0.891255416470588

00:16:57.990 --> 00:16:59.926 And I was just looking on the floor
NOTE Confidence: 0.891255416470588

00:16:59.926 --> 00:17:01.599 and I'm like I almost looked like
NOTE Confidence: 0.891255416470588

00:17:01.599 --> 00:17:03.805 I had a wig on the floor that was
NOTE Confidence: 0.891255416470588

00:17:03.805 --> 00:17:05.697 it was just that much hair and
NOTE Confidence: 0.891255416470588

00:17:05.697 --> 00:17:08.266 I was just like Oh my God.
NOTE Confidence: 0.891255416470588

00:17:08.270 --> 00:17:11.420 And I remember I got out of
NOTE Confidence: 0.891255416470588

00:17:11.420 --> 00:17:13.630 the shower and I said.
NOTE Confidence: 0.891255416470588

00:17:13.630 --> 00:17:15.060 It kind of looked like Gollum
NOTE Confidence: 0.842918684

00:17:15.270 --> 00:17:18.500 from Lord of the Rings.
NOTE Confidence: 0.842918684

00:17:18.500 --> 00:17:20.436 I had all these matches and this like
NOTE Confidence: 0.842918684

00:17:20.436 --> 00:17:22.326 kind of long strands and I'm like
NOTE Confidence: 0.911966143333333

00:17:22.830 --> 00:17:26.088 Oh my God. And I'm like,

NOTE Confidence: 0.911966143333333
00:17:26.090 --> 00:17:28.982 OK, we're gonna put that wig
NOTE Confidence: 0.911966143333333
00:17:28.982 --> 00:17:32.146 on and I put the wig on.
NOTE Confidence: 0.911966143333333
00:17:32.150 --> 00:17:35.958 I got dressed and I went to lunch
NOTE Confidence: 0.911966143333333
00:17:35.960 --> 00:17:38.248 and let me tell you that wig looked
NOTE Confidence: 0.911966143333333
00:17:38.248 --> 00:17:40.472 so good nobody had any clue that
NOTE Confidence: 0.911966143333333
00:17:40.472 --> 00:17:43.134 I lost that it was a wig and I
NOTE Confidence: 0.911966143333333
00:17:43.134 --> 00:17:44.548 think I did tell them and they
NOTE Confidence: 0.911966143333333
00:17:44.548 --> 00:17:46.057 were pretty much in shock because
NOTE Confidence: 0.911966143333333
00:17:46.057 --> 00:17:47.859 it just looked like my real hair.
NOTE Confidence: 0.91296058
00:17:49.240 --> 00:17:50.548 So it gets you
NOTE Confidence: 0.90416283875
00:17:50.690 --> 00:17:54.978 over that hurdle of being out in public,
NOTE Confidence: 0.90416283875
00:17:54.980 --> 00:17:58.130 because what I will say is.
NOTE Confidence: 0.90416283875
00:17:58.130 --> 00:18:02.050 Once when you have cancer.
NOTE Confidence: 0.90416283875
00:18:02.050 --> 00:18:03.590 You can talk about it with
NOTE Confidence: 0.90416283875
00:18:03.590 --> 00:18:04.698 people if you want, but
NOTE Confidence: 0.965842392

00:18:04.710 --> 00:18:06.072 you don't have to talk about
NOTE Confidence: 0.965842392

00:18:06.072 --> 00:18:06.980 it because nobody knows
NOTE Confidence: 0.907113075714286

00:18:07.240 --> 00:18:08.759 you walk around like a regular person.
NOTE Confidence: 0.907113075714286

00:18:08.760 --> 00:18:10.710 Nobody knows you have cancer.
NOTE Confidence: 0.907113075714286

00:18:10.710 --> 00:18:13.278 But once you lose your hair.
NOTE Confidence: 0.907113075714286

00:18:13.280 --> 00:18:15.490 You instantly become the poster
NOTE Confidence: 0.907113075714286

00:18:15.490 --> 00:18:17.304 child for cancer, unfortunately,
NOTE Confidence: 0.907113075714286

00:18:17.304 --> 00:18:20.208 and that's when everybody starts to
NOTE Confidence: 0.907113075714286

00:18:20.208 --> 00:18:23.020 look at you and they can't help it.
NOTE Confidence: 0.907113075714286

00:18:23.020 --> 00:18:24.916 You know it's not their fault,
NOTE Confidence: 0.907113075714286

00:18:24.920 --> 00:18:26.906 they just see somebody with no
NOTE Confidence: 0.907113075714286

00:18:26.906 --> 00:18:30.160 hair and you immediately know not
NOTE Confidence: 0.907113075714286

00:18:30.160 --> 00:18:32.220 99% sure that she's, you know,
NOTE Confidence: 0.907113075714286

00:18:32.220 --> 00:18:33.704 has cancer and she's going through chemo
NOTE Confidence: 0.9541332325

00:18:34.620 --> 00:18:36.348 and people can't help
NOTE Confidence: 0.907399856

00:18:36.360 --> 00:18:38.384 it, but they try to not look and

NOTE Confidence: 0.907399856

00:18:38.384 --> 00:18:40.099 they look and you can see the

NOTE Confidence: 0.907399856

00:18:40.100 --> 00:18:41.696 whatever you see on their face.

NOTE Confidence: 0.907399856

00:18:41.700 --> 00:18:43.350 Whether it's pity whether it's sadness.

NOTE Confidence: 0.907399856

00:18:43.350 --> 00:18:46.080 Whether it's whatever it is,

NOTE Confidence: 0.907399856

00:18:46.080 --> 00:18:50.224 yeah, you don't want to see that.

NOTE Confidence: 0.907399856

00:18:50.230 --> 00:18:55.188 Once you lose your hair, the veil is lifted.

NOTE Confidence: 0.907399856

00:18:55.190 --> 00:18:58.328 And you can't hide anymore and you

NOTE Confidence: 0.907399856

00:18:58.328 --> 00:19:03.048 have to deal with it, and that's hard.

NOTE Confidence: 0.907399856

00:19:03.050 --> 00:19:06.375 So I will say that the wink

NOTE Confidence: 0.907399856

00:19:06.375 --> 00:19:09.618 definitely gets you over that hurdle.

NOTE Confidence: 0.907399856

00:19:09.620 --> 00:19:12.725 And I didn't need to wear the weight like

NOTE Confidence: 0.907399856

00:19:12.730 --> 00:19:16.240 I got over that hurdle, I'm gonna say.

NOTE Confidence: 0.907399856

00:19:16.240 --> 00:19:17.761 Like on another.

NOTE Confidence: 0.907399856

00:19:17.761 --> 00:19:21.970 Street that I wasn't prepared for was chemo.

NOTE Confidence: 0.907399856

00:19:21.970 --> 00:19:23.950 Put me right into menopause.

NOTE Confidence: 0.907399856

00:19:23.950 --> 00:19:25.426 Yeah, and let me tell you,
NOTE Confidence: 0.907399856

00:19:25.430 --> 00:19:27.734 the hot flashes started and it
NOTE Confidence: 0.907399856

00:19:27.734 --> 00:19:30.810 was like I was going to combust.
NOTE Confidence: 0.907399856

00:19:30.810 --> 00:19:33.370 I mean, my husband would be sitting
NOTE Confidence: 0.907399856

00:19:33.370 --> 00:19:35.387 next to me and he's like Oh my God,
NOTE Confidence: 0.907399856

00:19:35.390 --> 00:19:38.350 you're like a furnace.
NOTE Confidence: 0.907399856

00:19:38.350 --> 00:19:39.830 The heat?
NOTE Confidence: 0.907399856

00:19:39.830 --> 00:19:42.483 Would just start up from your torso
NOTE Confidence: 0.907399856

00:19:42.483 --> 00:19:45.339 and it would literally like you or
NOTE Confidence: 0.907399856

00:19:45.339 --> 00:19:48.130 a volcano and it would come through
NOTE Confidence: 0.907399856

00:19:48.130 --> 00:19:50.514 'cause it wanted to escape and it would
NOTE Confidence: 0.907399856

00:19:50.514 --> 00:19:52.266 escape through the top of your head
NOTE Confidence: 0.907399856

00:19:52.270 --> 00:19:56.253 and by wearing a wig it trapped the
NOTE Confidence: 0.907399856

00:19:56.253 --> 00:19:59.439 heat so it became very uncomfortable.
NOTE Confidence: 0.907399856

00:19:59.440 --> 00:20:02.832 So what I started to resort to was
NOTE Confidence: 0.907399856

00:20:02.832 --> 00:20:05.507 hats and having really not been a hat

NOTE Confidence: 0.907399856
00:20:05.507 --> 00:20:07.420 person hats became my best friend
NOTE Confidence: 0.907399856
00:20:07.420 --> 00:20:11.196 so I did transition from wig to hat.
NOTE Confidence: 0.907399856
00:20:11.200 --> 00:20:13.076 But I will say that the wigs
NOTE Confidence: 0.907399856
00:20:13.076 --> 00:20:15.048 did get me over the hurdle.
NOTE Confidence: 0.907399856
00:20:15.050 --> 00:20:16.939 A very funny story.
NOTE Confidence: 0.907399856
00:20:16.940 --> 00:20:18.704 So I got this blonde wig
NOTE Confidence: 0.907399856
00:20:18.704 --> 00:20:20.699 and it was this long hair.
NOTE Confidence: 0.907399856
00:20:20.700 --> 00:20:23.030 It almost looked like Taylor Swift type hair.
NOTE Confidence: 0.675545388571429
00:20:23.520 --> 00:20:26.688 I am big like long blonde
NOTE Confidence: 0.675545388571429
00:20:26.688 --> 00:20:28.828 hair and I was like it was
NOTE Confidence: 0.912086562941177
00:20:28.840 --> 00:20:30.360 one night and my husband and I were
NOTE Confidence: 0.912086562941177
00:20:30.360 --> 00:20:32.045 going to go out to dinner and I'm like
NOTE Confidence: 0.912086562941177
00:20:32.050 --> 00:20:35.910 I'm going to wear the blonde wig so.
NOTE Confidence: 0.837853177777778
00:20:35.910 --> 00:20:38.814 Blonde wig and I look like a different
NOTE Confidence: 0.837853177777778
00:20:38.814 --> 00:20:40.912 person and but it's kind of fun. You know?
NOTE Confidence: 0.837853177777778

00:20:40.912 --> 00:20:43.090 So yeah, if we go we have dinner and
NOTE Confidence: 0.837853177777778

00:20:43.090 --> 00:20:45.516 it's early so that we decide to go to a
NOTE Confidence: 0.837853177777778

00:20:45.516 --> 00:20:47.268 local restaurant and we're just sitting
NOTE Confidence: 0.837853177777778

00:20:47.268 --> 00:20:49.060 at the bar having a glass of wine.
NOTE Confidence: 0.945792066

00:20:49.520 --> 00:20:52.603 And I see neighbors and now
NOTE Confidence: 0.945792066

00:20:52.603 --> 00:20:53.926 they don't know what's going on.
NOTE Confidence: 0.945792066

00:20:53.926 --> 00:20:55.090 They don't know I have cancer,
NOTE Confidence: 0.945792066

00:20:55.090 --> 00:20:57.220 they don't know I have chemo but they see
NOTE Confidence: 0.7946938975

00:20:57.230 --> 00:21:00.100 this woman sitting with Jim at the
NOTE Confidence: 0.7946938975

00:21:00.100 --> 00:21:03.160 bar with long blonde hair. I like it,
NOTE Confidence: 0.7946938975

00:21:03.160 --> 00:21:05.050 just see them looking at each other and
NOTE Confidence: 0.884023902

00:21:05.060 --> 00:21:07.196 I go to gym. They think
NOTE Confidence: 0.884023902

00:21:07.196 --> 00:21:08.620 you're with a mistress.
NOTE Confidence: 0.91312263

00:21:10.600 --> 00:21:13.705 And so I walk, I walk over and I
NOTE Confidence: 0.960431045

00:21:13.720 --> 00:21:16.708 said. Don't worry, it's really me.
NOTE Confidence: 0.835810144444444

00:21:18.850 --> 00:21:20.374 You gotta, you gotta keep your

NOTE Confidence: 0.835810144444444

00:21:20.374 --> 00:21:21.972 sense of humor. I wear all this

NOTE Confidence: 0.835810144444444

00:21:21.972 --> 00:21:24.384 stuff because you gotta laugh,

NOTE Confidence: 0.835810144444444

00:21:24.384 --> 00:21:26.670 laugh is therapy. We have

NOTE Confidence: 0.838983853

00:21:26.680 --> 00:21:28.728 to laugh throughout this

NOTE Confidence: 0.838983853

00:21:28.728 --> 00:21:31.800 uhm yes hair does grow back.

NOTE Confidence: 0.838983853

00:21:31.800 --> 00:21:34.579 It does take awhile it's a very

NOTE Confidence: 0.838983853

00:21:34.579 --> 00:21:37.278 long time for it to grow back.

NOTE Confidence: 0.838983853

00:21:37.280 --> 00:21:40.070 But it does. So I I will say that.

NOTE Confidence: 0.838983853

00:21:40.070 --> 00:21:41.996 But as a cancer person just

NOTE Confidence: 0.838983853

00:21:41.996 --> 00:21:44.000 don't say that to somebody.

NOTE Confidence: 0.838983853

00:21:44.000 --> 00:21:47.920 'cause yeah I know you know it's just hard.

NOTE Confidence: 0.838983853

00:21:47.920 --> 00:21:50.769 Yeah. So yeah, so that was my,

NOTE Confidence: 0.838983853

00:21:50.770 --> 00:21:53.130 that's my wig story up.

NOTE Confidence: 0.871896366

00:21:53.490 --> 00:21:58.280 So you get through chemo and.

NOTE Confidence: 0.871896366

00:21:58.280 --> 00:22:01.416 With you know menopause and hair loss,

NOTE Confidence: 0.871896366

00:22:01.420 --> 00:22:03.604 and presumably a little bit of
NOTE Confidence: 0.871896366

00:22:03.604 --> 00:22:05.480 nausea and vomiting as well.
NOTE Confidence: 0.871896366

00:22:05.480 --> 00:22:08.690 None, none fantastic.
NOTE Confidence: 0.894455368

00:22:08.720 --> 00:22:10.030 So yeah, I took my
NOTE Confidence: 0.8688409825

00:22:10.040 --> 00:22:13.680 I took my anti nausea medicine like
NOTE Confidence: 0.8688409825

00:22:13.680 --> 00:22:16.988 religiously. I never got sick.
NOTE Confidence: 0.8688409825

00:22:16.990 --> 00:22:19.708 Had I'm going to say I had.
NOTE Confidence: 0.8688409825

00:22:19.710 --> 00:22:23.730 Maybe three bad days, UM,
NOTE Confidence: 0.8688409825

00:22:23.730 --> 00:22:26.289 made working during this time as well or no.
NOTE Confidence: 0.8688409825

00:22:26.290 --> 00:22:27.650 I worked the whole time.
NOTE Confidence: 0.8688409825

00:22:27.650 --> 00:22:29.192 I was really fortunate I was
NOTE Confidence: 0.8688409825

00:22:29.192 --> 00:22:30.540 allowed to work from home,
NOTE Confidence: 0.8688409825

00:22:30.540 --> 00:22:34.506 so I did work from home and I was able
NOTE Confidence: 0.8688409825

00:22:34.506 --> 00:22:37.360 to finally return back to the gym.
NOTE Confidence: 0.8688409825

00:22:37.360 --> 00:22:40.720 And by the time I did return back to the gym,
NOTE Confidence: 0.8688409825

00:22:40.720 --> 00:22:42.750 I had lost my hair.

NOTE Confidence: 0.8688409825

00:22:42.750 --> 00:22:46.170 So I will say walking into

NOTE Confidence: 0.8688409825

00:22:46.170 --> 00:22:49.100 the gym the first day.

NOTE Confidence: 0.8688409825

00:22:49.100 --> 00:22:51.320 I didn't have any hair.

NOTE Confidence: 0.8688409825

00:22:51.320 --> 00:22:54.830 I had a hat on and I had on,

NOTE Confidence: 0.8688409825

00:22:54.830 --> 00:22:56.278 you know your hats don't really fit

NOTE Confidence: 0.8688409825

00:22:56.278 --> 00:22:57.860 your head once you lose your hair.

NOTE Confidence: 0.8688409825

00:22:57.860 --> 00:23:00.100 So I needed to like figure out a way to

NOTE Confidence: 0.8688409825

00:23:00.100 --> 00:23:01.568 keep this hat on my head without it.

NOTE Confidence: 0.8688409825

00:23:01.570 --> 00:23:03.314 Like kind of moving all over the place.

NOTE Confidence: 0.8688409825

00:23:03.320 --> 00:23:04.000 So I had this

NOTE Confidence: 0.893860903703704

00:23:04.010 --> 00:23:06.098 like I looked like karate kid I had

NOTE Confidence: 0.893860903703704

00:23:06.098 --> 00:23:08.148 like this headband on and it was like

NOTE Confidence: 0.893860903703704

00:23:08.148 --> 00:23:10.343 it was like in high tide it in the

NOTE Confidence: 0.893860903703704

00:23:10.343 --> 00:23:12.118 back and it like had like this long.

NOTE Confidence: 0.893860903703704

00:23:12.120 --> 00:23:12.980 It was kind of long

NOTE Confidence: 0.944288988947368

00:23:13.100 --> 00:23:14.796 so it came down to like the middle
NOTE Confidence: 0.944288988947368

00:23:14.796 --> 00:23:17.232 of my back and of course I'm pretty
NOTE Confidence: 0.944288988947368

00:23:17.232 --> 00:23:18.741 self-conscious walking in but.
NOTE Confidence: 0.944288988947368

00:23:18.741 --> 00:23:21.927 Those people were like my family.
NOTE Confidence: 0.944288988947368

00:23:21.930 --> 00:23:23.882 I mean those people.
NOTE Confidence: 0.944288988947368

00:23:23.882 --> 00:23:27.606 Got me through when I talk about
NOTE Confidence: 0.944288988947368

00:23:27.606 --> 00:23:30.043 support system there is nothing
NOTE Confidence: 0.944288988947368

00:23:30.043 --> 00:23:32.500 I I call those people my third
NOTE Confidence: 0.944288988947368

00:23:32.581 --> 00:23:34.754 family because they were the
NOTE Confidence: 0.944288988947368

00:23:34.754 --> 00:23:37.340 ones that texted me every day.
NOTE Confidence: 0.944288988947368

00:23:37.340 --> 00:23:39.190 They came over with dinner.
NOTE Confidence: 0.944288988947368

00:23:39.190 --> 00:23:41.110 They came over for dinner.
NOTE Confidence: 0.944288988947368

00:23:41.110 --> 00:23:43.875 They made a enormous basket for me
NOTE Confidence: 0.944288988947368

00:23:43.875 --> 00:23:46.759 before I started my surgery and and
NOTE Confidence: 0.944288988947368

00:23:46.759 --> 00:23:49.177 chemo treatment with all kinds of
NOTE Confidence: 0.944288988947368

00:23:49.261 --> 00:23:52.151 goodies and in it was this blanket and

NOTE Confidence: 0.944288988947368
00:23:52.151 --> 00:23:54.410 I used to say that blanket was my surgery.
NOTE Confidence: 0.944288988947368
00:23:54.410 --> 00:23:56.474 Blanket or my therapy blanket because
NOTE Confidence: 0.944288988947368
00:23:56.474 --> 00:23:58.699 every time I wasn't feeling well,
NOTE Confidence: 0.944288988947368
00:23:58.700 --> 00:23:59.582 I came home.
NOTE Confidence: 0.944288988947368
00:23:59.582 --> 00:24:00.758 I grabbed that blanket.
NOTE Confidence: 0.944288988947368
00:24:00.760 --> 00:24:02.464 My cat immediately knew.
NOTE Confidence: 0.944288988947368
00:24:02.464 --> 00:24:04.240 OK, that's the blanket that she
NOTE Confidence: 0.944288988947368
00:24:04.240 --> 00:24:05.880 needs when she's not feeling well.
NOTE Confidence: 0.944288988947368
00:24:05.880 --> 00:24:07.506 So I gotta go to work.
NOTE Confidence: 0.944288988947368
00:24:07.510 --> 00:24:09.350 So as soon as I would sit down on the couch,
NOTE Confidence: 0.944288988947368
00:24:09.350 --> 00:24:10.550 I put my blanket out.
NOTE Confidence: 0.944288988947368
00:24:10.550 --> 00:24:12.286 That cat would come up in my lap and
NOTE Confidence: 0.944288988947368
00:24:12.286 --> 00:24:14.174 she would just start to do her little
NOTE Confidence: 0.944288988947368
00:24:14.174 --> 00:24:16.148 her little therapy because she said,
NOTE Confidence: 0.944288988947368
00:24:16.150 --> 00:24:16.640 oh
NOTE Confidence: 0.951343718461538

00:24:17.010 --> 00:24:18.588 they just know they know when
NOTE Confidence: 0.951343718461538

00:24:18.588 --> 00:24:20.300 you need help when when I lost
NOTE Confidence: 0.93926761

00:24:20.310 --> 00:24:23.992 my hair my one cat literally slept
NOTE Confidence: 0.93926761

00:24:23.992 --> 00:24:25.995 head-to-head. So it was like he
NOTE Confidence: 0.93926761

00:24:25.995 --> 00:24:27.175 realized something wasn't quite
NOTE Confidence: 0.93926761

00:24:27.175 --> 00:24:28.925 right since I had no hair and he
NOTE Confidence: 0.906951081428572

00:24:28.940 --> 00:24:30.158 felt like he needed to heal me.
NOTE Confidence: 0.906951081428572

00:24:30.160 --> 00:24:32.185 So he slept with his head against my head
NOTE Confidence: 0.903222434705882

00:24:32.510 --> 00:24:34.391 and I remember Jim taking a picture of me
NOTE Confidence: 0.903222434705882

00:24:34.391 --> 00:24:36.124 'cause he's like you just looked so cute.
NOTE Confidence: 0.938001116

00:24:37.800 --> 00:24:39.840 But going back, it's those
NOTE Confidence: 0.947714657272727

00:24:39.850 --> 00:24:42.360 people. Those people were like
NOTE Confidence: 0.947714657272727

00:24:42.360 --> 00:24:45.360 my family and I would say.
NOTE Confidence: 0.9711749

00:24:46.570 --> 00:24:47.570 I don't care how
NOTE Confidence: 0.91305091125

00:24:47.580 --> 00:24:49.396 bad I feel and let me tell you,
NOTE Confidence: 0.91305091125

00:24:49.400 --> 00:24:51.168 there were days that I know I walked

NOTE Confidence: 0.91305091125

00:24:51.168 --> 00:24:53.279 into that room and I was green and I had

NOTE Confidence: 0.91305091125

00:24:53.279 --> 00:24:55.173 no business being in that room 'cause I

NOTE Confidence: 0.91305091125

00:24:55.173 --> 00:24:59.569 certainly wasn't up to a workout but.

NOTE Confidence: 0.91305091125

00:24:59.570 --> 00:25:02.794 That energy is so healing we talk about

NOTE Confidence: 0.91305091125

00:25:02.794 --> 00:25:06.054 energy in a group and we talk about

NOTE Confidence: 0.91305091125

00:25:06.054 --> 00:25:08.949 people's aura and like you always say,

NOTE Confidence: 0.91305091125

00:25:08.950 --> 00:25:10.749 oh, that person has really good energy.

NOTE Confidence: 0.91305091125

00:25:10.750 --> 00:25:12.130 I like being around that person.

NOTE Confidence: 0.91305091125

00:25:12.130 --> 00:25:15.942 Well, we all emit an energy and the

NOTE Confidence: 0.91305091125

00:25:15.942 --> 00:25:19.210 energy is so therapeutic because I

NOTE Confidence: 0.91305091125

00:25:19.210 --> 00:25:21.370 used to say to people you know you

NOTE Confidence: 0.91305091125

00:25:21.440 --> 00:25:23.408 didn't need to say a word to me.

NOTE Confidence: 0.91305091125

00:25:23.410 --> 00:25:25.450 You were healing me just by being in

NOTE Confidence: 0.91305091125

00:25:25.450 --> 00:25:27.745 that room and you were sending me all

NOTE Confidence: 0.91305091125

00:25:27.745 --> 00:25:29.897 that positive energy and I was feeling it.

NOTE Confidence: 0.91305091125

00:25:29.900 --> 00:25:32.728 And I was getting better just being
NOTE Confidence: 0.91305091125

00:25:32.728 --> 00:25:35.837 in the room made me feel like OK.
NOTE Confidence: 0.91305091125

00:25:35.840 --> 00:25:38.542 I've got a little bit of normal
NOTE Confidence: 0.91305091125

00:25:38.542 --> 00:25:41.830 back in my life and yeah
NOTE Confidence: 0.811191295555556

00:25:41.890 --> 00:25:44.194 they are. There were days I had a really,
NOTE Confidence: 0.897216621666667

00:25:44.250 --> 00:25:45.666 you know not a great workout.
NOTE Confidence: 0.897216621666667

00:25:45.670 --> 00:25:49.942 But you know what I walked out of
NOTE Confidence: 0.897216621666667

00:25:49.942 --> 00:25:54.050 there feeling. Amazing because.
NOTE Confidence: 0.897216621666667

00:25:54.050 --> 00:25:57.335 I was in that energy I was in that
NOTE Confidence: 0.897216621666667

00:25:57.335 --> 00:26:00.534 healing space and it's so important it's
NOTE Confidence: 0.897216621666667

00:26:00.534 --> 00:26:02.898 so important to not isolate yourself.
NOTE Confidence: 0.86163056

00:26:04.730 --> 00:26:09.560 Yeah, so and then UM after chemo?
NOTE Confidence: 0.870538512

00:26:09.560 --> 00:26:11.610 Did you go through radiation?
NOTE Confidence: 0.7556113

00:26:14.570 --> 00:26:20.604 Yes. I'm going to say I did worse
NOTE Confidence: 0.7556113

00:26:20.604 --> 00:26:23.943 with radiation than I did with chemo.
NOTE Confidence: 0.7556113

00:26:23.950 --> 00:26:30.060 Uhm, radiation was really, it wasn't.

NOTE Confidence: 0.7556113

00:26:30.060 --> 00:26:32.040 It I was I was I I kind of

NOTE Confidence: 0.7556113

00:26:32.040 --> 00:26:33.679 felt like a burn victim.

NOTE Confidence: 0.7556113

00:26:33.680 --> 00:26:38.120 My skin is very fair uhm I did need

NOTE Confidence: 0.7556113

00:26:38.120 --> 00:26:42.010 to go for five weeks of radiation

NOTE Confidence: 0.7556113

00:26:42.010 --> 00:26:47.057 and then my upper body was very

NOTE Confidence: 0.7556113

00:26:47.060 --> 00:26:50.292 you know it starts out OK but by

NOTE Confidence: 0.7556113

00:26:50.292 --> 00:26:53.502 week four is when I really started

NOTE Confidence: 0.7556113

00:26:53.502 --> 00:26:56.441 to get some some pretty severe

NOTE Confidence: 0.7556113

00:26:56.441 --> 00:27:00.120 burn and I could no longer do.

NOTE Confidence: 0.7556113

00:27:00.120 --> 00:27:02.160 My normal workout because I really

NOTE Confidence: 0.7556113

00:27:02.160 --> 00:27:03.880 couldn't move my upper body.

NOTE Confidence: 0.7556113

00:27:03.880 --> 00:27:07.608 The burns it was just painful so I started

NOTE Confidence: 0.93170525125

00:27:07.620 --> 00:27:10.508 to spin, which I always said I hated.

NOTE Confidence: 0.945707456666667

00:27:11.230 --> 00:27:12.340 But you know what I could?

NOTE Confidence: 0.945707456666667

00:27:12.340 --> 00:27:13.980 Hey, I could be in that energy.

NOTE Confidence: 0.945707456666667

00:27:13.980 --> 00:27:15.138 I could be in the room
NOTE Confidence: 0.945707456666667

00:27:15.140 --> 00:27:17.710 and I could I could pedal.
NOTE Confidence: 0.945707456666667

00:27:17.710 --> 00:27:19.229 So that's what I did.
NOTE Confidence: 0.945707456666667

00:27:19.230 --> 00:27:21.638 I started a pedal.
NOTE Confidence: 0.945707456666667

00:27:21.640 --> 00:27:24.480 So I found a new group of people,
NOTE Confidence: 0.945707456666667

00:27:24.480 --> 00:27:27.568 same gym but new group of people,
NOTE Confidence: 0.945707456666667

00:27:27.570 --> 00:27:31.420 new group of energy and again the
NOTE Confidence: 0.945707456666667

00:27:31.420 --> 00:27:33.798 healing just continued because.
NOTE Confidence: 0.945707456666667

00:27:33.798 --> 00:27:36.710 Positive in positive out.
NOTE Confidence: 0.908755536

00:27:37.060 --> 00:27:39.604 Yeah and at the end of the day
NOTE Confidence: 0.908755536

00:27:39.604 --> 00:27:42.133 I mean in the last 30 seconds
NOTE Confidence: 0.908755536

00:27:42.133 --> 00:27:44.886 or so that we have, you know,
NOTE Confidence: 0.908755536

00:27:44.886 --> 00:27:47.724 I think what's critical is that
NOTE Confidence: 0.908755536

00:27:47.724 --> 00:27:50.668 seven years later you're doing great.
NOTE Confidence: 0.908755536

00:27:50.668 --> 00:27:53.576 I mean, you got through the
NOTE Confidence: 0.908755536

00:27:53.576 --> 00:27:55.996 diagnosis you got through surgery.

NOTE Confidence: 0.908755536
00:27:56.000 --> 00:27:58.168 You got through chemotherapy.
NOTE Confidence: 0.908755536
00:27:58.168 --> 00:28:00.336 You got through radiation,
NOTE Confidence: 0.908755536
00:28:00.340 --> 00:28:03.098 and you've kept up this positive energy.
NOTE Confidence: 0.908755536
00:28:03.100 --> 00:28:05.320 You've kept up your fitness.
NOTE Confidence: 0.908755536
00:28:05.320 --> 00:28:07.048 What's the one message that you
NOTE Confidence: 0.908755536
00:28:07.048 --> 00:28:09.209 want to make sure everybody knows?
NOTE Confidence: 0.908755536
00:28:09.210 --> 00:28:10.960 In our last 10 seconds?
NOTE Confidence: 0.750774778888889
00:28:11.470 --> 00:28:14.548 Oh boy. What I will say is the me.
NOTE Confidence: 0.750774778888889
00:28:14.550 --> 00:28:17.574 I know the biggest thing is that.
NOTE Confidence: 0.750774778888889
00:28:17.580 --> 00:28:20.340 No matter how bad the
NOTE Confidence: 0.750774778888889
00:28:20.340 --> 00:28:23.100 cards you have been dealt.
NOTE Confidence: 0.750774778888889
00:28:23.100 --> 00:28:26.294 And I have been dealt worse since cancer,
NOTE Confidence: 0.750774778888889
00:28:26.294 --> 00:28:31.270 so I can say this. Whole heartedly.
NOTE Confidence: 0.750774778888889
00:28:31.270 --> 00:28:34.700 There are always Silver Linings
NOTE Confidence: 0.794426258571429
00:28:35.270 --> 00:28:38.308 Claudine Maury is a breast cancer survivor.
NOTE Confidence: 0.794426258571429

00:28:38.310 --> 00:28:40.686 If you have questions the address is cancer.

NOTE Confidence: 0.794426258571429

00:28:40.690 --> 00:28:43.700 Answers at yale.edu and past editions of

NOTE Confidence: 0.794426258571429

00:28:43.700 --> 00:28:46.738 the program are available in audio and

NOTE Confidence: 0.794426258571429

00:28:46.738 --> 00:28:48.303 written form at yalecancercenter.org.

NOTE Confidence: 0.794426258571429

00:28:48.303 --> 00:28:50.807 We hope you'll join us next week to

NOTE Confidence: 0.794426258571429

00:28:50.807 --> 00:28:53.017 learn more about the fight against cancer

NOTE Confidence: 0.794426258571429

00:28:53.017 --> 00:28:54.885 here on Connecticut Public radio funding

NOTE Confidence: 0.794426258571429

00:28:54.885 --> 00:28:56.936 for Yale Cancer Answers is provided by

NOTE Confidence: 0.794426258571429

00:28:56.936 --> 00:29:00.000 Smilow Cancer Hospital and Astra Zeneca.