

129 Getting Healthy after Cancer

July 21 2008

Intro: Imagine watching your mother die of cancer. And then finding out you have a different form of the disease. That happened to the woman you're about to meet. She was diagnosed with an aggressive form of breast cancer twice. But she used the strength she gained from her mother's experience to make positive changes in her life, including losing more than 100 pounds. More from Mayo Clinic.

Video

Total running time 1:40

Audio

“LONDON AND PARIS AND ROME
AND NICE AND VENICE.”

IT WAS A EUROPEAN VACATION
NANETTE DIONNE'S MOTHER WAS
SUPPOSED TO TAKE 20 YEARS
AGO. BUT CANCER, LEUKEMIA,
ENDED HER LIFE TOO SOON.

“THIS WAS HER TRIP AND SHE
NEVER GOT TO TAKE IT.”

SO NANETTE TOOK THE TRIP FOR
HER, AND JOURNEYED TO ALL THE
LANDMARKS HER MOM NEVER GOT
TO SEE. A CELEBRATION OF A LIFE
LOST AND ONE LIVED. YOU SEE,
NANETTE HAD CANCER TOO.

BREAST CANCER. BUT WITH THE STRENGTH SHE INHERITED FROM HER MOTHER, NANETTE FOUGHT IT. TWO TIMES.

CG :31 to :34

Nanette Dionne

Breast cancer survivor

“I HAVE TO DO EVERYTHING POSSIBLE I KNEW, TO FIGHT THIS DISEASE.”

FIGHTING BREAST CANCER MEANT UNDERGOING TREATMENT.

SURGERY, RADIATION AND CHEMOTHERAPY. THEN NANETTE TOOK OTHER PROACTIVE STEPS TOWARD STAYING HEALTHY. SHE STARTED TO EAT RIGHT, EXERCISE AND UNDERWENT BARIATRIC SURGERY.

“I’VE LOST OVER 150 POUNDS NOW.”

CG :51 to :59

Barbara Pockaj, M.D.

Mayo Clinic Surgeon

“THERE IS A LOT OF DATA THAT DOES SHOW THAT OBESITY AND HIGH FAT DIETS MAY IMPACT OVER-ALL SURVIVAL.”

CG :59 to 1:10

DR. BARBARA POCKAJ SAYS WHILE

Vivien Williams
Reporting

OBESITY MAY PLAY A ROLE IN INCREASING YOUR RISK OF BREAST CANCER, THERE ARE MANY OTHER FACTORS SUCH AS FAMILY HISTORY AND GENETICS THAT INFLUENCE WHO WILL GET THE DISEASE.

“BUT IF YOU WANT TO LOOK AT HOW YOU CAN REDUCE YOUR RISK, THAT IS ONE WAY. I THINK HEALTHY LIVING DOES HELP.”

“I AM BACK HERE IN THIS BACK ROW...”

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.

“I ACTUALLY STARTED CRYING BECAUSE I LOOKED UP AND I KNEW I WAS THERE. I HAD MADE IT”

FOR MEDICAL EDGE, I'M VIVIEN
WILLIAMS.

Anchor tag:

Dr. Pockaj says that Nanette's weight loss will improve her health in many ways including her heart health. However, there is no information on how gastric bypass and dramatic weight change effects breast cancer prognosis.

And she also says Nanette is a great example of how even when you're fighting a disease like cancer, you can take steps to improve your health.

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.]**