

WEBVTT

NOTE duration:"00:01:56.9920000"

NOTE language:en-us

NOTE Confidence: 0.79925996

00:00:02.640 --> 00:00:08.800 I was diagnosed at the age of 39 in 2007 with

NOTE Confidence: 0.79925996

00:00:08.931 --> 00:00:12.267 stage two adino carcinoma.

NOTE Confidence: 0.9387317

00:00:16.910 --> 00:00:20.549 Because I wasn't in any pain, I thought

NOTE Confidence: 0.9387317

00:00:20.550 --> 00:00:23.280 that it would eventually go away.

NOTE Confidence: 0.8837162

00:00:33.120 --> 00:00:34.860 Women of average risk for breast cancer,

NOTE Confidence: 0.8837162

00:00:34.860 --> 00:00:36.702 and that's most women should start

NOTE Confidence: 0.8837162

00:00:36.702 --> 00:00:38.361 screening somewhere between the ages of

NOTE Confidence: 0.8837162

00:00:38.361 --> 00:00:40.169 40 and 50 years of age and should have

NOTE Confidence: 0.8837162

00:00:40.169 --> 00:00:41.793 a mammogram every one to two years.

NOTE Confidence: 0.86472476

00:00:46.620 --> 00:00:48.260 Risk factors include ones

NOTE Confidence: 0.86472476

00:00:48.260 --> 00:00:50.726 age, ones, family history, and ethnicity,

NOTE Confidence: 0.86472476

00:00:50.730 --> 00:00:52.462 and prior medical conditions.

NOTE Confidence: 0.86472476

00:00:52.462 --> 00:00:55.895 An genetics but the number one risk factor

NOTE Confidence: 0.86472476

00:00:55.895 --> 00:00:58.534 for breast cancer is being a woman.

NOTE Confidence: 0.87298656

00:01:03.190 --> 00:01:05.580 There are some women who are at

NOTE Confidence: 0.87298656

00:01:05.580 --> 00:01:07.865 intermediate or high risk for breast

NOTE Confidence: 0.87298656

00:01:07.865 --> 00:01:10.505 cancer and they should start screening

NOTE Confidence: 0.87298656

00:01:10.505 --> 00:01:12.238 sometimes earlier than age 40,

NOTE Confidence: 0.87298656

00:01:12.240 --> 00:01:14.388 and they might choose to have

NOTE Confidence: 0.87298656

00:01:14.388 --> 00:01:15.820 a supplemental screening in

NOTE Confidence: 0.87298656

00:01:15.886 --> 00:01:17.518 addition to the mammogram,

NOTE Confidence: 0.87298656

00:01:17.520 --> 00:01:19.782 and that would be having an

NOTE Confidence: 0.87298656

00:01:19.782 --> 00:01:21.290 MRI or screening ultrasound

NOTE Confidence: 0.926024

00:01:30.310 --> 00:01:34.090 It's great to be a part of a group

NOTE Confidence: 0.926024

00:01:34.090 --> 00:01:36.190 where you might say something

NOTE Confidence: 0.926024

00:01:36.190 --> 00:01:38.290 that might touch someone else,

NOTE Confidence: 0.926024

00:01:38.290 --> 00:01:41.198 help someone else or.

NOTE Confidence: 0.926024

00:01:41.200 --> 00:01:43.160 Just just the camaraderie

NOTE Confidence: 0.926024

00:01:43.160 --> 00:01:45.120 of women is wonderful.

NOTE Confidence: 0.926024

00:01:45.120 --> 00:01:48.060 It's OK to ask for help.

NOTE Confidence: 0.926024

00:01:48.060 --> 00:01:49.040 Absolutely, absolutely.