scene\_2.wav

Elizabeth: [00:00:01] This is my in case we have to run really fast away from home for any reason, like flooding. This is my emergency grab and go and it has a week's worth of every prescription and I just have that ready and I know that it has everything in it I'm going to need. They have my number on how many I take. Two a.m., two p.m. And out of everything, this is Justin's one thing. We do want a family. Kind of leaning towards the idea of adoption. I looked into probably 30 different agencies and only two of them would even talk to us. 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 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. The night before what I call my M.D. Anderson day of fun, I don't usually get much sleep. Kind of a little bit nerve wracking. We show up at 6:00 this morning, and we don't really leave until. We know where she stand. We don't have this-.

Justin: [00:01:51] Wait two weeks for test results-

Elizabeth: [00:01:52] wait a week for the radiologist. That's one of the awesome parts about M.D. Anderson is as long and hard as this day is. We go home today knowing what they saw.

Secratary: [00:02:05] So why don't you have a seat and we'll call you out by name.

Elizabeth: [00:02:25] I'm 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 and the same prognosis as me. That weighs heavily on my mind

Nurse: [00:02:44] Your allergies are still just shellfish and adhesive tape and iodine and penicillins.

Elizabeth: [00:02:51] Yes.

Nurse: [00:02:52] Tell me about the shortness of breath. Is that with activity or at rest?

Elizabeth: [00:02:56] Yes, both.

Nurse: [00:02:59] Tell me about your headaches from their normal headaches or they migraines.

Elizabeth: [00:03:04] No, hematologic migraines, I have started having that.

Nurse: [00:03:07] You also checked seizures, have you had a seizure lately?

Elizabeth: [00:03:10] It's been about 30 days since my last one.

Nurse: [00:03:12] Okay.

Elizabeth: [00:03:13] Since my last grand mal. Generally, I have between four and eight appointments.

Doctor: [00:03:25] Alright swallow. Swallow again.

Elizabeth: [00:03:35] Then I move on to the CT imaging, and this is a huge, huge, huge deal for me. My last three 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.

CT Tech: [00:04:07] Okay, go ahead and bring your arms up.

Elizabeth: [00:04:07] 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 that letter to give to the agency, then we can't go anywhere.

Recorded Male Voice: [00:04:22] Take a breath. Breathe out. Take in another real deep breathe. Hold it please. Breathe.

Carly: [00:04:44] And just breathing and being with this part of your body. Feel your body just sinking into the ground, noticing that sense of weight being held by the ground underneath you.

Recorded Male Voice: [00:05:20] Take another real deep breath. Hold Please. Breathe out. Take another breath. Breathe out.

Carly: [00:05:35] And then drawing your tension into your throat and your neck. Sensing the right side of your neck and the left. Pausing and just noticing what you feel in this part of your body. Feeling the fullness of the breath, move into your ribs, expanding and then letting go on the exhale, perhaps using 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.