




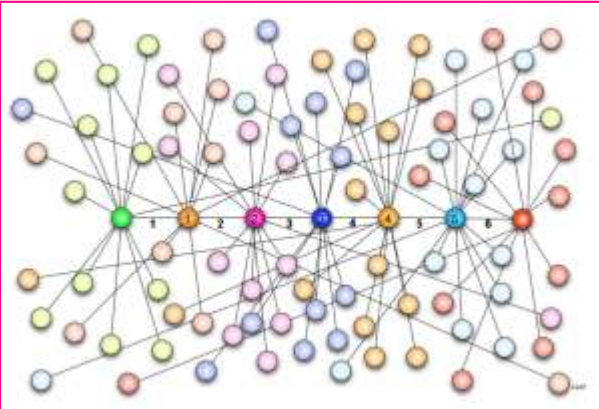
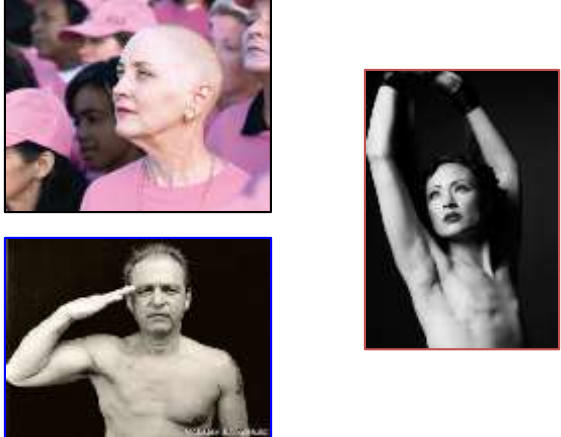
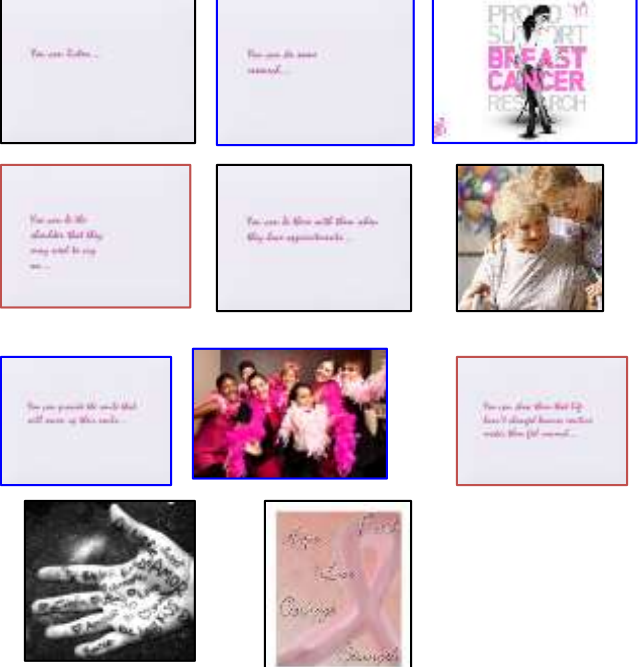













Breast Cancer in Our Lives, Preventative Measures and the Movement Towards the Cure



VIDEO	AUDIO
	<p><u>Title:</u> Breast Cancer in Our Lives, Preventative Measures and the Movement Towards the Cure</p> <p><u>Background Music:</u> "I'm a Survivor" by Destiny's Child (10 Seconds)</p> <p><u>Narration:</u> None</p>
 <p><i>*Different color borders and text match transitions in image and audio throughout</i></p>	<p><i><u>Background Music: Instrumental loop throughout entire presentation</u></i></p> <p><u>Narration:</u> This is Audrey, my little niece, trying on her outfit for her first birthday. What an exciting life she has in store! Thirty-six years ago when I was about to turn one; there was no one in my family that had either heard of, let alone experienced having breast cancer.</p>

VIDEO	AUDIO
	<p><u>Narration:</u> Today 1 in 8 Women will develop some form of breast cancer in their lifetime and although the chances are less 1 in every thousand men may be diagnosed with breast cancer.</p>
	<p><u>Narration:</u> Then I wonder could I be one of those women, could the men and women that are in my life also fall into that percentage</p> <p>Could You?</p>
	<p><u>Narration:</u> 12 years ago my mother battled breast cancer and beat it twice. Last year a friend of mind lost her battle to breast cancer, at the age of 35, after 10 years of putting up the biggest fight of her life. Both I feel are survivors because not once did they ever stop living.</p>

VIDEO	AUDIO
 <p><i>"Breast cancer occurs when cells in the breast divide and grow without normal control. Between 50 and 75 percent of breast cancers begin in the ducts, 10 to 15 percent begin in the lobules and a few begin in other breast tissues"</i></p> <p>Susan G. Komen for the Cure</p>	<p><u>Narration:</u> According to the website <i>Susan G. Komen for the Cure</i>: "Breast cancer occurs when cells in the breast divide and grow without normal control. Between 50 and 75 percent of breast cancers begin in the ducts, 10 to 15 percent begin in the lobules and a few begin in other breast tissues"</p> <p>While that it is the medical definition of breast cancer, it must be added that anyone can get breast cancer, you can be the healthiest person or on earth and as mentioned earlier you can even be a man and still have the possibility of getting breast cancer.</p>
 <p>(6 Degrees of Separation)</p>	<p><u>Narration:</u> 12 years ago I knew no one that battled this disease. Today it seems that it's like the "six degrees of separation" and that someone you know, either has breast cancer, lost their lives to it or knows someone that has had it. How many do you know? What can you do to help yourself and help others?</p>

VIDEO	AUDIO
	<p><u>Narration</u> One cannot express nor tell you of what you can do as a person with breast cancer, from what I have experienced though, every case is different. The person goes through a whirlwind of emotions, and the words "I understand" doesn't carry any weight because the fact is we don't unless we have worn those shoes. The unimaginable is going through their mind and they're fight is about to begin. But there is something you can do...</p>
	<p><u>Narration:</u></p> <ul style="list-style-type: none"> • You can listen.... • You can do some research.... • You can be the shoulder that they may need to cry on.... • You can be there with them when they have appointments.... • You can provide the smile that will warm up their souls.... • You can show them that life hasn't changed because routine makes them feel normal.... • You can continue to love them unconditionally...because they are not contagious, they are loving and strong and may end up being a bigger rock than you may think
	<p><u>Narration:</u> There are also things that you can do for yourself today to try and prevent breast cancer in your lives and if you happen to get ways to help you battle it!</p>

VIDEO	AUDIO
     	<p><u>Narration:</u> According to medicinenet.com. You should try and maintain a healthy lifestyle at all times. Try and integrate some exercise in you life. Take a thirty-minute walk. Set kids free and chase them around. That will lead to having a healthy weight. And balance that with healthy diet.</p> <p>And if you're thinking that your chances are greater because someone in your family has had breast cancer well here are some news for you: (LAST IMAGE TRANSITION) "Only in about 10% of all breast cancer cases is there actually a genetic defect that can be tested. This means that 90% of breast cancers are due to other causes. In fact, most cases of breast cancer occur in women who do not have a family history of breast cancer."</p>
   	<p><u>Narration:</u> So now that you're doing your best to be healthy lifestyle that will build up those defenses, there are also other ways to help. Volunteer for one of the many organizations out there Susan G. Komen, the Breast Cancer Society, Walk for the Cure. And if you want to keep up with that healthy lifestyle walk in one of the many 5K's that these great organizations have. Inspire greatness!</p>

VIDEO	AUDIO
<p align="center">Making Strides Against Breast Cancer Video</p> <p align="center">Embed code</p> <pre><iframe width="560" height="315" src="http://www.youtube.com/embed/CNW5y1d92H8" frameborder="0" allowfullscreen></iframe></pre>	<p><u>Narration:</u> (video)</p>
	<p><u>Narration:</u> Although the cure to breast cancer has not be found, progress is being made every day. You yourself can pass the word along, start healthy living, get those check ups. Above all serve as that healthy dose of medicine that's called love and laughter, it stronger than any round of chemotherapy.</p>
	<p><u>Background Music:</u> "I'm a Survivor" by Destiny's Child (10 seconds)</p>