

**Mayo Clinic Medical Edge**  
**Getting Healthy After Cancer**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT WAS A EUROPEAN VACATION NANETTE DIONNE'S MOTHER WAS SUPPOSED TO TAKE 20 YEARS AGO. BUT CANCER, LEUKEMIA, ENDED HER LIFE TOO SOON.
<b>Nanette Dionne, Patient</b>	"THIS WAS HER TRIP AND SHE NEVER GOT TO TAKE IT."
	SO NANETTE TOOK THE TRIP FOR HER. A CELEBRATION OF A LIFE LOST AND ONE LIVED. YOU SEE, NANETTE HAD CANCER TOO. BREAST CANCER.
	FIGHTING BREAST CANCER MEANT. SURGERY, RADIATION AND CHEMOTHERAPY. NANETTE TOOK OTHER PROACTIVE STEPS TOO.

	<p>SHE STARTED TO EAT RIGHT, EXERCISE AND LOSE WEIGHT. GOOD STEPS ACCORDING TO MAYO CLINIC DR. BARBARA POCKAJ.</p>
<p><b>Barbara Pockaj, M.D.</b></p>	<p>“THERE IS A LOT OF DATA THAT DOES SHOW THAT OBESITY AND HIGH FAT DIETS MAY IMPACT OVER-ALL SURVIVAL.”</p>
	<p>NANETTE SAYS HER EUROPEAN VACATION WAS SO MUCH MORE THAN JUST A TRIP. IT WAS A SYMBOL OF HER RECLAIMING HER HEALTH, AND GOING ON TO LIVE OUT HER MOTHER’S DREAM.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>