

Friends Look Out for Each Other

[Announcer] *This program is presented by the Centers for Disease Control and Prevention.*

[Julie] I'm Julie.

[Yvonne] And I'm Yvonne.

[Julie and Yvonne together] And we're best friends!

[Julie] We've known each other a long time... and been through a lot.

[Yvonne] Yeah, like your bad perm in the 80s.

[Julie] Well, I was thinking of some of *your* exes...

[Yvonne] (Laughing) Ok, I'll be quiet.

[Julie] Yeah, for once, you will. (Laughs). But seriously, I know it's our birthday girls' night out soon, and that reminded me that you were going to make an appointment for some cancer screening...did you?

[Yvonne] Well...after the big 5-0 I did have my mammogram, remember? You came with me.

[Julie] Yeah, I remember. And you made me get mine! I also remember you talked to your doctor about getting colorectal cancer screening...did you do that?

[Yvonne] I'm going to...but I'm trying to talk the hubby into getting his, too. You know how men are. I promise, I'm going to do it. The doctor's office called and told me there are several options that make it easier than we thought...(trails off).

[Julie] You know I take that seriously. Before your mom passed, I promised her I'd look out for you.

[Yvonne] I know, and I'm grateful. You helped me quit smoking, which was huge!

[Julie] And you helped me lose weight...it was a struggle after that last baby, I tell you.

[Yvonne] She's a big girl now. Didn't you tell me that she had an appointment with a gynecologist and even got a Pap test? Seems like just yesterday I was changing her diaper!

[Julie] It's unbelievable. Bad enough she's moved to sunny California...I have to remind her about wearing sunscreen—I'm protecting her skin virtually now.

[Yvonne] (Sarcastically) Yeah, I'm sure she appreciates that. No young person thinks they can get skin cancer.

[Julie] Oh, she'll appreciate the good advice when she's our age.

[Yvonne] Well, I appreciate it now. I promise to talk to the doctor about scheduling any cancer screenings I need... and for hubby too. But for now, it's all about the girls!

[Narrator] Women's health can include screening for breast, cervical, colorectal, and lung cancers depending on your age and risk factors. Ask your doctor what kind of cancer screenings *you* need to stay healthy, or visit cdc.gov/cancer.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.