

Emily & Caroline – Do What Works Best For You – with Audio Descriptive Transcript

Audio Descriptive Text

- Having a BRCA gene mutation increases your risk for breast and ovarian cancers.
- Images of the inside of a hospital while Caroline speaks about the decision to get a bilateral prophylactic mastectomy.
- The last screen shows the logos for the *Bring Your Brave* campaign, CDC and HHS, and directs viewers to visit <http://www.cdc.gov/bringyourbrave>.

Video Summary

When Emily and Caroline found out their mom had a BRCA gene mutation, they decided to get tested themselves. From there, they took different paths. Find out how these sisters and their mom support each other, and how one size doesn't always fit all when managing your breast cancer risk.

Audio Script

[Emily] My name's Emily. I grew up in DC and I've been back now six years since I graduated from college.

[Caroline] I'm Caroline and I'm a stay at home mom of two boys.

[Emily] Caroline is my older sister so in general I go to her for advice with different things in life.

[Caroline] Auntie Em is amazing with the kids. She's an awesome aunt, and she just really loves them.

My mom was diagnosed with cancer January 2012. And that was actually the year I was engaged and planning our wedding. She had triple negative breast cancer. My mom was a BRCA mutation carrier.

I was like, "I need to know." So I went in and I met with a counselor. She went over all my risks. You know, it was a fifty-fifty chance I could get it or not. I took the test, and was positive for the BRCA2 mutation.

[Emily] So I just decided that I would do the same. I also found out that I had tested positive. I had my sister who went through it and we're really close so I had that person to kind of talk to about more of the emotional side.

[Caroline] When I began the monitoring process I had the mammogram and the breast MRI and they found something suspicious. My doctor said that she would like to do a surgical biopsy to test it further.

At that point I said, "well if I'm going under, let's just do it." So I decided at that moment to have a bilateral prophylactic mastectomy. I didn't want to be so anxious, so that's why I decided to go that route because it would've just been on my mind.

[Emily] It was a really good decision for her, but you know, it's not a casual surgery. Being single and young and not really knowing what my future held, I knew that I wanted to just continue with surveillance. I didn't feel settled enough to really take that on or didn't feel emotionally ready for it. But as I'm getting older now, I kind of feel like I'm getting there.

[Caroline] I think Emily's on a great path and we're both very supportive of one another. My mom's always been very, like, "You gotta do what's right for you..."

Go with your instinct. Everybody's different, everyone's unique and you, you gotta take all the data and your life and what's going on and kind of figure out what works best for you.

[music fades]