

Medicine, Marathons and Miracles

*“The race belongs not only to the swift and strong,
but also to those who keep running.”*

Brief description of presentation - Roger and Kathy take audiences on a rollicking ride from the heartache and fear that accompany a diagnosis of cancer, through an outrageously funny look at the medical world as seen through the eyes of the patient, and finally to a new level of joy and wonder at just being alive. Through their hilarious 45-minute presentation, they educate and inspire their audiences while simultaneously telling the incredible story of how love and laughter enabled them not just to survive their life-threatening illnesses, but to triumph over the devastation of disease by completing the grueling 26.2-mile Marine Corps Marathon.

Objectives

1. Participants will learn many of the ways in which laughter can improve their quality of life as well as their physical health (for example, there is evidence to suggest that laughter reduces stress, lowers blood pressure, strengthens the immune system, and releases endorphins which increase pain tolerance and brighten mood);
2. Participants will learn that the best outcomes are achieved by patients who follow a plan that includes following their medical team’s instructions “to the letter” which includes but is not limited to undergoing all recommended standard treatments and being open to participation in clinical trials; following excellent nutrition and exercise plans based on those recommended by the American Cancer Society; exploring complementary therapies (we never use the word “alternative”) such as massage therapy, yoga, meditation and prayer, aromatherapy, art, music and dance therapy, all with permission and guidance by their medical teams (we do not support and never suggest experimentation with “all natural” cancer treatment plans and other widely advertised “miracle cures,” and we strongly advise patients to discuss any such product they might be considering with their physicians first); scheduling regular checkups and screening procedures; and surrounding themselves with laughter and working at maintaining a sense of humor.
3. Participants will learn a variety of ways to find humor in their lives every day, even during difficult times, as well as specific techniques for strengthening their “humor muscles.”
4. Participants will learn that the overall survival rate for all cancers has increased more than 15% in the last 10 years (this is based on information from the American Cancer Society) due to increased awareness, research and education.

Brief summary of presentation – The above information is subtly presented throughout a 45-minute comedy performance that includes “a little music, a little magic and a little movie.” Roger and Kathy share the stage and tell their own story of survival through a series of a slide presentation filled with funny photos and

illustrations, hilarious interactive sketches, their original song-and-dance version of the '80s disco hit "I Will Survive," a magic trick near the end, and the now-world famous 3½- minute "Survivor Movie" (viewed via the internet more than 300,000 times in more than 52 countries and every state in the United States).

For this movie, their entertaining, inspirational and educational presentations, and their free online publications for cancer survivors and caregivers, The Cancer Crusade recently received the "2006 Yoplait Champions Award" from Yoplait and its parent company General Mills, the Susan G. Komen Breast Cancer Foundation and *SELF* magazine.