Corey Andrew Powell ([00:00](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Hello everyone and welcome back to another episode of Motivational Mondays, the podcast where we bring you inspiring stories and powerful insights to kick off your week. And as we honor Breast Cancer Awareness Month, we are privileged to have a very special guest with us today. Marsha Perry, who is not only a military veteran where she served as a combat medic in the National Guard, but she's also a seasoned, uh, human resources professional as well. But most impressively to me, she's a resilient survivor of an unexpected cancer diagnosis. And so her journey has turned into a mission to remind all of us and encourage people to get their preventive cancer screenings. Marsha, welcome to Motivation on Mondays.

Marsha Perry ([00:41](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Thank you. Thank you so much for having me. I'm so happy to be here.

Corey Andrew Powell ([00:44](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Oh, me too. So, you know, we can't go forward without full transparency that first of all, Marsha and I are friends going back a long way. So much so that when we had dinner a few years back, she told me that I was one of her first friends when she and her family moved here from Jamaica when we were little kids. I had no idea. So it's an honor to still be in your life and to have you here on the show. I mean it.

Marsha Perry ([01:08](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Thank you.

Corey Andrew Powell ([01:09](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm, <affirmative>. You got it. You got it. So, Marsha, let's talk a little bit about the story. I was so amazed 'cause you reached out to me and you were like, Hey, I have a story to tell you. I'm not sure if you think it'll be something your guest would want to hear. And of course I jumped at the opportunity. But I wanna just first begin a little bit about your background, because we are also an academic podcast, and so you have a really nice career profile. As we also beginning with that. Uh, tell us about your background and how you ended up working in human resources.

Marsha Perry ([01:36](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Well, it's interesting. Folks who've been in human resources for a while, we didn't pick it. We kind of fell into it. Um, and so that kind of is my story as well. Um, I had worked for a nonprofit organization doing a bunch of everything, and some of it was human resources stuff. Um, then I did it for four years and I was looking for a job that would mix all of the things that I knew how to do, the HR stuff, the IT stuff. Um, and I looked for an HRS position, and when I went in to interview the vp, she said, you know, my benefits administrator is leaving. Would you be interested? And I was like, sure. I'm always up for a challenge. And I got the job and I loved it. And so benefits is actually my passion. Um, so now in hr, I oversee benefits compensation and HRS systems, and I've been doing it for over 20 years. Many, many different industries. Um, and I love it because I get to be an advocate for employees and a representative of the organization. So I get to, um, sit on the fence and balance that.

Corey Andrew Powell ([02:46](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Wow. I love that because this is an added bonus for us to even hear some of the nuances of that career. Because when we talk to a lot of our, our members and people who are listening who are kind of in that mind space of career, where do I go? What, what do I wanna do in life? Especially college age audience, um, a career in human resources always seems very like you're just someone who's hiring the people and then going back to your cubicle <laugh> or something. But you know, you make it sound a lot more fulfilling and rewarding than that, which I love.

Marsha Perry ([03:14](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

It is. It is. I love what I do.

Corey Andrew Powell ([03:16](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That's wonderful. And then you end up, well not end up, that's what you're doing now, but prior to that, you were in the military. And now I didn't know that. I thought I, that's why I confirmed it before we recorded today. I said, you know, I believe you were in the military. I didn't realize a combat medic. So Wow. So what did that do for you as far as preparing you for the world as well?

Marsha Perry ([03:36](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Honestly, it was great. So, um, did one year of college and then, you know, needed money for school, so joined the military and that was the MOS or the job that I had. And I also became a nationally registered EMT. So had that along, um, side that as well. So I was in for eight years. And for me, it actually helps me in my profession, in the benefits realm because I understand a lot of the medical terminology and am able to look at things not just from the side of someone who is, you know, just a regular user. I understand the details and the nuances of the medical terminology. So it is very helpful.

Corey Andrew Powell ([04:20](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. And I'm just gonna say before we move on, and I think I told you this when we did have dinner together a while back, I was like, I remember when we were little, you could always find Marsha in a, in fact, the corner reading a book like <laugh>, the kids would be doing whatever they're doing, she might join you later to play, but she has a couple books to read first. And so I'm so not even like surprised that you have that kind of mind when you're gathering all this data and information, medical, uh, people, human resources skills, uh, just amazing that it culminates to this one career path for you. And that's a great lesson for everyone. You know, take all the things that you know and things you're good at, things that, that your passions and see where that can take you professionally. And Marsha is a really great example of that. Now, the next conversation, of course, is what you had contacted me about a few weeks ago. You were diagnosed with cancer, totally surprising. And the reason why I said unexpected is because usually it is unexpected, but in some cases, people, they have symptoms, they know something's off. But you said that wasn't the case with you. So share with us how you found your situation and, uh, and how you dealt with it.

Marsha Perry ([05:29](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

So for me, and this is, this is a little different for me because I'm not someone who lives out loud. So, but like, you know, as you said, this is important for me to tell the story. So I get my regular mammograms, you know, over the age of 40, get my regular mammograms in December. So I went in December, they took my mammogram and they called me back and they said, we need more pictures. And I'm like, all right, I have dense breasts, it's fine. Um, I'll come back. And they said, we see some calcifications, but you know, we wanna watch it for six months, come back in six months and we'll take a picture to see if it's anything. So in May, I went back another mammogram. And at that point they were like, yeah, you need a biopsy because there's been significant growth since December. And, um, you know, in my story, I would have a couple superheroes, my OBGYN, she's one. She saw that information in the portal and she called me that night after hour. She was like, I need you to go see this guy. 'cause this is who I would go to if it's me.

Corey Andrew Powell ([06:32](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([06:33](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, so set me up with a doctor and, um, he did the biopsy, stereotactic biopsy. So a couple things that, you know, I find to be very important. All of my doctors use the latest and greatest techniques. So it wasn't just a biopsy where I'm laying on my back. This is you're on a table and you know, breast is hanging through the hole and the doctor's working underneath, they lift you up almost like you're a car on a lift. Right? But it's gr a great, um, you know, great technology because it's computer aided and it actually, um, helps you to get to the, um, you know, to the specific spot a lot easier than someone who's guessing as to where it would be. And it's clearer than an ultrasound. So they did the stereotactic biopsy and, you know, sent me along my way. And a week later I went back to his office and he looked at me and he said, you have cancer?

Corey Andrew Powell ([07:27](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([07:28](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

And I'm like, whoa. Okay. Um, so what does that mean? Um, you know how much you know, you, all the questions are running through your head, you know, so the doctor did explain that it is, um, breast cancer, the DCIS, ductal carcinoma in situ, which is great because it's in a non-invasive cancer. So it's encapsulated in the breast, um, in the milk ducts within the breast.

Corey Andrew Powell ([07:53](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([07:54](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, and it's a stage zero, but grade three. So there are three grades to each stage. So I was at the top end of a stage zero, and he said, you've got some options. Um, option one, you do a lumpectomy radiation and then medication for five years or a lump. Um, option two, um, we do a mastectomy. And for state zero zero, it's a little, um, radical. Um, so, you know, I decided to go with the, uh, lumpectomy radiation and medication.

Corey Andrew Powell ([08:30](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Hmm. No, how, oh my goodness. I think, um, what we should do is just dissect a little bit of that. When you hear the words you have cancer, like most of us are familiar with it from like what we see on television. You know, that's something you see on tv. What goes through your mind when you hear that from a doctor? Especially, I mean, you're relatively, we're young, we're not like, you know, we think of things that are older people's problems, but we're still in our primes here. So what do you think of when you hear that?

Marsha Perry ([09:03](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

For me, like, I got into analytical mode, you know, it's like, all right, what do I need to do? And da, da, da da. And then it was, oh my gosh, I have to tell my kids.

Corey Andrew Powell ([09:12](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([09:12](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

I have to tell my sister. I have to tell my parents. I'm starting to go through the list of who I need to tell, and then how do I manage their feelings about this? You know, especially when, you know, it's like, all right, I need to call them, you know, when they're home. And, you know, so all of that. And it's so funny. Um, you know, I called my sister and I told her, and she said, well, how do you feel? And I said, well, I'm not a fan of the color pink. She said, oh, you're a weirdo. I said, yeah, I know <laugh>. It's just

Corey Andrew Powell ([09:43](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right, right. Because you're expected now to like wave that everywhere you go.

Marsha Perry ([09:46](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right, right, right. Think this, think that. Um, which, you know, I'm a supporter. I really am. It's just, you know, I I like the color blue.

Corey Andrew Powell ([09:53](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Marsha Perry ([09:53](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, so it's just the most random thing goes through your mind. And, you know, for me, I'm like, all right, does that mean that I'm gonna have to, you know, get chemotherapy? You know, am I gonna lose my hair? And thankfully with state zero, no, I don't have to, um, you know, do chemotherapy and lose my hair. But, um, there's some other things to it. Um, with the type of cancer that I have, it's an estrogen positive cancer. So basically my body's feeding this thing, and they had to do blood work to see whether I'm pre or postmenopausal, because then that would determine which medication they give me. And <laugh> fun, fun story. I am premenopausal, um, nary a hot flash or anything.

Corey Andrew Powell ([10:39](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Oh, wow.

Marsha Perry ([10:39](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

You know? Yeah. Yeah. So, um, because of that, they're going to, um, start me on Tamoxifen, which is going to stop my estrogen production in my body and actually put me into menopause. So that to me was a little scary because, you know, folks, he, you know, they have their, um, you know, their stories about what that means. But I can tell you I've got some amazing friends. I have this one friend, he's been with me along the entire path, and he's like, it may not be so bad for you. It's okay. You'll be fine. You can do this. So it's been not just a matter of me telling folks and making sure that they're okay, I've got the greatest true village.

Corey Andrew Powell ([11:21](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([11:22](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Of friends and family, um, you know, who are making sure that I'm okay.

Corey Andrew Powell ([11:28](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

And that's an important part, Marsha, because you mentioned as we began that you're typically not someone, you know to really share like your personal life like that with anyone. Um, you know, on the greater scale like you're doing now, of course, on a podcast, it's gonna be a public, which is so, um, admirable. And I thank you so much for doing it, but yeah, you'd like to kind of keep most of that stuff private and maybe let a small group of people in. But what I'm hearing from you, which is great, the village analogy is that letting people in, letting them know what you're going through is actually people you trust is really beneficial because you kind of create a support system that I think we all need. That's what we, that's how we thrive, and that's how we, we survive. So, um, is that sort of what you feel like you've gotten from this, this, this network of friends that you have?

Marsha Perry ([12:17](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right. And, you know, and the other thing in having this network, so my friend that I mentioned, um, you know, he actually showed up here at my house. He was like, I need to see you to make sure you're okay. And we were talking for hours.

Corey Andrew Powell ([12:29](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([12:29](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

And he looked at me, he said, you haven't eaten. When was the last time you've eaten? You know, you look like you've lost weight. And I thought about it and I was like, oh, I haven't eaten since yesterday afternoon. And so he's the one who recognized that my stress had manifested itself into the fact that I had stopped eating, and I realized I hadn't been eating for a while.

Corey Andrew Powell ([12:49](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([12:49](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, so, and the other thing is also it affected, my sleep wasn't sleeping either. So the stress unc uh, subconsciously manifests itself in different ways. Um, you know, so the sleep, and I may be getting ahead of myself has actually, you know, come back, um, you know, post-surgery, but we'll, we'll, I'll get there. I'll get there.

Corey Andrew Powell ([13:15](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. <laugh>. Yeah. Yeah. But listen, that's a really important lesson though, um, for all of us to check on your people, you know? Um, sometimes there's a balance where we don't wanna impose, we don't wanna feel like we're, you know, getting in someone's way or making matters worse, or, you know, I think that's sort of a, a balance we all try to struggle with when we have someone who's going through something. But I say, at least get in their face a little bit and say, "Hey, are you okay?" And let them tell you I'm fine. You know, I don't need that much help right now. But, you know, and then also a person who's going through it, the flip side.

Marsha Perry ([13:48](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([13:48](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Try to be receptive to it. Because I think, Marsha, you and I were speaking before too, that part of the dilemma for you is trying to like balance telling everybody that I'm not an invalid. Like I'm okay. I don't need you to <laugh>, like open the can of something for me. Like I'm still the same Marsha. Like, I don't need you to handle me with kid gloves.

Marsha Perry ([14:09](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([14:10](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

While not pushing people away. There's a delicate balance there,

Marsha Perry ([14:14](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right?

Corey Andrew Powell ([14:14](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Marsha Perry ([14:15](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

It's learning how to accept help.

Corey Andrew Powell ([14:17](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([14:17](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That's, that's a new one for me. Um, you know, because it's like, all right, I need something done. I'll just do it myself.

Corey Andrew Powell ([14:24](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right.

Marsha Perry ([14:24](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, but no, I I'm, I'm being very receptive. Um, you know, with it's in, it is actually great. I, let me tell you, I love my family. So my son, he's in the military. He's stationed overseas, he's in Europe. And um, when I told him, he was like, do you need me to come home? I was like, oh, no sweetie, it's fine. I'll see you with Christmas. Um, and he had talked to, uh, family members and they were like, well, you know, your mom said you don't need to come. And he said, well, who's gonna stop me, <laugh>? And he called the American Red Cross. He got emergency leave approved. He was here for my surgery.

Corey Andrew Powell ([15:03](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm.

Marsha Perry ([15:03](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

My best friend, she was here for my surgery as well. My daughter came, she was here when I tell you my house was full, my house was full.

Corey Andrew Powell ([15:11](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([15:12](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, you know, they did, they <laugh>, the first thing my son did when he got here was he went to the supermarket and did grocery shopping for me. 'cause he was like, you know, you're supposed to be eating. I'm like, yeah, I know. But, you know. So he filled the super, um, filled the refrigerator for me. Um, you know, my friend calls me, have you eaten? You know, all of that. And I'm taking responsibility. I'm making sure I get, you know, my three square meals. Um, but the sleeping thing, it was, um, that's one of those things that'll work itself out in time. Um, because you know, that's, it's in your head.

Corey Andrew Powell ([15:47](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([15:48](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

The other thing that was, um, that happened in the beginning, you know, folks were like, oh my gosh, you need to take all this time off of work. And I was angry and arguing and I realized two things. One, why am I arguing? 'cause nobody's gonna stop me. And then two, it was, I realized the reason why I was arguing, I had to figure out the why. Why was I upset about this? And it was because the work is the one thing in my life I can't control. And they were trying to take away the one thing in my life that I could control. Can't control this medical stuff, but I can control work. So work has been a lifesaver for me. It's been a godsend. I work with the most amazing people, the most supportive team. All of them don't know, um, what's going on. They'll know after this

Corey Andrew Powell ([16:33](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

<laugh>, they used to not know <laugh>. Right, right,

Marsha Perry ([16:36](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right. <laugh>, they'll know now.

Corey Andrew Powell ([16:39](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([16:39](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

But, um, you know, it was nice to have that normalcy, you know, somewhere where I'm not being, I'm not talking about my diagnosis where, you know, they're not doing the whole <laugh>. It's funny, I was telling someone, you know, that whole sick whisper, you know, when you, when you show up right at the, at, I went to the hospital, I had to get blood work done. They asked me the name of the prescribing doctor. I told her, she was like, okay, so let's go this way, you know? And I'm like, why, why are you whispering at me?

Corey Andrew Powell ([17:10](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

It's okay to be full throated him.

Marsha Perry ([17:12](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([17:13](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

People have cancer. It's okay to talk about it. Yeah. Yeah.

Marsha Perry ([17:16](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right. I'm, I'm like, I'm just getting some blood work. What's, what's the big deal? Um, so, you know, so there's that, for me, normalcy is huge. I'm like, look, treat me the same horrible way you were treating me before. You know, don't, don't treat me differently. Yeah.

Corey Andrew Powell ([17:31](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Marsha Perry ([17:32](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah. So that's, that's a big, big one for me.

Corey Andrew Powell ([17:34](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([17:34](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, you know, there, you know, and then there are also a lot of other things that I had to ask. It's like, okay, so I'm gonna have the surgery. How big is this incision? And, you know, and to be honest with you, I didn't care if I looked like Edwards Scissor Hands at the end, as long as y'all take this thing out.

Corey Andrew Powell ([17:50](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right.

Marsha Perry ([17:50](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, <laugh>, you know, so that really didn't matter. But just so you know, my doctor, he's an artist. You would cannot tell. Um, he did a really good job.

Corey Andrew Powell ([17:58](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, yeah.

Marsha Perry ([17:59](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

You know.

Corey Andrew Powell ([18:00](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That's a big part of it too, with the cosmetic, you know, doctors being conscious of that when they're doing the surgery.

Marsha Perry ([18:05](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([18:05](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

How to maybe minimize the scarring or the visibility of scarring when you have procedures like that.

Marsha Perry ([18:10](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([18:10](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That's good to just, like, that's good that he was one of those doctors.

Marsha Perry ([18:13](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah. He, he really, he really is. He's, you know, he's, he's to the point, um, he's direct to the point and he's a professional with his stuff. And he'll answer whatever question you have. Um, you know, and like I said, use the best techniques. They put markers in that they inserted and injected in my breast before, so they knew exactly where to look.

Corey Andrew Powell ([18:36](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Hmm.

Marsha Perry ([18:36](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, they, you know, there were the amount of mammograms and stuff that I've taken. Um, but it's been, you know, they've been really professional and on top of their stuff. Um, I had surgery back in August. I took two days off. Um, it was, um, I had less pain honestly, with the lumpectomy than I did with the biopsy. The biopsy hurt me more than the actual lumpectomy, which was weird to me. Um, but, you know, it went well. And then the week after when I went with my kids for the follow-up doctor said, you know, we got clean margins, so you're good. I, uh, last week went and he cleared me post-surgery to start radiation. Um, I met with a radiation oncologist, a medical oncologist. Um, I start radiation I think next week. Um, I have to get a CT scan and tattoos tomorrow so they know exactly where to direct the radiation to. But it'll be four week, five days a week for four weeks.

Corey Andrew Powell ([19:41](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Hmm. So, and that'll complete that chemo session, the chemo radiation.

Marsha Perry ([19:46](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Radiation.

Corey Andrew Powell ([19:46](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Okay. And that'll complete that radiation session. And then after that, they'll make an assessment as to what if the cancer has, uh, has vanished or gone into remission. Like, what is the outcome that they hope to have

Marsha Perry ([19:58](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That it's there. It's, it's a constant, constant review of everything. So with me being, um, premenopausal, I'm gonna be taking Tamoxifen medication and I'm gonna start that this week. So I'm gonna be on that for five years. So that's stops the estrogen production in my body.

Corey Andrew Powell ([20:17](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([20:18](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, and then, you know, do the radiation, and then it'll be follow ups after that, uh, every six months, every, you know, uh, more mammograms and checking blood work kind, um, blood work and all kinds of things like that. So, okay.

Corey Andrew Powell ([20:33](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

So ongoing, that would, that would become your normal routine.

Marsha Perry ([20:36](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That's my norm. That's my new norm.

Corey Andrew Powell ([20:38](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Every six months or so. The rest of your life to keep monitoring this?

Marsha Perry ([20:42](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yes. Hopefully it'll go back to once a year.

Corey Andrew Powell ([20:44](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([20:45](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

But yeah, right now, that's my new norm.

Corey Andrew Powell ([20:48](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Okay. Well, listen, this is an important conversation, which is why I'm so happy you're sharing it. Because one of the things that you talked about was you wanted other women and not maybe just women, because men also, uh, obviously are impacted by cancer as well. So why was it important to you to actually share your story and be so transparent right now?

Marsha Perry ([21:09](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Because I had no idea. You know, they teach you to, you know, do yourself breast exams and check for lumps and rashes. I had none of that. This was just my regular diagnostic mammogram. And you know, that I had my preventive diagram mammogram, excuse me. And that's where it was caught. And with DCIS, the, um, one of the women who work in the office, she said, what this is akin to is she said, it's like putting salt on watermelon. You can't see it, but you know what's there. And she said, that's what DCIS is.

Corey Andrew Powell ([21:46](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([21:46](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

So there were no warning signs for me. There was nothing. I mean, I'm not, you know, sick. I'm just, you know, living my best life, traveling everything. And I had no idea. But the growth was so rapid in six months that honestly, I believe that if they didn't catch it when I went back in May, like if I missed and said, ah, you know what, I'll put it off. I'll see them in December.

Corey Andrew Powell ([22:12](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([22:12](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

I could have had an invasive cancer, which would've led me to having to need chemotherapy or something else. People need to get tested. People need to, you know, get their preventive screenings. Your mammograms are free if you're over the age of 40. So under the Affordable Care Act, um, you know, what folks used to refer to as Obamacare, preventive screenings are covered at a hundred percent. Right. So go and get it done. It doesn't cost you anything. Um, you know, make sure you get tested. And to your point with men, 1% of the breast cancer diagnoses in the United States is males, men who have breast cancer. And so if you see a rash, don't think that, oh, I just need to go put some hydrocortisone on it.

Corey Andrew Powell ([22:56](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([22:56](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

It might be breast cancer. Get, um, you know, get tested. There is a men's breast cancer week in the United States. It starts the week of October 17th. Um, so, you know, there's some awareness, um, out there around that. And I really want folks to please get your testing, that please get your mammogram. Um, anytime anyone asks me, so, Marsha, what can I do for you? I tell them, please, go get your mammogram, get your colonoscopy, get checked.

Corey Andrew Powell ([23:23](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([23:24](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

That's what you can do for me. You know, I that don't want your story to be worse than mine. I don't want your story to be like mine.

Corey Andrew Powell ([23:31](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. That's, that's amazing. Um, and it's really poignant for me too, because, you know, as a man of a certain age, I just had my first, um, colonoscopy. And, um, since we're sharing, and it is very like, you know, one of those things where preventive is the key word, because my grandmother passed away of colon cancer that spread to her liver because it was not caught in time. But typically, had she caught it in time, it would've been very treatable and potentially, you know, something she could have survived. So, um, you know, with that kind of predisposition in my family, I'm not taking any chances. I went, you know, did the whole thing. And, um, I'm going back for an endoscopy, you know, on the throat to make sure, 'cause my dad had es uh, esophagal cancer. So I gotta make sure I'm on top of that. But I have to, because, you know, like you just said, because I'm very used to putting things off and I'm, it's easy to go, eh, I'll do this, you know, six don't it months later. Cancer can grow rapidly in six months.

Marsha Perry ([24:32](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([24:32](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

So do not do that. Wow. Amazing story. Thank you for sharing that. Now, you mentioned a few of the challenges, though, some of the soreness, some of the things that you felt were more painful than the others. But were there any other, like challenges that you faced during the recovery process when you were kind of, I guess, post-surgery? Um, physically or emotionally? What were you going through?

Marsha Perry ([24:53](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, it was really more, you know, emotional because it was, there was the fear of the unknown. You know, I don't know what this is gonna do for me, or what if they don't get anything? They, what if they don't have clean margins? And so I have to have more surgery.

Corey Andrew Powell ([25:06](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([25:06](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

And, you know, also, again, thinking about other people's feelings, you know, like my kids were here, they were strong for me and everything, but it's like, I couldn't imagine if it, you know, the script was flipped. You know, how I would deal with that. So that was a big one for me. And I think that's part of the reason why my sleep was affected. Um, so that was, that was big for me. Um, right now what I'm doing is I am cramming for the test of knowing what I can and can't eat.

Corey Andrew Powell ([25:37](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([25:37](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

You know, because there are things that will positively and negatively help the medication that I have to take. So, and as a Jamaican, my feelings are hurt because they tell me I need to eat less curry, and I can't have mint tea <laugh>. Um, I don't know how I'm gonna function without my mint tea. But, you know,

Corey Andrew Powell ([25:56](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Oh, no, no mint tea.

Marsha Perry ([25:58](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

No mint tea, no ment tea. At least for five years. So, and my curry, um, but <laugh>,

Corey Andrew Powell ([26:04](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

You know, I'm gonna say, look, I mean, our oxtails, I mean, you know, of that sort of like, in the,

Marsha Perry ([26:08](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

The oxtail is good, but curry, no curry chicken, you know, that, that's

Corey Andrew Powell ([26:13](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

The spice itself is the problem.

Marsha Perry ([26:14](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([26:14](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

The curry spice is the problem.

Marsha Perry ([26:16](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([26:17](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Oh, you pour deer <laugh>, because I mean, I love me a good curry. Wow. That's okay. You'll have to figure out some other, you

Marsha Perry ([26:23](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Know, I'll be, I'll be fine. There'll be lot, there are lots of other things that I can eat, you know.

Corey Andrew Powell ([26:27](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Marsha Perry ([26:27](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Things, um, that I found that are on the list. I like, like, I like bok choy, I like cabbage. So.

Corey Andrew Powell ([26:33](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([26:33](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

There are a lot of things that, um, more super foods. And, um, with, um, my doctor's office, they've actually provided me with lots of resources that are available. So there's a program called Unite for Her, and I signed up for that. They sent me this great welcome kit with a book, um, about, you know, how to cook, you know, cooking for cancer.

Corey Andrew Powell ([26:55](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Marsha Perry ([26:55](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, they set me up with a nutritionist. I'm meeting with a cancer nutritionist tomorrow. Um, so I can learn more about that. Um, so I'm taking advantage of all of the resources. Again, this is new, um, but it's, um, I'm trying to learn as much as I can. You know, you alluded to the fact that I'm always in a book I've read, I've been reading like crazy. Um, so I'm trying my best to be informed and get ahead of this.

Corey Andrew Powell ([27:21](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

I'm telling you, I wouldn't be surprised if like next week's like, Hey, Marsha, now is an oncologist. <laugh>,

Marsha Perry ([27:27](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

No, <laugh>.

Corey Andrew Powell ([27:28](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Add that to your list of stuff, <laugh>. I'd be like, of course she is. Um, duh, <laugh>, duh. Gosh. Wow, Marsha. That's wonderful. And the diet is important. And, uh, you know, even preventive, there's a lot of books out there about preventive care, even for people who have not been diagnosed of foods that we should. Maybe the, the super foods that you've mentioned might be, uh, something to look into as a preventive measure for better diet, for, for, uh, to avoid cancer, if that is at all possible. Well, my last question for you would be, for people who are out there and they're hesitant or they're fearful of preventive screenings, what would you say to them?

Marsha Perry ([28:09](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

It's not painful. Things don't hurt. I mean, I've been doing this, you know, getting my mammograms for over 10 years. I'm about to tell my age, but it's been over 10 years. And, um, you know, the first one, you know, of course is a little scary, especially because back then the equipment wasn't as user friendly.

Corey Andrew Powell ([28:28](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Marsha Perry ([28:28](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

You know, they didn't warm up the plates, you know, but now they warm up the plates, you know, that you get fuzzy, you know, fuzzy robes, and everybody is just so, so nice. And you're not, you know, sitting there half naked in a cold robe. None of that happens anymore. Um, and, you know, I would advise get a 3D mammogram and versus A 2D because you get better pictures. But it doesn't hurt at all. Honestly, the amount of photo shoots that I've had <laugh> since, you know, my diagnosis, honestly, I, I do 'em in my sleep.

Corey Andrew Powell ([29:01](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Yeah.

Marsha Perry ([29:01](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Um, at this point, it, it is not painful. Please do it. You know, 15 minutes of you taking these pictures will save you a lifetime of pain.

Corey Andrew Powell ([29:10](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Mm. I love that. Wonderful words of wisdom. And I'll also add the same for men. Like, get this, get the screenings done. They use a little light anesthesia, they put you out. You don't even know what happened. You wake up about 10 minutes later and they've gotten all the information they need and you don't even know what even happened. So in that regard, Marsha Perry, uh, one of my dear friends and wonderful breast cancer awareness advocate. Um, we are honored that you shared your story with us today. I'm so thrilled you were here. And thanks for being a guest on Motivational Mondays.

Marsha Perry ([29:40](https://www.temi.com/editor/t/S3o847AcxJMZZXT_yaUXuVbeR0-8wfCtNajGMCe15bHIVX1swtbnFljp5zz1nFSqesXeqniXTfjIFPgICdxi7xfGfDM?loadFrom=DocumentDeeplink)):

Thank you so much for having me. I appreciate it.