

WEBVTT

NOTE duration:"00:06:49.2590000"

NOTE language:en-us

NOTE Confidence: 0.87122804

00:00:03.630 --> 00:00:06.258 I had felt a small lump in my

NOTE Confidence: 0.8712280399999999

00:00:06.260 --> 00:00:08.269 right breast and ended up finding out

NOTE Confidence: 0.8712280399999999

00:00:08.269 --> 00:00:10.598 that I was being diagnosed with breast

NOTE Confidence: 0.8712280399999999

00:00:10.598 --> 00:00:13.115 cancer was a stage three pretty aggressive

NOTE Confidence: 0.8712280399999999

00:00:13.115 --> 00:00:15.467 breast cancer and the year after I

NOTE Confidence: 0.87122804

00:00:15.470 --> 00:00:17.902 retired I went for a test and the

NOTE Confidence: 0.87122804

00:00:17.902 --> 00:00:20.246 doctor said I we see something on

NOTE Confidence: 0.87122804

00:00:20.246 --> 00:00:22.380 your lungs look like ground glass.

NOTE Confidence: 0.87122804

00:00:22.380 --> 00:00:24.348 I was diagnosed this things one

NOTE Confidence: 0.87122804

00:00:24.348 --> 00:00:26.660 at the Times. It was a trauma.

NOTE Confidence: 0.8488976

00:00:28.670 --> 00:00:30.290 When you get that diagnosis,

NOTE Confidence: 0.8488976

00:00:30.290 --> 00:00:31.586 you're really hit right

NOTE Confidence: 0.8488976

00:00:31.586 --> 00:00:33.210 between the eyes. It's very

NOTE Confidence: 0.8488976

00:00:33.210 --> 00:00:35.794 difficult at that time. I had two girls,

NOTE Confidence: 0.8488976

00:00:35.800 --> 00:00:38.005 so freshman and a senior in high

NOTE Confidence: 0.8488976

00:00:38.005 --> 00:00:40.329 school and just kind of the unknown.

NOTE Confidence: 0.8488976

00:00:40.330 --> 00:00:43.034 What comes next and where am I getting

NOTE Confidence: 0.8488976

00:00:43.034 --> 00:00:45.190 the help and what are my options?

NOTE Confidence: 0.84256035

00:01:02.940 --> 00:01:05.080 have cutting edge disease focused

NOTE Confidence: 0.84256035

00:01:05.080 --> 00:01:06.792 treatments that patients come

NOTE Confidence: 0.84256035

00:01:06.792 --> 00:01:09.038 to get cures for their cancer.

NOTE Confidence: 0.84256035

00:01:09.040 --> 00:01:11.055 The Integrative Medicine program focuses

NOTE Confidence: 0.84256035

00:01:11.055 --> 00:01:13.929 on the human side of the patient.

NOTE Confidence: 0.84256035

00:01:13.930 --> 00:01:17.378 What I see with my patients who use

NOTE Confidence: 0.84256035

00:01:17.378 --> 00:01:20.096 integrative medicine services is a sense of.

NOTE Confidence: 0.84256035

00:01:20.100 --> 00:01:22.368 Being able to reflect to be able

NOTE Confidence: 0.84256035

00:01:22.368 --> 00:01:24.327 to express themselves or be able

NOTE Confidence: 0.84256035

00:01:24.327 --> 00:01:26.163 to get physical relief from the

NOTE Confidence: 0.84256035

00:01:26.163 --> 00:01:28.280 services that are provided. One of

NOTE Confidence: 0.85867935

00:01:28.280 --> 00:01:29.905 the best ways to describe  
NOTE Confidence: 0.85867935

00:01:29.905 --> 00:01:30.555 integrative medicine,  
NOTE Confidence: 0.85867935

00:01:30.560 --> 00:01:32.528 especially in terms of cancer care,  
NOTE Confidence: 0.85867935

00:01:32.530 --> 00:01:34.819 is if the cancer is a weed.  
NOTE Confidence: 0.85867935

00:01:34.820 --> 00:01:36.124 Your oncologist is phenomenal  
NOTE Confidence: 0.85867935

00:01:36.124 --> 00:01:37.754 at dealing with that read.  
NOTE Confidence: 0.85867935

00:01:37.760 --> 00:01:39.390 They can focus on it.  
NOTE Confidence: 0.85867935

00:01:39.390 --> 00:01:41.232 It's really our job to focus  
NOTE Confidence: 0.85867935

00:01:41.232 --> 00:01:43.320 on the rest of the garden.  
NOTE Confidence: 0.85867935

00:01:43.320 --> 00:01:44.343 Build the Flowers,  
NOTE Confidence: 0.85867935

00:01:44.343 --> 00:01:46.910 make sure that the soil is inhospitable to  
NOTE Confidence: 0.85867935

00:01:46.910 --> 00:01:47.918 the weeds anymore.  
NOTE Confidence: 0.85867935

00:01:47.918 --> 00:01:50.270 I went through chemo and the surgery.  
NOTE Confidence: 0.85867935

00:01:50.270 --> 00:01:52.370 And I went home and I languished  
NOTE Confidence: 0.85867935

00:01:52.370 --> 00:01:54.612 for about 6 years just sitting  
NOTE Confidence: 0.85867935

00:01:54.612 --> 00:01:56.150 around home, feeling whatever.

NOTE Confidence: 0.85867935

00:01:56.150 --> 00:01:57.875 Sorry for myself or whatever.

NOTE Confidence: 0.85867935

00:01:57.880 --> 00:02:00.650 And then I met the data Brewer, one

NOTE Confidence: 0.84757096

00:02:00.650 --> 00:02:03.156 of the highlights of being an integrative

NOTE Confidence: 0.84757096

00:02:03.156 --> 00:02:05.646 medicine practitioner is that I get to go

NOTE Confidence: 0.84757096

00:02:05.646 --> 00:02:07.459 upstairs and engage with patients that

NOTE Confidence: 0.84757096

00:02:07.459 --> 00:02:09.043 wouldn't normally choose integrative

NOTE Confidence: 0.84757096

00:02:09.043 --> 00:02:11.732 medicine because maybe they are unsure of

NOTE Confidence: 0.84757096

00:02:11.732 --> 00:02:14.840 what we offer or they haven't heard of it.

NOTE Confidence: 0.84757096

00:02:14.840 --> 00:02:16.220 We do yoga classes.

NOTE Confidence: 0.84757096

00:02:16.220 --> 00:02:17.945 We have Tai chi Qigong.

NOTE Confidence: 0.84757096

00:02:17.950 --> 00:02:20.260 We have meditation classes, Zumba classes.

NOTE Confidence: 0.84757096

00:02:20.260 --> 00:02:22.035 We do huge creative expression

NOTE Confidence: 0.84757096

00:02:22.035 --> 00:02:22.745 collaborative projects.

NOTE Confidence: 0.84757096

00:02:22.750 --> 00:02:24.886 An individual projects we have massage.

NOTE Confidence: 0.84757096

00:02:24.890 --> 00:02:27.375 We have Reiki and when I say

NOTE Confidence: 0.84757096

00:02:27.380 --> 00:02:28.806 there's something for everyone,  
NOTE Confidence: 0.84757096

00:02:28.806 --> 00:02:30.586 there really is because at  
NOTE Confidence: 0.84757096

00:02:30.586 --> 00:02:32.010 the very very least,  
NOTE Confidence: 0.84757096

00:02:32.010 --> 00:02:33.422 there's breathing and there's  
NOTE Confidence: 0.84757096

00:02:33.422 --> 00:02:34.106 breathing exercises.  
NOTE Confidence: 0.84757096

00:02:34.106 --> 00:02:36.500 And there's just ways to to help  
NOTE Confidence: 0.84757096

00:02:36.565 --> 00:02:38.420 alleviate stress and feel better.  
NOTE Confidence: 0.84757096

00:02:38.420 --> 00:02:39.840 Many of these services  
NOTE Confidence: 0.8606964

00:02:39.840 --> 00:02:41.778 are offered online or through zoom  
NOTE Confidence: 0.8606964

00:02:41.778 --> 00:02:43.760 or through phone based treatments.  
NOTE Confidence: 0.8606964

00:02:43.760 --> 00:02:45.548 My patients love the fact that  
NOTE Confidence: 0.8606964

00:02:45.548 --> 00:02:47.214 they have all these different  
NOTE Confidence: 0.8606964

00:02:47.214 --> 00:02:49.244 services to choose from that's  
NOTE Confidence: 0.8606964

00:02:49.244 --> 00:02:51.230 provided by the integrative team.  
NOTE Confidence: 0.8185044

00:02:51.300 --> 00:02:53.172 When I met Dana she indicated  
NOTE Confidence: 0.8185044

00:02:53.172 --> 00:02:55.042 the Smiler wanted to make 1000

NOTE Confidence: 0.8185044

00:02:55.042 --> 00:02:56.967 white birds as as a project and

NOTE Confidence: 0.8185044

00:02:56.967 --> 00:02:58.808 if I'd like to participate,

NOTE Confidence: 0.8185044

00:02:58.810 --> 00:03:00.688 learn how to make that like

NOTE Confidence: 0.8185044

00:03:00.688 --> 00:03:01.940 jumped at the opportunity.

NOTE Confidence: 0.8185044

00:03:01.940 --> 00:03:03.806 There was a doctor from the

NOTE Confidence: 0.8185044

00:03:03.806 --> 00:03:05.390 Malaysia from as a boy.

NOTE Confidence: 0.8185044

00:03:05.390 --> 00:03:07.340 He bowfishing as he took the

NOTE Confidence: 0.8185044

00:03:07.340 --> 00:03:09.296 thousand birds and move them into

NOTE Confidence: 0.8185044

00:03:09.296 --> 00:03:11.354 a fishing net and it was displayed

NOTE Confidence: 0.8185044

00:03:11.354 --> 00:03:13.549 in the Smiler lobby for the longest

NOTE Confidence: 0.8185044

00:03:13.549 --> 00:03:15.948 time and then we took it down and

NOTE Confidence: 0.8185044

00:03:15.948 --> 00:03:18.124 cut the birds out and gave those

NOTE Confidence: 0.8185044

00:03:18.124 --> 00:03:20.242 birds to the cancer patients and

NOTE Confidence: 0.8185044

00:03:20.242 --> 00:03:22.530 that now that I think about it.

NOTE Confidence: 0.8185044

00:03:22.530 --> 00:03:24.175 That was really the emphasis

NOTE Confidence: 0.8185044

00:03:24.175 --> 00:03:26.090 for me wanting to do it.  
NOTE Confidence: 0.8185044

00:03:26.090 --> 00:03:27.068 It's kind of  
NOTE Confidence: 0.8728031

00:03:27.070 --> 00:03:28.690 like set planted the seed.  
NOTE Confidence: 0.8728031

00:03:28.690 --> 00:03:30.772 Sometimes it's just simply about experiencing  
NOTE Confidence: 0.8728031

00:03:30.772 --> 00:03:32.791 joy again because they've become so  
NOTE Confidence: 0.8728031

00:03:32.791 --> 00:03:34.513 used to this pattern of chemotherapy,  
NOTE Confidence: 0.8728031

00:03:34.520 --> 00:03:35.688 feeling ill, feeling sick.  
NOTE Confidence: 0.8728031

00:03:35.688 --> 00:03:37.440 But if you can give them  
NOTE Confidence: 0.8728031

00:03:37.502 --> 00:03:39.050 these Nuggets of happiness,  
NOTE Confidence: 0.8728031

00:03:39.050 --> 00:03:41.388 then you can really transform their journey  
NOTE Confidence: 0.8728031

00:03:41.388 --> 00:03:43.907 in who they are and who they become.  
NOTE Confidence: 0.8728031

00:03:43.910 --> 00:03:45.914 And so everybody is always seeking  
NOTE Confidence: 0.8728031

00:03:45.914 --> 00:03:48.233 to be happy once you get the  
NOTE Confidence: 0.8728031

00:03:48.233 --> 00:03:50.063 weight of cancer on your back,  
NOTE Confidence: 0.8728031

00:03:50.070 --> 00:03:51.800 it's so much more challenging  
NOTE Confidence: 0.8728031

00:03:51.800 --> 00:03:53.530 to go into that place.

NOTE Confidence: 0.8728031

00:03:53.530 --> 00:03:54.862 But that's you know,

NOTE Confidence: 0.8728031

00:03:54.862 --> 00:03:56.860 that's the strength of integrative medicine.

NOTE Confidence: 0.8728031

00:03:56.860 --> 00:03:58.525 If we give the patients

NOTE Confidence: 0.8728031

00:03:58.525 --> 00:04:00.190 those tools to get back

NOTE Confidence: 0.8554323

00:04:00.190 --> 00:04:01.189 into that place,

NOTE Confidence: 0.8554323

00:04:01.189 --> 00:04:03.187 the support really raised me up.

NOTE Confidence: 0.8554323

00:04:03.190 --> 00:04:05.381 It gave me so much strength to

NOTE Confidence: 0.8554323

00:04:05.381 --> 00:04:07.518 clearly battle both for physical pain,

NOTE Confidence: 0.8554323

00:04:07.520 --> 00:04:09.416 but just my emotional well being

NOTE Confidence: 0.8554323

00:04:09.416 --> 00:04:11.779 as much as I wasn't a yoga

NOTE Confidence: 0.8554323

00:04:11.779 --> 00:04:13.837 person and maybe still am not.

NOTE Confidence: 0.8554323

00:04:13.840 --> 00:04:15.838 I looked forward to going there.

NOTE Confidence: 0.8554323

00:04:15.840 --> 00:04:17.505 I look forward to the

NOTE Confidence: 0.8554323

00:04:17.505 --> 00:04:18.837 conversations that were held.

NOTE Confidence: 0.8554323

00:04:18.840 --> 00:04:20.808 I looked forward to the praise

NOTE Confidence: 0.8554323



00:04:20.808 --> 00:04:22.899 that was given for small little  
NOTE Confidence: 0.8554323

00:04:22.899 --> 00:04:24.669 gains from week to week.  
NOTE Confidence: 0.8554323

00:04:24.670 --> 00:04:27.022 I just look forward to the comfort  
NOTE Confidence: 0.8554323

00:04:27.022 --> 00:04:29.439 really that a lot of the programs  
NOTE Confidence: 0.8476304

00:04:29.440 --> 00:04:31.170 provided me integrative medicine is  
NOTE Confidence: 0.8476304

00:04:31.170 --> 00:04:33.304 another layer of support for patients  
NOTE Confidence: 0.8476304

00:04:33.304 --> 00:04:35.380 going through treatment and beyond to  
NOTE Confidence: 0.8476304

00:04:35.380 --> 00:04:37.753 help them achieve that hope and optimism  
NOTE Confidence: 0.8476304

00:04:37.753 --> 00:04:39.667 and that connected feeling that they  
NOTE Confidence: 0.8476304

00:04:39.670 --> 00:04:42.057 need when I walk into the room,  
NOTE Confidence: 0.8476304

00:04:42.060 --> 00:04:44.447 I'll say hello, my name is Dessie.  
NOTE Confidence: 0.8476304

00:04:44.450 --> 00:04:46.482 I'm volunteer here another  
NOTE Confidence: 0.8476304

00:04:46.482 --> 00:04:48.514 13 year cancer survivor.  
NOTE Confidence: 0.8476304

00:04:48.520 --> 00:04:49.764 During my time here,  
NOTE Confidence: 0.8476304

00:04:49.764 --> 00:04:52.015 I learned how to make origami birds  
NOTE Confidence: 0.8476304

00:04:52.015 --> 00:04:54.234 and today I make them for cancer

NOTE Confidence: 0.8476304

00:04:54.234 --> 00:04:56.060 patients and other nice people.

NOTE Confidence: 0.8476304

00:04:56.060 --> 00:04:58.028 Will you accept this for me?

NOTE Confidence: 0.8476304

00:04:58.030 --> 00:05:00.088 I couldn't give away fast enough

NOTE Confidence: 0.8476304

00:05:00.088 --> 00:05:02.136 because I would get this shot

NOTE Confidence: 0.8476304

00:05:02.136 --> 00:05:03.954 of dopamine in my brain and

NOTE Confidence: 0.8476304

00:05:03.954 --> 00:05:05.926 I'd walk out of the hospital

NOTE Confidence: 0.8476304

00:05:05.926 --> 00:05:07.864 like 6 inches off the ground.

NOTE Confidence: 0.8476304

00:05:07.870 --> 00:05:08.530 I think

NOTE Confidence: 0.87531865

00:05:08.530 --> 00:05:11.473 I gave 2000 birds away in 2818 and 19.

NOTE Confidence: 0.87531865

00:05:11.480 --> 00:05:12.788 I'm reminded daily that

NOTE Confidence: 0.87531865

00:05:12.788 --> 00:05:14.096 I'm a cancer survivor,

NOTE Confidence: 0.87531865

00:05:14.100 --> 00:05:16.564 but I find that I am incredibly

NOTE Confidence: 0.87531865

00:05:16.564 --> 00:05:19.140 resilient and and I believe that I am.

NOTE Confidence: 0.87531865

00:05:19.140 --> 00:05:21.788 Due to the strength that I gained from

NOTE Confidence: 0.87531865

00:05:21.788 --> 00:05:24.395 those people that I met along the journey,

NOTE Confidence: 0.87531865

00:05:24.400 --> 00:05:26.968 I was fortunate enough to have a great  
NOTE Confidence: 0.87531865

00:05:26.968 --> 00:05:28.861 support system already in place with  
NOTE Confidence: 0.87531865

00:05:28.861 --> 00:05:31.310 my family and friends in my community.  
NOTE Confidence: 0.87531865

00:05:31.310 --> 00:05:33.558 But I think I gained more strength as  
NOTE Confidence: 0.87531865

00:05:33.558 --> 00:05:35.826 well from the doctors and nurses and  
NOTE Confidence: 0.87531865

00:05:35.826 --> 00:05:37.895 the staff in the Integrative Medicine  
NOTE Confidence: 0.87531865

00:05:37.895 --> 00:05:40.079 Department and just the people that  
NOTE Confidence: 0.87531865

00:05:40.079 --> 00:05:41.840 I've met through becoming involved  
NOTE Confidence: 0.87531865

00:05:41.840 --> 00:05:43.820 with the looking forward fashion show.  
NOTE Confidence: 0.87531865

00:05:43.820 --> 00:05:45.908 It continues to show me the  
NOTE Confidence: 0.87531865

00:05:45.908 --> 00:05:47.760 importance of the program and in  
NOTE Confidence: 0.88590914

00:05:47.760 --> 00:05:49.938 giving back every dollar that's donated.  
NOTE Confidence: 0.88590914

00:05:49.940 --> 00:05:51.730 Ends up affecting countless patients,  
NOTE Confidence: 0.88590914

00:05:51.730 --> 00:05:53.154 providers, and family members  
NOTE Confidence: 0.88590914

00:05:53.154 --> 00:05:54.934 that we can't even imagine.  
NOTE Confidence: 0.88590914

00:05:54.940 --> 00:05:56.720 We're growing and developing program

NOTE Confidence: 0.87799346

00:05:56.720 --> 00:05:58.868 and we need support. We need

NOTE Confidence: 0.87799346

00:05:58.870 --> 00:06:01.008 help to create that we really

NOTE Confidence: 0.87799346

00:06:01.010 --> 00:06:03.858 do rely on the support of people to

NOTE Confidence: 0.87799346

00:06:03.860 --> 00:06:06.718 help us grow and help us thrive. He

NOTE Confidence: 0.87799346

00:06:06.720 --> 00:06:08.500 started with the integrated services,

NOTE Confidence: 0.87799346

00:06:08.500 --> 00:06:10.999 you know he just changed like that.

NOTE Confidence: 0.87799346

00:06:11.000 --> 00:06:13.420 He was the old Desi. You know,

NOTE Confidence: 0.87799346

00:06:13.420 --> 00:06:15.310 very positive and very often without

NOTE Confidence: 0.87799346

00:06:15.310 --> 00:06:17.070 the creative expressions program,

NOTE Confidence: 0.87799346

00:06:17.070 --> 00:06:20.334 I think he wouldn't would not have been.

NOTE Confidence: 0.87799346

00:06:20.340 --> 00:06:22.870 The man he is today. I really don't.

NOTE Confidence: 0.87799346

00:06:22.870 --> 00:06:24.970 I think he would have went into

NOTE Confidence: 0.87799346

00:06:25.039 --> 00:06:27.168 a deep depression, but it was

NOTE Confidence: 0.8445022

00:06:27.170 --> 00:06:29.444 a godsend. So what good is treating

NOTE Confidence: 0.8445022

00:06:29.444 --> 00:06:31.390 them on physical level if you

NOTE Confidence: 0.8445022

00:06:31.390 --> 00:06:33.015 leave the emotional and spiritual

NOTE Confidence: 0.8445022

00:06:33.015 --> 00:06:34.645 level untouched, this is this

NOTE Confidence: 0.8445022

00:06:34.645 --> 00:06:36.920 touches that this gives us a chance

NOTE Confidence: 0.8445022

00:06:36.920 --> 00:06:38.220 to to heal completely.