

## Living Beyond Cancer Podcast Transcript

### Crossing that Mountain: A Personal Story of Breast Cancer with a Surprise Ending

Guest: Andrea Hasley, MA

**Lauren Hixenbaugh (00:01):**

Welcome to Living Beyond Cancer. I'm Lauren Hixenbaugh, your host for today's episode. Living Beyond Cancer is a series of podcasts created for cancer patients, survivors, and their caregivers. This series is sponsored by the West Virginia Cancer Coalition, Mountains of Hope, and is produced by the WVU Cancer Institute's Cancer Prevention and Control. Today we're recording in multiple locations, so please forgive any of our tonal differences. Today's guest is Andi Hasley. Andi is the manager of the West Virginia Cancer Coalition, though She comes to us today as a breast cancer survivor. We're really delighted to have you today as we discuss the importance of mental health during and after a cancer diagnosis. We'll start today off by letting Andi talk about her story.

**Andi Hasley (00:43):**

Hi everybody. So, I am the Coalition Manager of Mountains of Hope now, but up until about six months ago, I was a music educator and that is a big part of my story. So, I've always been a rule follower, probably how I ended up being a teacher, and when I turned 40, I knew that it was time to have a mammogram because that's just what you're supposed to do. So because of being in education, I always waited till the spring to have my yearly checkups, and then COVID happened, so a lot of things shut down for a while and a couple of my appointments got moved back. But for some reason, I had this relentless need to have a mammogram. It just kept coming into my head. I had no reason to feel that way. I had no family history. I didn't have any symptoms. I didn't have a lump. My blood work was fine. I didn't think I would have anything wrong, but I just felt like I needed to get it done. So, my doctor ordered a mammogram. My doctor was moving, so she wanted to have all of this done before she moved, because then it's easier to start with a new doctor. And then, so I called to schedule my mammogram and they had all these cancellations, and they could get me the very next day, which if you've ever tried to schedule a mammogram, you know that that does not normally happen.

**Andi Hasley (02:03):**

So, I had it, it was very low-key, not nearly as dramatic as I thought it was going to be. And then five days later I found out that there was an abnormality in my right breast and it showed something called pleomorphic calcifications. So, calcifications are pretty normal for mammograms, especially first mammograms in women, but I made the mistake that we all make of Googling it and pleomorphic calcifications usually are a bigger sign that there could be something there. So, I still had a less than 10% chance of it being cancer, but we went ahead and had a biopsy. So, I had a stereotactic biopsy and it showed that I had stage zero, ductal carcinoma in situ, which basically just means that I had cancer in the milk duct. I had a partial mastectomy and then I had 21 radiation treatments following that. The surgical biopsy showed

that I was estrogen receptor-positive, so I am currently on hormone suppressant medication and injections for at least the next five years. But because I am only 41, almost 42, I'm not real close to menopause, so that could end up being up to about 10 years.

**Lauren Hixenbaugh (03:21):**

Obviously, I've heard your story a couple of times, but every time I hear it, I always think about the fact that you're just so young and it always gives me a little bit of chills because I'm like, man, what was it that made her go get that mammogram right off the bat, right at the 40-year-old mark.

**Lauren Hixenbaugh (03:40):**

So, it is worth mentioning that the national guidelines vary a little bit, but most recommend starting screening at 40 and completing it every year or every other year. It's best to just talk to your healthcare provider about the screening that's recommended for you. So many people don't do that. They aren't diligent in getting it but thank goodness you were. And I hope your story inspires other people to do the same and go get their screenings as soon as they hit that 40-year-old mark as well. And Andi will keep telling us a little bit more about her story as we go along, but we know that everyone's story is a little bit different, and what gets them through is also a little bit different. So, I'm going to let Andi kind of talk about what got her through her diagnosis.

**Andi Hasley (04:23):**

A lot of different things got me through it and they continue to change as the cancer journey continues. I think the first thing for me was my faith. I never felt like that this was something that was going to be terminal. No doctor, no diagnosis ever led me to believe that, so that was a big help. I really like to be outside. It's my very favorite place to be, so I spend a lot of time outdoors. I still do that. I walk every day, no matter the weather. Rain, shine, it doesn't matter if it's cold. I walked in the snow last winter. It just really helps me to clear my head. But I think the biggest thing for me, and I'm sure that anybody that's had a diagnosis like this, has really been my family. They just allow me to manage the hard things that happen. My husband is the very best human in this world. He just was able to do the next thing. "What do we need to do next? Where is the next place that we have to go? Do you need help changing your bandages? Do you need me to drive you to this appointment? Do you need me to cook dinner tonight?"

**Andi Hasley (05:42):**

And then my kids are great. I have two children, that for those of you that don't know that are 15 and almost 11. And I think one of the things that helped me communicate with them, though telling them that I had cancer was the very hardest thing I've ever had to do as a parent, was that I was able to say, "There is treatment available. We caught it early because I went to the doctor and because I had a mammogram and that's how they find things when they're small and treatable. So we don't have to be scared that this is going to be the end. This is just part of the journey of our family." And then I had a lot of friends that really rallied around me. I had one friend that didn't live where I lived and she would send me random hysterical presents in the mail, like coloring books with terrible words in them or bags that had... She sent me a tote bag that said like "girl boss" things on it. And then I had another friend that every day from the time I

was diagnosed until my very last radiation treatment, which that would've been, I guess two months, three months, sent me some sort of an inspirational quote picture every day for three months, a text message. And I saved them all. They're all in a Pinterest board and I still go back and look at them.

**Andi Hasley (07:11):**

So, I had a friend that brought a gift basket to me that had anything you could possibly need to go through cancer diagnosis and treatment. She Googled it. So, it was things like queasy drops for when the medicine makes you nauseous and cream that you put on after radiation, and comfy pajamas that buttoned up and a devotional book and a bottle of Prosecco. So, all of these things were all part of making it a little easier because laughter is great medicine and hugs are great medicine. And during COVID, it was really hard because a lot of that connection that you get from people was a little more risky. So, I guess all of those little pieces went into managing it. There's not one thing. It's what is the thing that you needed on that day? And I was just really fortunate to have a lot of support through the beginnings especially of this whole mess.

**Lauren Hixenbaugh (08:14):**

Wow. You did. You had some amazing support. That's awesome. So you said family and friends were really helpful, obviously. And what would you give, what would be your advice for other family and friends of folks that are going through a diagnosis? What would your advice be for them?

**Andi Hasley (08:35):**

It's kind of contradictory, but I would say to attempt to keep things as normal as possible but to not expect normal at all. And good days are as unpredictable as bad days. So on good days when a loved one is feeling great, let them be normal. Don't say, "Now, you're not supposed to be doing that." Or "You sit down there and let us do it." If they want to cook dinner, if they want to mow the grass, if they want to take a walk, let it happen. But then, because there's going to be days where they do not feel like they can get up off the couch or get up out of bed. And then those days you have to let that happen too. Also, I think that when you're supporting someone that's going through this kind of a health crisis, you have to be able to think ahead. So, have a plan for what your meals are going to be, what transportation is needed. If you have children, you might have to think about what childcare is necessary. The way my parents helped us the most through all of it was that my kids spent a lot of time with my mom and dad during and throughout my treatment so that I could rest. And then there was just two of us in our house instead of four.

**Andi Hasley (09:46):**

I think the biggest thing is the long game of cancer is really difficult. It's not something that just disappears when the last radiation treatment is over, or the last chemo treatment is over. There's a long journey that follows that instant almost attack plan. And so, patients with the continued fatigue, with the continued side effects, and then the continued frustration that comes with that. But the biggest thing I would ask people to remember is that no matter how hard you want to, you can't fix this for them. You can't cure it. There's nothing you can do other than to be a

shoulder to cry on, a hand to hold, a ride to an appointment, person that turns on their favorite movie, but you can't cure this, you can't fix it for them. So, I'm sure that my husband especially felt pretty helpless throughout parts of my time. And I know there are days he still does, but the best thing that he can do is just to let me be what I am feeling on that day and help me get to the next day.

**Lauren Hixenbaugh (11:05):**

I think that's really helpful. Taking on some unexpected roles it sounds like family is going to have to do. They need to ask what the person needs and keep asking for the long game. I think that's really helpful. Yes.

**Andi Hasley (11:22):**

And I was terrible at that. I am terrible at asking for help. Not just that I'm terrible at it, so it was very hard for me to say, "I don't think I can cook dinner today. I just don't think that's going to happen." And I think that that was probably the biggest shift for my household is that there were just days that normally I was kind of an energizer bunny personality and that that's just not me anymore and honestly, it still hasn't returned. So, we've all kind of gotten used to it. But that was the hardest transition, I think.

**Lauren Hixenbaugh (11:59):**

So you mentioned briefly about your diagnosis happening during the COVID-19 pandemic. You want to tell us a little bit about how that specifically impacted your diagnosis and treatment and how did you mentally handle that piece of the puzzle?

**Andi Hasley (12:17):**

I think that that was the hardest part of all of it. And with COVID, anybody that has done any sort of medical anything during the last 18 months, they've probably had to do it alone. And that's what I had to do. So, my biopsy, my husband wasn't even allowed to go into the hospital. When I got the results, my doctor actually just called me rather than having me come into the office. And then when I had my surgery, I had to go in alone. And if you've ever had surgery before, you know that normally there's someone with you, pre-op in the room to kind of keep you distracted because it's scary, but I got dropped off at the door and that was after.

**Andi Hasley (12:58):**

So before my surgery, I had a wire inserted into my breast, which allows the surgeon to find the cancer more easily because I was having a partial mastectomy. So, I went and had that procedure done in morning. And then my husband picked me up at one facility, drove me to the next facility, dropped me off at that facility. So, then I went in and that's when I was in pre-op and by myself. And I think that was the hardest day because you're just laying there thinking that life will never be the same after this day. And then the surgeon comes in and there's a wire hanging out of my body and he looks at me. My surgeon was amazing and he kind of chuckled, he goes, "I mean, I don't really need to mark what we're doing, but I have to legally." So he just puts a big X mark on my right breast. And in that moment, I was by myself and it was awful. And God

bless that nurse that was with me. She held my hand when I kind of lost it there at the end, right before they took me back and well, right before they gave me the stuff that makes you feel really good before you go into surgery, and she just held my hand and said, "Do you mind if I pray?" And I said, "I don't mind at all." And so, she said a little prayer with me and they took me to the operating room. And then I had luckily warned my medical staff that I have a terrible time coming out of anesthesia. And so, the surgeon had called my husband to let him know that everything was okay. And he said, "We're having a hard time getting her to wake up." And my husband was like, "Yes, that's typical. Can you put me on speaker please?" And so, the surgeon put him on speaker and he talked to me through the phone and was like, "Andi, Andi." And, but then I heard his voice and kind of started to come too. That's been a typical process for us with other surgeries, so that was hard.

**Andi Hasley (14:49):**

And then just, I kind of got used to it. I just kind of got used to going to those, the next appointment and the next thing by myself. I think the harder part of it has been as things continue and you get more information and your treatment changes and your information changes, it's really difficult to remember all of those things. Another set of ears in a room is really important and I didn't have that either. So, we kind of came up with things that helped us navigate what that looked like. We tried Face Timing, my husband, into doctor's appointments with me and the connectivity was spotty, and he had a hard time. So, I started turning on just my video camera on my phone and just recording the appointment so that he could hear it later and then I could hear it later. And the other thing that we did, was we both have iPhones, so we opened a notes pad in our Notes app and it has doctor's appointments on it and we just have a running list. And so if I have questions or if he has questions about my care, we enter them into that note, and then as they're answered, we delete them or move them with the specific doctor that they go with. So, that has helped at least us keep track of things. But I think it was probably really hard for him to not be able to be there because he was getting all the information from me and sometimes I'd be like, "I have no idea what they said. I don't even remember." If I ever go through this again, which I hope I don't, I hope that I have another set of ears in the room with me because it was really difficult to keep track of what was happening.

**Lauren Hixenbaugh (16:32):**

Andi, the that's pretty common from what we get reports of is that there's just kind of this overload of information in those appointments and your head... People describe it as their head is just spinning, kind of that overload like an exhausted feeling. So, I think that's a great tip to record the appointments. Even if you don't have to really record the provider or anything just let them know that you're recording during the appointment, just for your own knowledge. And the shared notes you and I had talked about before, that's a great tool for a caregiver to kind of feel involved in being able to support their family member. Those are great tips. One of the things you didn't talk about a little bit was how you dealt with kind of the mental game of your diagnosis and your appointments and what you, how you dealt with that at home.

**Andi Hasley (17:29):**

Yeah. So, I am a person that if somebody's going to hear a piece of information about me, I'd like them to hear it from me. So, I use social media to share my story with friends and family. Because I was a music educator before taking this job with Mountains of Hope and I was involved in state music leadership, so I had a pretty large social media following just for that reason. So, I just shared my story and said, "I was 40, I had a mammogram, it came back as cancer. Please make sure you have your yearly screenings." Et cetera. And then I had a lot of people reach out and ask me for more information, so I created a blog and I shared that with people on social media, but then I also just have a tag for it. And it ended up being a blessing for me for a couple reasons. One, it's been a place to store my progress. So, the timeline of diagnosis, how long I waited for treatments, and when I changed medication, just those very clinical things. But it also shows me my journey mentally through it. To go from feeling energized, "Okay, I've got this, I'm going to fight it." to "I'm exhausted. I've had enough of this." To, "Okay, this is the next thing, and this seems to be working better." That's been a big help.

**Andi Hasley (19:02):**

But the greatest thing through all of that is that I started this really nagging people into having their cancer screenings. And so far, I have 56 female friends that have had their first mammograms since I posted. And of those 56, there are four of them that actually were diagnosed with cancer, but all of which was treatable. So, all of them were, two of them were stage zero and two of them were stage one. And we are all in varied places with our treatment, but we're in pretty similar places. So, we text, the five of us text off and on and share about different things that are happening. All of us have had slightly different experiences, but had I not said, "I was diagnosed with cancer, please go have your screenings." I don't know how many of those people would've done that. And what's great about it is that even people that have already had their mammograms, I will get text messages, "Hey Andi, I had my mammogram today. I just wanted to say, I was thinking of you." That's very exciting to think that just because I was willing to be transparent and a little bossy, which is kind of my personality, that people were able to get care. And I also think a lot of these people, maybe weren't going to have it done because of COVID and then they heard my story and thought, oh, I better go do that anyway. So, it really helped.

**Andi Hasley (20:37):**

The other thing I do is ironically, I listen to podcasts. I was kind of a podcast junkie before this whole cancer thing and they've really helped me. I use them as a distraction. Like true crime podcasts. There's nothing more distracting than a true-crime podcast. But I've also found ones that are inspirational and uplifting stories. One I'm listening to right now is called 70 Over 70 and it's an interview kind of like you and I are doing right now, with people that are age 70 and up, and it tells their story and the things they've been through in their life and how they've overcome it. And it makes me feel inspired that this is just one part of my journey and hopefully I could be on a podcast that's for people over 70 someday. So those are things that have helped. And I read a lot. I read constantly. I've read a couple books about cancer, but honestly, sometimes I just have to turn it off. And so, give me a good romance novel any day and it's a good distraction. I think you just have to find the thing that helps you get out of your own head, because we're really bad at that as humans. We get inside our own and we think about all of the

things that could possibly go wrong and distraction is sometimes a really powerful weapon against that.

**Lauren Hixenbaugh (21:57):**

Thanks for sharing. I think that's a pretty amazing story to have all those people, even if it wasn't totally because of you, that they went and got their screenings, but the fact that you kind of inspired people that even when they were getting their screening, they were sending you messages and thinking of you. That's pretty cool. So, I'm glad that you were able to share your story and maybe save somebody's life from it. It's pretty amazing. So, the next question that I have for you, I know it was a tough one because this recently just passed for you is your one-year anniversary. And I'll just let you kind of talk about that and how you handled it and yeah, I'll just let you talk about that.

**Andi Hasley (22:42):**

Yeah, it was, it was hard. It was harder than I thought it would be. So, I guess people in the podcast won't know my whole story, but you hear from mental health professionals to not make any major life decisions within one year of a major life-changing event, like a death, divorce, medical diagnosis. I did all of those things within a year. I decided to change jobs, build a house, move to another town and all of it worked out. But ironically, the timing of the big things happening also came at my one-year cancer diagnosis. So, in May of 2021, I just felt myself feeling really, really down and I kind of didn't know what was going on. I thought maybe it could be medication side effects or just fatigue in general, but I just couldn't place it. And so I had my 12-month follow up with my surgeon and I said, "I'm having a lot of side effects from what I think are the medicine and I've lost a lot of mobility and strength in my right side and I'm very frustrated about it because to me, I don't want to be 70 per percent. I want to be a hundred percent." And my doctor said to me, probably the hardest thing I've heard through all of this is that I had to come to terms with the fact that the hundred percent that I had before this was not going to be the hundred percent that I had now, that my life would be different, that there would always be a before cancer and an after cancer. But that was my line in the sand. And I don't know why that hit me hard, but it did. And I cried the whole way home from that doctor's appointment. I mean like big, ugly tears, which is unusual for me.

**Andi Hasley (24:45):**

And then about a week later for my job, I was in training and there was a cancer survivor that was presenting, and they were talking about the grief process of being diagnosed with cancer. And that we go through the stages of grief, just like everybody does whenever you have a death. And that what you're grieving is the life that you lost in the end. And eventually, you get to the point where you celebrate the life that you have, but there was this, the in-between place, that things were not good. And that's definitely where I was and I'm still there sometimes. I get really mad. There are days that I get so mad because I'll get a bill and it'll be for what I consider to be like a car payment. And I feel like it's punishment for a crime I didn't commit. And I get so mad on those days. But then other days I think if I hadn't had cancer, would I have ended up where I am now? In this job that I love and in a new town and in a new life. And I don't know, we can't answer those questions, but I think I just had to give myself permission to grieve because I was a

really feisty, energetic person before cancer. And I'm just not her right now. And that's really hard for me sometimes, but... Sorry. I also feel like the person that I am now is a more empathetic person and a person that's more likely to reach out when somebody needs something and that's not a bad thing either. So, I just think that we have to give ourselves permission to grieve the loss, but also to celebrate what came from it. And when we can do that, we'll get to the other side.

**Lauren Hixenbaugh (27:10):**

Andi, I know that was really hard for you sharing your experience, but the good news is you are on the other side and you are a survivor. And I know that still comes with its own struggles and everybody's experience is a little bit different, but I'm glad you're on the other side and can start your journey into survivorship. You and I have talked about some things that would maybe have been helpful to know or questions you thought in hindsight you should have asked. So, I thought I'd let you talk a little bit about that and what might help other folks get to that survivorship point.

**Andi Hasley (27:43):**

Yeah. I think there's a couple things that would've helped me. The first of which, I wish that I had asked about how is this going to affect my day, my sleep, my energy, my work, my approach to life? And I think when you're in the beginning of a diagnosis, you just feel like, okay, what's the next emergent part of treatment. But within those emergent moments, like the next radiation treatment, the next doctor's appointment, the next scan, you have these other lingering things that happen. And I wish I had asked more about that. I think that doctors should approach every patient like they know nothing right from the beginning. And you know, our medical professionals right now are just being inundated with this pandemic and they are our heroes for sure. And so I'm sure that in their day, it's really difficult to go back to the beginning with each person that walks in their room, especially when you get such a short amount of time, but just taking a minute and starting at the beginning with people would help.

**Andi Hasley (29:12):**

An example would be, so I was on tamoxifen and I had some pretty severe side effects from it. Of course, I'm the person that if there's a less than 10% chance of a medical reaction or an allergic reaction to a medicine, I'm going to have it. So, tamoxifen, wasn't a great option for me, even though it's a great option for like 94% of breast cancer patients. So, I am on Zoladex injections and then Arimidex oral medication. Well, when I went to have my first Zoladex injection, I had no idea that they were given in the abdomen. I knew I was getting an injection, but I didn't know that it was in my abdomen. So that would affect something even like the clothes you wear if I had taken a Tylenol beforehand, those sorts of things. So just those methods of communication to patients that we don't know that a doctor is just part of their day, I think would really help ease a lot of those scary moments. And then, when we're talking about big things, I mean, I think that paid sick leave and paid caregiver leave are a game-changer for people. When you're going through something like this, you have to have support and not everybody's employer allows for that. And that would've been really difficult for my family if we weren't in professions that afforded us that luxury.



**Lauren Hixenbaugh (30:46):**

Thanks. That's good advice for folks. And again, I feel like we've said this a couple times, but I think that goes back to us saying, ask lots of questions. There's no stupid questions when it comes to this, just keep asking and let caregivers ask questions too. And you suggested doing the shared notes, which I think is a great idea for any doctor's appointment in general. If you or your caregiver have questions to write them down ahead of time and take them with you, instead of trying to think of them while you're in the moment at the appointment. It's really helpful. So, now is an opportunity to put on your other cap and be the Mountains of Hope Coalition Manager, and kind of talk about some things that Mountains of Hope has available, resources, that sort of thing. We do talk about the Living Beyond Cancer Facebook page as one of the opportunities as a part of kind of in conjunction with the podcast. But other than that, I'll let you kind of talk about Mountains of Hope.

**Andi Hasley (31:50):**

Yeah. So, if you're a cancer survivor listening to this and you live in West Virginia, or if you're a caregiver of a person that is a cancer survivor, I would highly encourage you to join Mountains of Hope, which is our cancer coalition. It's free, doesn't cost you anything and it connects you to resources in a myriad of ways. So, one of the best things that we have is the cancer resource guide, and you can find it through our Mountains of Hope webpage, and it will tell you financial resources, food sources, transportation, all of those things that can be really stressful when you're going through a cancer diagnosis.

**Andi Hasley (32:33):**

The coalition does amazing things with a lot of different aspects of cancer prevention and control. So, we talk about prevention. We talk about early detection and we talk about quality of life. So, an example would be we partner with community organizations to apply for capacity-building grants. We're just, we're really close to announcing those very, very soon. And they are for projects anywhere from a community garden to a walking trail. We've helped people put in handicap-accessible playgrounds. It's really rewarding to be involved in the work. And for me as a cancer survivor, it's really therapeutic to be able to help other people find resources that they need to receive care, but also to help their community have resources that will help us have healthier families, healthier friends, opportunities for our kids in schools. All of those are part of hopefully preventing cancer too. So, if you are looking for a way to get involved as a cancer survivor, check out the Mountains of Hope Cancer Coalition. We'd love to have you. And if you have any questions, you can always reach out on our website and I'll connect you with the part of our coalition that you're most interested in getting started.

**Lauren Hixenbaugh (34:02):**

That's great. You certainly have a unique point of view for your job, and that can be beneficial to all sorts of cancer patients, survivors, caregivers, alike. So that's wonderful. I'm so glad you were with us today and talked through your story. I know it's a little bit emotional to talk about sometimes, but what you're doing is really helping others and inspiring them to get the screening that they need. So, as we begin to wrap up today, I always like to use this time to kind of revisit

some of our points for our listeners. So, if listeners remember one tip from today's podcast, what would you hope that it would be?

**Andi Hasley (34:44):**

I would ask them to remember that cancer is hard. It feels like you're running a marathon, but you're moving at a sprinter's pace. And to give yourself grace and recognize that there's a need for you to have time. Time to heal. You're going to have bad days. A friend of mine told me jokingly that I was allowed to have one bad day every now and again, but then the next day I had to dig deep and then have a good day. One of the quotes that I talked about earlier that a friend sent to me was, "You have been assigned this mountain to show others that it can be moved." And that has helped me recognize that bad things happen every day. We have challenges in our lives every day and how we react to those challenges affect the next day. So, I've been assigned this mountain apparently to show other people that a diagnosis of breast cancer doesn't have to be terminal. It doesn't have to be something that means that your life is over. It can mean that you have an opportunity to reach out to your community and help make a difference. So, give yourself grace and recognize that this might be a mountain you were assigned, but you're going to move it. And in the end, you'll be a better person than you were when you started.

**Lauren Hixenbaugh (36:14):**

Thanks for sharing that. And I like that you said everybody's a little bit different in their mountain to face. And that being said, if you're listening to this and you want to tell us about your cancer story, your survivorship, or caregiving story you can always email us at our website or the Facebook page. It should be provided in the link to this podcast, you'll find our webpage. And like I said, you can find it on the Facebook page as well. Send us a message and let us know if you want to talk about your journey. We'd love to hear other people's stories. And then one thing we are going to do that's unique with this podcast is part two is going to be Andi's family talking about the diagnosis from their perspective. So it'll be interesting to hear a little bit from her husband's point of view, and then her children's point of view as well. So we're really glad that you joined us today. I'm really appreciative of Andi and all the hard work that she does for Mountains of Hope. And I'm glad that she was able to share her story with us. If you want to find out more information about Living Beyond Cancer, you can visit [moh.wv.gov](http://moh.wv.gov) or [wvucancer.org](http://wvucancer.org). To join our Facebook support group, you can visit Facebook and search for Living Beyond Cancer. Again, thank you so much for joining us today. I hope that you'll continue.

**Andi Hasley (37:38):**

Thank you so much for having me.