

## ***107 Talking About Breast Cancer***

To air week of February 18, 2008

Intro: The words “you have breast cancer” are never easy to hear. They often mean the beginning of a treatment plan that can be very difficult. For some women, talking about their cancer with those who’ve been through it can help make the process easier. And doctors at Mayo Clinic say this communication may improve the quality of life of many women fighting this disease.

**Video**

**Total running time 1:37**

**Tracy Williams**

**Had breast cancer**

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**Audio**

BREAST CANCER HAS CHANGED SURVIVOR TRACY WILLIAMS LIFE IN MANY WAYS. INCLUDING A CAREER CHANGE.

“AFTER 17 YEARS AT THE SAME COMPANY I DECIDED I WANT TO BE A NURSE. SO NOW I’M BACK IN SCHOOL.”

LEARNING ABOUT THE HUMAN BODY SO SHE CAN HELP OTHER WOMEN COPE WITH BREAST CANCER.

“I THOUGHT WHEN YOU GOT BREAST CANCER YOU DIED. I’M LIVING PROOF THAT YOU DON’T AND I WANT TO BE ABLE TO GIVE

THAT HOPE TO SOMEONE ELSE.”  
TRACY WAS 34 WHEN SHE  
NOTICED THE CHANGE – THE LUMP  
– IN HER BREAST.

**Tracy Williams**  
**Had breast cancer**

“I WAS IN STAGE TWO AND THE  
TUMOR WAS 2.5 CENTIMETERS.”  
SHE WENT THROUGH SURGERY  
CHEMOTHERAPY AND RADIATION.  
IT WAS NOT EASY.

**Tracy Williams**  
**Had breast cancer**

“THEN YOU GET THIS STRENGTH  
AND IT CARRIES YOU THROUGH.”  
PART OF TRACY’S STRENGTH  
CAME FROM TALKING ABOUT IT.  
AND DR. RICHARD GRAY SAYS  
THERE’S PROOF THAT FOR MANY  
WOMEN, OPENING UP ABOUT  
THEIR BREAST CANCER HAS  
BENEFITS.

**Richard Gray , M.D.**  
**Mayo Clinic**

“WE KNOW IN TERMS OF SOME  
QUALITY OF LIFE STUDIES THAT  
WOMEN WHO UNDERGO  
TREATMENT AND HAVE A REAL  
ACCEPTANCE OF THEIR BREAST

CANCER SEEM TO HAVE A BETTER QUALITY OF LIFE THAN WOMEN WHO IGNORE WHAT THEY HAVE BEEN THROUGH.”

**Standup**  
**Vivien Williams**  
**Reporting**

DR. GRAY SAYS THAT IF A WOMAN GOING THROUGH BREAST CANCER TREATMENT TALKS TO A SURVIVOR AND GETS A LITTLE GLIMPSE OF THE OTHER SIDE – OF THE POSSIBILITY OF A FULL LIFE AFTERWARDS -- THE BURDEN MAY BE EASIER TO BEAR. IT MAY NOT HELP ALL WOMEN, BUT IT HELPED TRACY.

**Tracy Williams**  
**Had breast cancer**

“THEY GAVE ME HOPE, AND THEY GAVE ME ENCOURAGEMENT, AND THEY WERE MY SUPPORT GROUP. AND HOPEFULLY, I CAN DO THAT FOR SOMEONE SOMEDAY.”  
  
FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

Every woman responds differently to having breast cancer. Some want to talk about it. Others don’t. Either way is fine. But if you do want to talk to someone who’s been there, ask your health care provider about support groups in your area. Or for more

information visit our Website at...[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]