# MD Anderson Day BRICK 3.2.mp4

**Speaker1:** [00:00:27] You hear the thunder? It's awesome that kind [00:00:30] of drifting away. But this is really good teachable moments. We know it's coming. It's right on top of us. It could come up tonight or tomorrow night or the next night. We're not really anticipating the full hitting. You know, when the ball hits the ground, the electricity can spread through. If we're too close to each other, it can connect to all the people in between. It's good to have these conversations now before the storm actually is on top of us.

**Speaker2:** [00:01:01] There [00:01:00] will be hardships in my life. That's just how it goes. Yeah. Before we got married, we both knew we wanted to have kids. With all of the internal radiation that I had, it messed up almost every organ in my body.

**Speaker3:** [00:01:27] When we realized that we were not going to have kids, it [00:01:30] wasn't just having the kids taken away. It was having that future, having that. I really was having the future taken away from me.

**Speaker2:** [00:01:40] And I think for me it kind of came down to having to redefine family. I think we're kind of getting to the place where we're okay with that. It doesn't mean it's easy. This [00:02:00] is my in case we have to run really fast away from home for any reason. Like. This is my emergency grab and go, and it has a week's worth of every prescription. I just have that ready, and I know that it has everything in it I'm going to need. I have my number on how many I take 2 [00:02:30] a.m., 2 p.m. and out of everything. This is Justin's one thing. We have started to fill out all the paperwork for the adoption agency. But we don't want to get our hopes up too much because they require [00:03:00] a letter from my oncologist. Saying that the oncologist thinks that I will live long enough to raise a child. And so we kind of put it on hold until we see the oncologist on Monday.

[00:03:24] But don't you forget your mom and daddy's love. Where you.

**Speaker2:** [00:03:39] But [00:03:30] right before what I call my day of fun, I don't usually get much sleep. Kind of a little bit nerve wracking.

**Speaker4:** [00:03:50] They show up at six this morning and we don't really leave until. We know where she stands. We don't have this.

**Speaker2:** [00:03:57] Wait two weeks for test results.

**Speaker4:** [00:03:59] Wait a week for the [00:04:00] radiologist. That's one of the awesome parts about the Anderson. As as long and hard as this day is, we go home today knowing what they saw.

**Speaker2:** [00:04:11] And we'll call you out by. I'm [00:04:30] trying to focus on the positive. The fact that so many people I know have already passed away this year that had the same cancer as me in the same prognosis as me. That weighs heavily on my mind.

**Speaker5:** [00:04:57] Your allergies are still just shellfish [00:05:00] and adhesive tape and iodine and penicillin. Yes. Tell me about the shortness of breath. Is that with activity or at rest?

**Speaker2:** [00:05:08] Yes, both.

**Speaker5:** [00:05:12] Tell me about your headaches. Are they normal headaches or migraines?

**Speaker2:** [00:05:16] Hemiplegia. Migraines? I have started having that.

**Speaker5:** [00:05:19] You also checked seizures. Have you had a seizure lately?

**Speaker2:** [00:05:23] It's been about 30 days since my last one. Since my last grand mal. Generally [00:05:30] I have between four and eight appointments. Just swallow. So although again. Then I move on to the CT imaging. And this is a huge, huge, huge deal for me. My last three [00:06:00] chest CT scans have shown that I have tumors throughout both lungs. Very tiny little nodules, too small to really know what they are, but they are most likely thyroid cancer that has metastasized. I'm always like on the edge of my seat, waiting for the results. There's just so much riding on these scans. Because if she's not willing to write us [00:06:30] that letter to give to the agency, then we can't go anywhere.

**Speaker5:** [00:06:35] Take your career where you go. Take it to another reality. Where it the great.

[00:06:48] Three. And just breathing and being.

**Speaker6:** [00:06:58] With this part of your body. Feel [00:07:00] your body just sinking into the ground. Noticing that sense of weight being held by the ground underneath you.

[00:07:33] They [00:07:30] were. Taking a three day.

**Speaker6:** [00:07:49] Drawing your attention. Throat and. Sensing the right side of your neck and the left pausing and just noticing what you feel in this part [00:08:00] of your body, feeling the fullness of the breath, move into your ribs, expanding and then letting go on the exhale. Perhaps even your heartbeat, if you can feel that. Knowing that by the mere fact that you are breathing, there is far more going right in your body and your mind than wrong.