

Mayo Clinic Medical Edge
Talking About Breast Cancer

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
Tracy Williams Had breast cancer	"I THOUGHT WHEN YOU GOT BREAST CANCER YOU DIED. I'M LIVING PROOF THAT YOU DON'T."
	TRACY WILLIAMS WAS 34 WHEN SHE NOTICED THE CHANGE – THE LUMP – IN HER BREAST. 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 MAYO CLINIC DR. RICHARD

	<p>GRAY SAYS THERE'S PROOF THAT, FOR MANY WOMEN, OPENING UP ABOUT THEIR BREAST CANCER HAS BENEFITS.</p>
<p>Richard Gray, M.D. Mayo Clinic</p>	<p>“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.”</p>
	<p>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.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT</p>

MAYOCLINIC.ORG. I'M VIVIEN

WILLIAMS.