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00:00:00,000 --> 00:00:03,820

This episode is brought to you by Thorne and I have some incredible news for any of you

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00:00:03,820 --> 00:00:07,960

that are in the military, first responder or medical professions.

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00:00:07,960 --> 00:00:15,860

In an effort to give back, Thorne is now offering you an ongoing 35% off each and every one

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00:00:15,860 --> 00:00:19,780

of your purchases of their incredible nutritional solutions.

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Project and multiple special operations organizations.

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I myself have used them for several years and that is why I brought them on as a sponsor.

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Some of my favorite products they have are their Multivitamin Elite, their Whey Protein,

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00:00:42,080 --> 00:00:45,840

the Super EPA and then most recently, Cynaquil.

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00:00:45,840 --> 00:00:50,120

As a firefighter, a stuntman and a martial artist, I've had my share of brain trauma

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00:00:50,120 --> 00:00:55,520

and sleep deprivation and Cynaquil is their latest brain health supplement.

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00:00:55,520 --> 00:01:02,640

Now to qualify for the 35% off, go to thorn.com, T-H-O-R-N-E dot com.

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Click on sign in and then create a new account.

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You will see the opportunity to register as a first responder or member of military.

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When you click on that, it will take you through verification with GovX.

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You'll simply choose a profession, provide one piece of documentation and then you are

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00:01:19,000 --> 00:01:20,920

verified for life.

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From that point onwards, you will continue to receive 35% off through Thorn.

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00:01:33,120 --> 00:01:36,240

Behind the Shield 10 for a one time purchase.

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00:01:36,240 --> 00:01:42,040

To learn more about Thorn, go to episode 323 of the Behind the Shield podcast with Joel

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00:01:42,040 --> 00:01:45,840

Titiro and Wes Barnett.

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00:01:45,840 --> 00:01:47,360

Welcome to the Behind the Shield podcast.

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00:01:47,360 --> 00:01:50,760

As always, my name is James Gearing and this week it is my absolute honor to welcome on

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00:01:50,760 --> 00:01:58,400

the show pathology assistant and the woman behind the gross room, Nicole and Jemmy.

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00:01:58,400 --> 00:02:02,760

So in this conversation, we discuss a host of topics from becoming a single mother at

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00:02:02,760 --> 00:02:10,480

a very young age, her journey into the world of medicine, finding pathology, the creation

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00:02:10,480 --> 00:02:19,440

of the gross room, her perspective on obesity, cancer, the importance of underlying health,

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00:02:19,440 --> 00:02:24,160

mental health, the firefighter family and so much more.

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00:02:24,160 --> 00:02:29,120

Now before we get to this incredible conversation, as I say every week, please just take a moment.

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00:02:29,120 --> 00:02:34,320

Go to whichever app you listen to this on, subscribe to the show, leave feedback and

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00:02:34,320 --> 00:02:36,320

leave a rating.

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00:02:36,320 --> 00:02:41,880

Every single five star rating truly does elevate this podcast, therefore making it easier for

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00:02:41,880 --> 00:02:43,520

others to find.

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00:02:43,520 --> 00:02:48,520

And this is a free library of almost 900 episodes now.

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00:02:48,520 --> 00:02:54,080

So all I ask in return is that you help share these incredible men and women stories so

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00:02:54,080 --> 00:02:59,320

I can get them to every single person on planet earth who needs to hear them.

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00:02:59,320 --> 00:03:04,320

So with that being said, I introduce to you Nicole and Jemmy.

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00:03:04,320 --> 00:03:24,160

Enjoy.

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00:03:24,160 --> 00:03:29,080

Well Nicole, I want to start by saying firstly thank you to Amy Loughran who was on the show.

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00:03:29,080 --> 00:03:32,500

The Good Nurse was the documentary about her life.

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00:03:32,500 --> 00:03:35,360

And she was the one that turned me on to all of your work.

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00:03:35,360 --> 00:03:37,000

So I want to thank her first.

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00:03:37,000 --> 00:03:40,560

Then I also want to welcome you to the Behind the Shield podcast today.

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00:03:40,560 --> 00:03:42,440

Hi, I love Amy.

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00:03:42,440 --> 00:03:45,580

So thanks for recommending me, Amy.

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00:03:45,580 --> 00:03:48,680

So where on planet earth are we finding you today?

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00:03:48,680 --> 00:03:52,320

I am in New Jersey right outside of Philadelphia.

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00:03:52,320 --> 00:03:55,660

So I would love to start at the very beginning of your actual timeline.

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00:03:55,660 --> 00:03:59,360

So tell me where you were born and tell me a little bit about your family dynamic, what

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00:03:59,360 --> 00:04:01,440

your parents did, how many siblings.

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00:04:01,440 --> 00:04:11,480

Okay, so I was born in 1979 in New Jersey at a hospital in Woodbury, New Jersey actually.

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00:04:11,480 --> 00:04:15,880

I have parents, Beth and Lou, who are awesome.

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00:04:15,880 --> 00:04:17,580

I love them.

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00:04:17,580 --> 00:04:18,640

And they're still married.

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00:04:18,640 --> 00:04:21,340

They've been married almost 50 years.

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00:04:21,340 --> 00:04:23,300

And I have two siblings.

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00:04:23,300 --> 00:04:28,880

So I'm the oldest and then I have a sister who's younger than me.

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00:04:28,880 --> 00:04:29,880

Her name's Annie.

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00:04:29,880 --> 00:04:35,520

And then I have a brother who's a little bit significantly younger than me.

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00:04:35,520 --> 00:04:37,520

I would say I was in third grade when he was born.

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00:04:37,520 --> 00:04:40,280

So I'm really his bigger sister.

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00:04:40,280 --> 00:04:42,440

And his name's Louie.

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00:04:42,440 --> 00:04:43,440

And what about professions?

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00:04:43,440 --> 00:04:45,020

What were your parents doing?

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00:04:45,020 --> 00:04:50,080

So my mom was a stay at home mom for a majority of my life.

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00:04:50,080 --> 00:04:53,000

And she did cool little jobs like sell Avon.

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00:04:53,000 --> 00:04:56,800

And she always was like hustling to make some side money.

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00:04:56,800 --> 00:05:01,960

And then she eventually went to college for dietary nutrition.

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00:05:01,960 --> 00:05:08,000

And she was working in a nursing home, handling the nutrition for people there.

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00:05:08,000 --> 00:05:13,400

And then she ended up, she just retired last year, but she ended up going to Children's

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00:05:13,400 --> 00:05:19,180

Hospital and working in the diabetes division for the last years of her career.

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00:05:19,180 --> 00:05:22,960

And my dad was a diesel truck mechanic.

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00:05:22,960 --> 00:05:28,640

I literally was just talking to someone the other day who also works in pediatric diabetics.

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00:05:28,640 --> 00:05:32,880

And I was asking them, have you seen an uptick in diabetes?

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00:05:32,880 --> 00:05:34,940

And at first she was like, no, no, not really.

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00:05:34,940 --> 00:05:38,040

And then I realized she was talking about type one diabetes.

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00:05:38,040 --> 00:05:39,560

And I was like, what about type two?

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00:05:39,560 --> 00:05:42,600

And she was like, oh my God, it has exploded.

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00:05:42,600 --> 00:05:44,680

So what is your mom saying?

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00:05:44,680 --> 00:05:46,600

Yeah, same thing.

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00:05:46,600 --> 00:05:51,920

She retired last year, but she just couldn't, I mean, working in, she worked in Philadelphia

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00:05:51,920 --> 00:05:56,040

at one of the biggest children's hospitals in the country.

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00:05:56,040 --> 00:06:01,200

And yeah, she saw so many, cause she was the one that was scheduling the patients to meet

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00:06:01,200 --> 00:06:03,120

with the dieticians and things like that.

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00:06:03,120 --> 00:06:07,840

So she was talking to almost every single patient that was coming in there.

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00:06:07,840 --> 00:06:12,640

And it was like, the waiting list was ridiculous and just the amount of patients and new patients

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00:06:12,640 --> 00:06:14,700

every day, crazy.

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00:06:14,700 --> 00:06:19,440

And this is probably a very obvious question, but through her perspective, what is she talking

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00:06:19,440 --> 00:06:25,160

about as the reason for this swell in childhood type two diabetes?

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00:06:25,160 --> 00:06:26,960

It's diet.

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00:06:26,960 --> 00:06:31,160

Clearly, it's just like, everybody knows that.

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00:06:31,160 --> 00:06:33,920

So, yeah, that's the sad fact.

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00:06:33,920 --> 00:06:38,560

I saw, I mean, it went around the internet for a while, but it was, I forget now, but

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00:06:38,560 --> 00:06:42,760

it was one of the soda companies and they were, if you bought their soda, then it would

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00:06:42,760 --> 00:06:45,520

be a contribution to the American Diabetes Society.

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00:06:45,520 --> 00:06:48,800

And I'm like, or you could just not buy the soda.

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00:06:48,800 --> 00:06:49,800

Yeah.

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00:06:49,800 --> 00:06:55,200

I really try, they always say that at the pediatrician's office when I bring my kids,

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00:06:55,200 --> 00:06:56,800

what are the kids drinking?

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00:06:56,800 --> 00:06:58,440

It's a big thing.

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00:06:58,440 --> 00:07:04,120

And I'm always like, well, my one kid is obsessed with seltzer water, but it doesn't have sugar

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00:07:04,120 --> 00:07:05,120

in it.

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00:07:05,120 --> 00:07:10,520

It's just busy water, which I'm not sure if that's great to be drinking all day either,

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00:07:10,520 --> 00:07:13,600

but the pediatrician seems to be okay with it.

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00:07:13,600 --> 00:07:14,600

So.

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00:07:14,600 --> 00:07:15,600

Good.

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00:07:15,600 --> 00:07:16,600

Yeah.

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00:07:16,600 --> 00:07:19,720

And he was a little, he didn't like soda because of the bubbles.

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00:07:19,720 --> 00:07:22,520

He used to say it was spiky when he was young.

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00:07:22,520 --> 00:07:24,360

And so to this day, he doesn't drink soda.

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00:07:24,360 --> 00:07:28,200

He drinks juice, which we're aware of the sugar of some of that, but yeah, no soda,

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00:07:28,200 --> 00:07:30,240

which is a blessing for a parent.

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00:07:30,240 --> 00:07:31,240

Yeah.

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00:07:31,240 --> 00:07:33,360

We let our kids drink soda.

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00:07:33,360 --> 00:07:38,680

We say they could have it when we're on vacation and on their birthdays and holidays.

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00:07:38,680 --> 00:07:40,280

And they do take us up on that.

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00:07:40,280 --> 00:07:43,560

It'll be Christmas Eve and they'll say, can I have a can of Coke?

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00:07:43,560 --> 00:07:45,960

And I'm like, sure, go ahead.

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00:07:45,960 --> 00:07:47,520

Everything in moderation is fine.

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00:07:47,520 --> 00:07:52,040

And I feel like with kids, if you tell them you can't have this, they're going to go over

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00:07:52,040 --> 00:07:54,960

their friend's house and like shove it in their face all the time.

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00:07:54,960 --> 00:07:58,840

So I try to give them a little bit of the bad stuff sometimes.

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00:07:58,840 --> 00:08:04,640

I saw that same exact thing when I came to America, when it comes to alcohol in Europe,

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00:08:04,640 --> 00:08:09,040

you know, more so in the Mediterranean, but in the UK as well, we're exposed to alcohol

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00:08:09,040 --> 00:08:10,040

and we're little.

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00:08:10,040 --> 00:08:14,520

Like I grew up having watered down wine, you know, on Sundays sometimes with meals and

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00:08:14,520 --> 00:08:16,160

there wasn't a big stigma about it.

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00:08:16,160 --> 00:08:17,960

Now it's alcohol is not great.

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00:08:17,960 --> 00:08:21,020

We all know that, but you weren't held back.

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00:08:21,020 --> 00:08:27,440

And so, yes, you see, you know, excessive drinking in UK pubs, but you don't see the,

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00:08:27,440 --> 00:08:32,960

you know, keg stands and the beer pong and all the things because we've just always done

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00:08:32,960 --> 00:08:33,960

it.

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00:08:33,960 --> 00:08:34,960

It's not a novelty.

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00:08:34,960 --> 00:08:38,480

Then you come here and we've held our kids back and try to stigmatize it.

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00:08:38,480 --> 00:08:42,160

And then all of a sudden they get a college age and now they're just binge drinking and

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00:08:42,160 --> 00:08:43,160

doing shots.

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00:08:43,160 --> 00:08:46,160

And it's a very different culture than Europe.

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00:08:46,160 --> 00:08:47,160

Yeah.

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00:08:47,160 --> 00:08:54,120

My daughter went, my older daughter, she went to France as an exchange student and she was

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00:08:54,120 --> 00:08:58,680

only 17 when she went and they drank, they were allowed, we had to give them permission

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00:08:58,680 --> 00:09:01,120

to drink wine on the trip and all this stuff.

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00:09:01,120 --> 00:09:03,280

And, or maybe she was 18, I don't know.

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00:09:03,280 --> 00:09:07,800

But yeah, she said the culture over there was just like no big deal.

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00:09:07,800 --> 00:09:10,440

Teenagers drink all the time, whatever.

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00:09:10,440 --> 00:09:11,440

Yeah.

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00:09:11,440 --> 00:09:14,120

Now, what about with your mom and the nursing home?

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00:09:14,120 --> 00:09:16,000

Did you ever go with her to visit?

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00:09:16,000 --> 00:09:21,240

Did that give you any sort of kind of introduction to the medical side that you ended up pursuing?

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00:09:21,240 --> 00:09:26,240

I went there and visited her a bunch, but never, never really saw the medical side.

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00:09:26,240 --> 00:09:28,720

Just went right into the kitchen area where she worked.

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00:09:28,720 --> 00:09:31,600

Her office was outside of the kitchen there.

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00:09:31,600 --> 00:09:37,960

And that was kind of, I really didn't get any interest until I started going to college.

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00:09:37,960 --> 00:09:41,520

That's how I really got introduced to the whole world.

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00:09:41,520 --> 00:09:46,640

Now what about, obviously you have a certain style, you and your husband are both head

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00:09:46,640 --> 00:09:50,200

to toe in tattoos, which I love seeing a firefighter with tattoos.

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00:09:50,200 --> 00:09:54,760

I can't stand the demonization of that, that someone's going to stop mid rescue and be

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00:09:54,760 --> 00:09:55,800

like, you can't save me.

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00:09:55,800 --> 00:09:57,360

You've got tattoos on your neck.

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00:09:57,360 --> 00:09:58,360

Yeah, exactly.

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00:09:58,360 --> 00:10:00,560

But what about that whole kind of vibe?

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00:10:00,560 --> 00:10:03,800

Was that something that you found earlier or was that later in life?

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00:10:03,800 --> 00:10:04,960

Oh no.

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00:10:04,960 --> 00:10:11,160

I had the majority of my tattoos before the internet even came out.

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00:10:11,160 --> 00:10:14,480

I started getting them when I was 15.

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00:10:14,480 --> 00:10:18,400

And by the time I was 21, I had most of them that I have now.

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00:10:18,400 --> 00:10:22,520

I haven't really gotten too many more since then.

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00:10:22,520 --> 00:10:24,840

So what about career aspirations then?

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00:10:24,840 --> 00:10:28,120

Were you thinking about the world that you found yourself in when you were in school

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00:10:28,120 --> 00:10:30,480

age or was there something else?

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00:10:30,480 --> 00:10:31,600

No.

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00:10:31,600 --> 00:10:37,000

I was actually, I always examine this all the time because I was horrible in school.

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00:10:37,000 --> 00:10:38,000

I hated school.

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00:10:38,000 --> 00:10:39,160

I did poorly.

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00:10:39,160 --> 00:10:40,200

I had bad grades.

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00:10:40,200 --> 00:10:44,040

I was in what were called like special ed classes at the time.

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00:10:44,040 --> 00:10:47,680

I never really thought that I was smart.

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00:10:47,680 --> 00:10:53,280

And I just wasn't into school and I dropped out of school when I was 16 out of high school.

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00:10:53,280 --> 00:11:02,880

And it wasn't until I had a daughter when I was in ninth grade and that was when I was

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00:11:02,880 --> 00:11:06,920

like I have to go to school and get a career and get a job because I have a kid and I have

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00:11:06,920 --> 00:11:08,440

to get health insurance for her.

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00:11:08,440 --> 00:11:12,560

Because back then there was no such thing as like Obamacare or whatever.

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00:11:12,560 --> 00:11:14,080

It was just like you're beat.

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00:11:14,080 --> 00:11:16,200

You don't have health insurance.

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00:11:16,200 --> 00:11:20,480

And so when I was younger, people ask me that all the time.

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00:11:20,480 --> 00:11:22,040

Like did you want to be this when you grow up?

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00:11:22,040 --> 00:11:25,800

I actually can't even think of saying anything when I was a kid that I thought that I was

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00:11:25,800 --> 00:11:28,720

going to do when I grew up, which is weird.

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00:11:28,720 --> 00:11:30,920

But I just don't know.

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00:11:30,920 --> 00:11:35,680

But I started school and I thought like I'm going to go to school to be a nurse because

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00:11:35,680 --> 00:11:41,520

a couple of my cousins were nurses and I knew that they went to school only to get an RN

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00:11:41,520 --> 00:11:42,520

two or three years.

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00:11:42,520 --> 00:11:46,740

And then they ended up graduating and getting a good job with benefits and stuff.

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00:11:46,740 --> 00:11:50,080

So I said, well, I guess I'll just go do that.

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00:11:50,080 --> 00:11:52,760

I didn't even know what a nurse did or anything.

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00:11:52,760 --> 00:11:57,680

I just was like, I'm going to go to school and be a nurse and get a job.

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00:11:57,680 --> 00:11:59,260

Because I hated school.

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00:11:59,260 --> 00:12:04,800

So I thought what's the quickest path for me to go to college and get a decent paying

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00:12:04,800 --> 00:12:05,800

job?

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00:12:05,800 --> 00:12:07,880

That was my goal when I started school.

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00:12:07,880 --> 00:12:11,920

But then that was how I got introduced into the lab.

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00:12:11,920 --> 00:12:14,560

So what about becoming a mother at ninth grade?

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00:12:14,560 --> 00:12:20,480

I just had a guest a couple of weeks ago now who became a father when he was 17.

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00:12:20,480 --> 00:12:22,680

It's not something that we really think about.

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00:12:22,680 --> 00:12:26,680

Obviously, now there are television programs, but again, I don't think they're doing a

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00:12:26,680 --> 00:12:32,880

service to the moment that a child falls pregnant because I think most people put their hands

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00:12:32,880 --> 00:12:33,880

on their heart.

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00:12:33,880 --> 00:12:37,880

Many of us could have gotten many people pregnant and become pregnant many, many times when

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00:12:37,880 --> 00:12:39,520

we were younger.

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00:12:39,520 --> 00:12:43,020

It's just the luck of the draw and that moment in time.

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00:12:43,020 --> 00:12:46,400

So now you're 16 and you're becoming a parent.

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00:12:46,400 --> 00:12:47,400

Walk me through that.

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00:12:47,400 --> 00:12:54,480

How were you able to stay a good mother during that age and what support system was around

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00:12:54,480 --> 00:12:56,280

you at that moment?

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00:12:56,280 --> 00:13:01,760

Well, luckily I had my mom and dad, obviously, and my sister and brother.

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00:13:01,760 --> 00:13:06,960

We were all living in the same house and I had her and it was rough.

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00:13:06,960 --> 00:13:08,320

What can I say?

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00:13:08,320 --> 00:13:14,520

I know that they showed TV shows that are glamorizing it or something, but it was nothing

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00:13:14,520 --> 00:13:15,520

of that.

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00:13:15,520 --> 00:13:22,320

I mean, imagine being in ninth grade and having a baby and then trying to date.

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00:13:22,320 --> 00:13:27,800

No mom is going to want their son to be dating someone that has a kid already.

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00:13:27,800 --> 00:13:32,540

No guy is interested in being a kid's dad at that time.

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00:13:32,540 --> 00:13:35,320

So it was rough.

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00:13:35,320 --> 00:13:40,680

My mom and dad though, I lived at home with them and they took over the majority of all

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00:13:40,680 --> 00:13:43,080

of it.

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00:13:43,080 --> 00:13:49,360

I freaked out a little bit when I first had her and I just wanted to hang out with my

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00:13:49,360 --> 00:13:53,240

friends and just be like a normal teenager.

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00:13:53,240 --> 00:13:59,160

I was in and out of the house and my mom and my dad and my siblings were helping me out

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00:13:59,160 --> 00:14:05,080

all the time and stuff, but I just wanted to do normal stuff and it was rough.

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00:14:05,080 --> 00:14:10,640

But then eventually when I went to school, when I made the decision to go to school and

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00:14:10,640 --> 00:14:15,520

then I started going to school when I was 19 when I started college, I started straightening

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00:14:15,520 --> 00:14:22,920

my shit out and being like, okay, I have a kid, she's four years old or five years old,

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00:14:22,920 --> 00:14:25,360

whatever she was at the time.

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00:14:25,360 --> 00:14:29,000

I just have to get my life straight for her.

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00:14:29,000 --> 00:14:34,700

When I was talking to this guest before, it was interesting because there's a lot of stigma

236

00:14:34,700 --> 00:14:36,960

about having a child at 16, for example.

237

00:14:36,960 --> 00:14:43,840

However, if you look at our more ancient cultures, that's when women were having children, 15,

238

00:14:43,840 --> 00:14:51,160

16, because that's obviously when we're most fertile, most reproducible up until our 20s.

239

00:14:51,160 --> 00:14:56,000

But when you look back, it was an entire village that helped raise that child.

240

00:14:56,000 --> 00:15:04,080

Now you look at our modern society in 2024, A, there's stigma around that and then B,

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00:15:04,080 --> 00:15:06,440

there's not that community, there's not that it takes a village.

242

00:15:06,440 --> 00:15:10,800

A lot of these young mothers are on their own when they have these children.

243

00:15:10,800 --> 00:15:15,240

I think this is an interesting perspective is that, yes, you can have children if you're

244

00:15:15,240 --> 00:15:16,240

younger.

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00:15:16,240 --> 00:15:17,240

Is it what you chose?

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00:15:17,240 --> 00:15:18,240

Possibly not.

247

00:15:18,240 --> 00:15:19,640

But is it the end of the world?

248

00:15:19,640 --> 00:15:20,640

No.

249

00:15:20,640 --> 00:15:23,840

However, the missing piece is just like you illustrated, who is your village?

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00:15:23,840 --> 00:15:28,080

Who are those people around you that can help raise that child just as we would have a thousand

251

00:15:28,080 --> 00:15:29,080

years ago?

252

00:15:29,080 --> 00:15:34,440

Yeah, I just don't know how that even would have went down, but it would have been ugly,

253

00:15:34,440 --> 00:15:38,880

I'll tell you that, if I didn't have any help.

254

00:15:38,880 --> 00:15:40,980

I think about that though sometimes.

255

00:15:40,980 --> 00:15:46,400

What about single moms that then their teenager has a kid and the single mom is already leaving

256

00:15:46,400 --> 00:15:52,800

the house all the time to try to work and support the family as it is?

257

00:15:52,800 --> 00:15:53,800

Think about this.

258

00:15:53,800 --> 00:15:55,720

I had my daughter when I was 15 years old.

259

00:15:55,720 --> 00:16:02,080

I didn't even have my driver's license until she was two or three years old.

260

00:16:02,080 --> 00:16:03,840

What do you do?

261

00:16:03,840 --> 00:16:04,840

I lived in the burbs.

262

00:16:04,840 --> 00:16:05,840

I didn't live in the city.

263

00:16:05,840 --> 00:16:08,240

There was no such thing as a bus.

264

00:16:08,240 --> 00:16:10,780

What do you do with your life?

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00:16:10,780 --> 00:16:15,120

You have to depend on people and that's what I did.

266

00:16:15,120 --> 00:16:16,120

Yeah.

267

00:16:16,120 --> 00:16:18,960

Well, I mean, it's beautiful to hear that you had the people to depend on because again,

268

00:16:18,960 --> 00:16:24,200

I think there's a lot of things around where a lot of judgment cast when people put their

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00:16:24,200 --> 00:16:25,540

child into adoption.

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00:16:25,540 --> 00:16:32,200

But again, if it's a 15 year old girl with no support structure, that might be their

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00:16:32,200 --> 00:16:36,880

only chance for making sure that that child remains healthy.

272

00:16:36,880 --> 00:16:41,000

This is the kind of bigger picture that a lot of people I think don't take into account

273

00:16:41,000 --> 00:16:44,200

when they are casting judgment in certain situations.

274

00:16:44,200 --> 00:16:46,640

Yeah.

275

00:16:46,640 --> 00:16:51,160

Since I've been in this situation, it's a no-win situation, I'll tell you because I

276

00:16:51,160 --> 00:16:57,400

actually got pregnant when I was in ninth grade and I was in Catholic school and they

277

00:16:57,400 --> 00:17:04,040

told my mom she can't get an abortion because of the Catholic church and she can't be at

278

00:17:04,040 --> 00:17:06,440

this school pregnant.

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00:17:06,440 --> 00:17:08,520

These are the choices that you're given.

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00:17:08,520 --> 00:17:13,480

I mean, this was almost 30 years ago, but now it's different.

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00:17:13,480 --> 00:17:15,480

They probably have a daycare center in the high school.

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00:17:15,480 --> 00:17:18,360

I don't know.

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00:17:18,360 --> 00:17:22,200

It's always been like, and it's been shitty for me.

284

00:17:22,200 --> 00:17:27,000

The woman always gets the shitty end of the stick because the guy's just kind of sitting

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00:17:27,000 --> 00:17:28,000

by like whatever.

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00:17:28,000 --> 00:17:34,360

I'll just do whatever you decide, but you get the brunt of it being the woman.

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00:17:34,360 --> 00:17:35,360

Absolutely.

288

00:17:35,360 --> 00:17:39,800

Well, fast forward a few years, now you're pursuing nursing.

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00:17:39,800 --> 00:17:45,560

Walk me through that journey and how you ended up finding cyto technology instead.

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00:17:45,560 --> 00:17:52,480

I start college and they say you have to take these prerequisite classes in order to get

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00:17:52,480 --> 00:17:55,120

into nursing school.

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00:17:55,120 --> 00:17:59,760

I had dropped out of high school when I was 16, so I barely even took classes.

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00:17:59,760 --> 00:18:03,000

A year of the time I was in high school, I was out because I was pregnant.

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00:18:03,000 --> 00:18:07,120

I basically didn't go to high school and take all of the normal classes.

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00:18:07,120 --> 00:18:12,560

They said, you have to take this math class, this biology class, this psychology class,

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00:18:12,560 --> 00:18:13,560

all this.

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00:18:13,560 --> 00:18:18,280

The very first day I show up to biology and I don't even really know what it's going

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00:18:18,280 --> 00:18:20,800

to be.

299

00:18:20,800 --> 00:18:22,800

We're in there and then we take a lab.

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00:18:22,800 --> 00:18:29,120

The very first lab, we pull out microscopes and she has us cut a piece of an onion up

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00:18:29,120 --> 00:18:34,840

and take the skin off the onion and look at it under the microscope.

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00:18:34,840 --> 00:18:36,040

I don't even know what happened.

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00:18:36,040 --> 00:18:40,120

It was like this moment, something hit me over the head and was like, this is the coolest

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00:18:40,120 --> 00:18:43,480

thing in the world.

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00:18:43,480 --> 00:18:48,040

Even I think the first week I went up to my teacher and said, is there a way I could get

306

00:18:48,040 --> 00:18:52,160

a job looking in the microscope?

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00:18:52,160 --> 00:18:58,000

She so happened to be a lab scientist, like a hospital lab scientist.

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00:18:58,000 --> 00:19:00,520

She was a microbiologist.

309

00:19:00,520 --> 00:19:05,400

She was like, oh yeah, and introduced me to that whole world that I didn't even know existed.

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00:19:05,400 --> 00:19:10,240

Of course, this was in the late 90s or early 2000s.

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00:19:10,240 --> 00:19:14,840

There might have been Google or the internet, but I didn't really know about it then.

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00:19:14,840 --> 00:19:19,920

The internet was kind of like a joke when I was a teenager.

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00:19:19,920 --> 00:19:24,280

We would make fun of people that said they went on the internet because you would hear

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00:19:24,280 --> 00:19:28,240

these stories on like Jerry Springer Show or something about people meeting someone

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00:19:28,240 --> 00:19:31,280

on the internet and something happening with them.

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00:19:31,280 --> 00:19:37,320

We didn't really take it seriously as a tool that we could use to help our lives.

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00:19:37,320 --> 00:19:42,360

I didn't know anything about the lab until that moment and then the next semester I was

318

00:19:42,360 --> 00:19:44,080

like, I'm out of nursing.

319

00:19:44,080 --> 00:19:45,760

I have no interest in being a nurse.

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00:19:45,760 --> 00:19:46,920

I want to be a scientist.

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00:19:46,920 --> 00:19:50,240

So then I moved forward from there.

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00:19:50,240 --> 00:19:51,760

So where did that take you?

323

00:19:51,760 --> 00:19:54,920

Then I heard you talking about this on Dr. Drew.

324

00:19:54,920 --> 00:20:01,860

What was the moment that happened that turned you more towards the pathology side?

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00:20:01,860 --> 00:20:09,520

From there, I decided first they had a program at the school called Medical Lab Technologist

326

00:20:09,520 --> 00:20:16,400

or MLT or Technician, which is when you get your blood taken, that's the person that does

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00:20:16,400 --> 00:20:19,020

your blood work at the lab.

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00:20:19,020 --> 00:20:24,280

I was first in that and then once I started getting towards two and three years, I was

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00:20:24,280 --> 00:20:25,520

at Camden County College.

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00:20:25,520 --> 00:20:28,200

It was just a local community college.

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00:20:28,200 --> 00:20:30,320

I thought like I could do this more.

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00:20:30,320 --> 00:20:33,080

I feel like I want more of this for some reason.

333

00:20:33,080 --> 00:20:36,120

I'm almost done and I could do more.

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00:20:36,120 --> 00:20:40,320

So then I looked into Jefferson, which is where I went for cytotech.

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00:20:40,320 --> 00:20:46,080

I went over there, graduated there and got my bachelor's as a cytotech, which is there.

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00:20:46,080 --> 00:20:48,120

It was looking at cells under the microscope.

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00:20:48,120 --> 00:20:50,120

So we would look at pap smears and stuff.

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00:20:50,120 --> 00:20:54,360

It's a more specialized lab technician, so you got paid a little bit more too, which

339

00:20:54,360 --> 00:20:57,880

was a bonus being a single mom and everything.

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00:20:57,880 --> 00:21:03,000

I got hired out of school at the hospital and worked there for a couple years.

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00:21:03,000 --> 00:21:07,520

I would go in every day wearing nice clothes and a white coat and I would sit at a cubicle

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00:21:07,520 --> 00:21:10,120

most of the day and just look at slides.

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00:21:10,120 --> 00:21:15,440

Then once in a while, I would go up on the floor and do needle biopsies.

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00:21:15,440 --> 00:21:19,600

Sometimes if someone has a mass or something in their thyroid, they'd stick a needle in

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00:21:19,600 --> 00:21:24,000

it and pull out some cells to look at it just because it's like a less invasive procedure

346

00:21:24,000 --> 00:21:27,000

than getting surgery and getting cut open.

347

00:21:27,000 --> 00:21:29,880

I would assist with those procedures too.

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00:21:29,880 --> 00:21:35,600

One day I was working sitting at my cubicle and I heard this huge commotion out in the

349

00:21:35,600 --> 00:21:37,800

hallway and all these people.

350

00:21:37,800 --> 00:21:42,200

We were all friends and I went out on the hallway and was like, what's up?

351

00:21:42,200 --> 00:21:46,000

Everybody was freaking out because there was this horrible smell in the hallway.

352

00:21:46,000 --> 00:21:52,040

I went out there and was investigating to see what it was because it just was the nasty,

353

00:21:52,040 --> 00:21:55,480

this funky smell that I never smelled before.

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00:21:55,480 --> 00:21:59,320

It didn't smell like poop, it didn't smell like pee, it just was really nasty.

355

00:21:59,320 --> 00:22:02,640

I obviously was curious what it was.

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00:22:02,640 --> 00:22:08,320

Went over around the block or around the wall to the pathology department and everyone said

357

00:22:08,320 --> 00:22:14,440

that the leg refrigerator was broken and it was leaking.

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00:22:14,440 --> 00:22:17,800

I just said, what do you mean a leg refrigerator?

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00:22:17,800 --> 00:22:19,800

What's a leg refrigerator?

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00:22:19,800 --> 00:22:24,800

I look and it looks like a refrigerator that you would see at a pizza shop that would have

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00:22:24,800 --> 00:22:30,840

the sodas lined up in it and everything, but instead it had a bunch of amputated legs wrapped

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00:22:30,840 --> 00:22:33,640

up in biohazard bags.

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00:22:33,640 --> 00:22:37,720

I was kind of mind blown by that because I was working at the hospital for a couple years

364

00:22:37,720 --> 00:22:43,800

already and had no idea that on the other side of my cubicle behind the wall was a refrigerator

365

00:22:43,800 --> 00:22:47,440

that had amputated body parts in it.

366

00:22:47,440 --> 00:22:52,680

That kind of was a little shocking to me and then I thought, well, what else is going on

367

00:22:52,680 --> 00:22:54,520

back here?

368

00:22:54,520 --> 00:22:58,720

I saw this whole world back there of just people sitting at stations with cutting boards

369

00:22:58,720 --> 00:23:01,560

that just had giant organs sitting on them.

370

00:23:01,560 --> 00:23:05,920

It looked like a kitchen, but not a kitchen.

371

00:23:05,920 --> 00:23:13,160

I got so curious about that and then all of a sudden I got kind of bored with the microscope

372

00:23:13,160 --> 00:23:18,360

stuff after going over there and seeing what was going on in that department.

373

00:23:18,360 --> 00:23:23,400

That room that I walked into was called the gross room, which is where you look at gross

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00:23:23,400 --> 00:23:30,400

pathology, it's really called that actually, the gross room.

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00:23:30,400 --> 00:23:34,000

Anytime you get anything removed from your body in the hospital, it goes to that lab

376

00:23:34,000 --> 00:23:35,520

to get examined.

377

00:23:35,520 --> 00:23:39,880

I thought, okay, I need to come work over here now.

378

00:23:39,880 --> 00:23:42,280

I laughed when I heard you telling that story.

379

00:23:42,280 --> 00:23:47,220

The reason being, I grew up on a farm, my dad was a veterinary surgeon and he would

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00:23:47,220 --> 00:23:49,880

keep all kinds of things.

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00:23:49,880 --> 00:23:54,480

He'd bury it and just dig it up and get the bones for skeletons to study.

382

00:23:54,480 --> 00:23:59,920

Other times it was pathology, but we had a fire in the horse hospital.

383

00:23:59,920 --> 00:24:03,400

The firefighters had put it out and they'd done what they call overhauls.

384

00:24:03,400 --> 00:24:07,200

They removed what they could salvage.

385

00:24:07,200 --> 00:24:12,600

My brother, it was in the summer, had two friends on the farm with him and the fridge

386

00:24:12,600 --> 00:24:17,900

was still sitting out unplugged outside this building for quite a long time.

387

00:24:17,900 --> 00:24:22,880

As he walked by, he pulled the fridge open and the two friends behind him threw up.

388

00:24:22,880 --> 00:24:31,360

When you were telling that story, I can envision everything, the smell and everything.

389

00:24:31,360 --> 00:24:35,880

It's crazy because yesterday on my podcast, Mother Knows Death, we were talking about

390

00:24:35,880 --> 00:24:41,000

a nursing home that... or not a nursing home, a funeral home that has recently been in the

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00:24:41,000 --> 00:24:47,080

news because they were promising these green burials with no chemicals or anything like

392

00:24:47,080 --> 00:24:48,960

that, no embalming fluids.

393

00:24:48,960 --> 00:24:53,280

Here they were taking money from people and taking the bodies and just stacking them up

394

00:24:53,280 --> 00:24:57,160

in this warehouse type thing.

395

00:24:57,160 --> 00:25:02,400

One of the neighbors smelled the warehouse and called police.

396

00:25:02,400 --> 00:25:08,520

Police showed up and found 200 dead bodies stacked on top of each other, just decomposing.

397

00:25:08,520 --> 00:25:14,760

I was thinking about how horrible the smell must have been.

398

00:25:14,760 --> 00:25:17,720

You wouldn't have to be living right next door to smell that.

399

00:25:17,720 --> 00:25:21,160

It would just permeate the air for such a long distance.

400

00:25:21,160 --> 00:25:24,680

It's a very distinctive smell once you smelled it.

401

00:25:24,680 --> 00:25:25,680

Yeah.

402

00:25:25,680 --> 00:25:27,720

I actually wrote a book about three years ago.

403

00:25:27,720 --> 00:25:33,140

One of the chapters was the last day, my last shift in Orange County, Florida.

404

00:25:33,140 --> 00:25:34,360

This wasn't why I quit.

405

00:25:34,360 --> 00:25:37,000

I think the gods just was like, really?

406

00:25:37,000 --> 00:25:39,320

You're going to leave this department, all right?

407

00:25:39,320 --> 00:25:40,480

Here's a day from hell.

408

00:25:40,480 --> 00:25:43,960

The middle had multiple deaths, but one of the ones was a homeless woman that had been

409

00:25:43,960 --> 00:25:48,120

missing for a few days, again, in the Florida summer now.

410

00:25:48,120 --> 00:25:54,440

We got, I forget now how close, probably 200 meters towards where she was.

411

00:25:54,440 --> 00:25:56,640

I told the rest of the crew, look, I'll go.

412

00:25:56,640 --> 00:25:57,640

I was the medic that day.

413

00:25:57,640 --> 00:25:58,840

I'll go check it out.

414

00:25:58,840 --> 00:25:59,840

Yeah.

415

00:25:59,840 --> 00:26:02,480

That smell is, like you said, you'll never forget it.

416

00:26:02,480 --> 00:26:06,360

I got there and she was literally just, flesh was hanging on bone by that point.

417

00:26:06,360 --> 00:26:08,080

She was black and putrid.

418

00:26:08,080 --> 00:26:13,320

Again, no one needs to add that to their catalog, but yeah, it's something that sadly, I'm sure

419

00:26:13,320 --> 00:26:17,680

a lot of people listening to this do know, but few will really understand.

420

00:26:17,680 --> 00:26:23,000

But then to discover that your loved one was stacked in a warehouse and the emotional damage

421

00:26:23,000 --> 00:26:26,040

that that must have done to a lot of people is horrendous.

422

00:26:26,040 --> 00:26:27,100

Yeah.

423

00:26:27,100 --> 00:26:28,280

That was my first thought.

424

00:26:28,280 --> 00:26:31,600

I can't, especially because I know what that looks like.

425

00:26:31,600 --> 00:26:36,420

I never, well, I was just going to say to you too, that was one of my first thoughts

426

00:26:36,420 --> 00:26:41,240

when I went to the medical examiner's office and saw a really bad decomposed person with

427

00:26:41,240 --> 00:26:46,320

maggots and stuff like Jesus, imagine finding like one of your family members looking like

428

00:26:46,320 --> 00:26:47,320
this.

429
00:26:47,320 --> 00:26:52,360
I just, because it's so, they don't even look human anymore.

430
00:26:52,360 --> 00:26:53,360
It's just nuts.

431
00:26:53,360 --> 00:26:54,360
Yeah.

432
00:26:54,360 --> 00:26:55,360
Yeah.

433
00:26:55,360 --> 00:27:00,880
I was actually a student paramedic and it was funny of you talking about raising a child

434
00:27:00,880 --> 00:27:01,880
on your own.

435
00:27:01,880 --> 00:27:02,880
I went through a divorce.

436
00:27:02,880 --> 00:27:09,000
It was a single father, had no family in America whatsoever, working full time on a very, very

437
00:27:09,000 --> 00:27:14,780
busy rescue in Florida, paramedic classroom, and then riding along with a completely different

438
00:27:14,780 --> 00:27:17,000
fire department up here.

439

00:27:17,000 --> 00:27:21,160

Not obviously not supported by my fire department in any way, shape or form.

440

00:27:21,160 --> 00:27:23,880

But when I was riding with them, I was a full on black cloud.

441

00:27:23,880 --> 00:27:25,680

All kinds of people died.

442

00:27:25,680 --> 00:27:29,560

One of them was a guy that had been again, not heard from for a couple of days and it

443

00:27:29,560 --> 00:27:30,880

was a Florida, it was a trailer.

444

00:27:30,880 --> 00:27:35,880

There was no AC and yeah, I mean, just so swollen and bloated that if you just got a

445

00:27:35,880 --> 00:27:37,960

pin, he would probably exploded.

446

00:27:37,960 --> 00:27:42,400

And it's so sad, but I'm glad that we found them just like you said, that we found them

447

00:27:42,400 --> 00:27:45,400

not someone who actually was a family member.

448

00:27:45,400 --> 00:27:49,200

Because if that was their last memory of them, that would haunt them probably the rest of

449

00:27:49,200 --> 00:27:50,200

their life.

450

00:27:50,200 --> 00:27:51,200

Oh yeah.

451

00:27:51,200 --> 00:27:52,560

I can imagine that.

452

00:27:52,560 --> 00:27:56,520

So you find yourself going into the world of pathology.

453

00:27:56,520 --> 00:28:03,360

As you start progressing through the years, were there any kind of aha moments or realizations

454

00:28:03,360 --> 00:28:09,320

that you had as you were in that world now that you were kind of naive to before?

455

00:28:09,320 --> 00:28:10,560

Yeah.

456

00:28:10,560 --> 00:28:12,640

I mean, I had a lot of them.

457

00:28:12,640 --> 00:28:20,380

I remember when, so after I decided I wanted to work over there, I went up to the doctor

458

00:28:20,380 --> 00:28:26,040

who ran the entire pathology department and said, I want to leave this department and

459

00:28:26,040 --> 00:28:29,020

go to surgical pathology.

460

00:28:29,020 --> 00:28:33,840

And he tried to talk me out of it and said, you go to work every day and you wear a clean

461

00:28:33,840 --> 00:28:39,000

coat and if you go work in surgical pathology, you're going to have to touch poop and blood

462

00:28:39,000 --> 00:28:42,120

and it's really messy and you have to wear scrubs.

463

00:28:42,120 --> 00:28:43,560

And I was like, yeah, I'm okay.

464

00:28:43,560 --> 00:28:44,560

Sign me up.

465

00:28:44,560 --> 00:28:50,680

So he let me just, I did like a lateral transfer and was working over there before I went to

466

00:28:50,680 --> 00:28:52,280

PA school.

467

00:28:52,280 --> 00:28:55,040

I did it backwards than most people would do.

468

00:28:55,040 --> 00:29:00,040

And with the bachelor's degree, I was allowed to dissect certain organs with my level of

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00:29:00,040 --> 00:29:01,040

education.

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00:29:01,040 --> 00:29:09,680

And then while I was in PA school, I learned just a whole other level of anatomy and physiology

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00:29:09,680 --> 00:29:11,740

and pathology.

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00:29:11,740 --> 00:29:17,700

And I remember one day just sitting there, I was grossing an appendix and then everything

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00:29:17,700 --> 00:29:24,360

just clicked for me because there's a lot to be said about on the job trained experience

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00:29:24,360 --> 00:29:30,960

and this is something Gabe and I always talk about that you have to work in order to have

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00:29:30,960 --> 00:29:37,440

experience but you also have to be educated to put it all together as a package.

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00:29:37,440 --> 00:29:45,320

And once I got that formal extra education with anatomy and physiology, it just all of

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00:29:45,320 --> 00:29:48,280

it came together full circle and just clicked.

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00:29:48,280 --> 00:29:53,600

And I thought like, this is why I've been doing this this whole time.

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00:29:53,600 --> 00:29:54,880

Oh, okay.

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00:29:54,880 --> 00:29:55,880

This makes sense.

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00:29:55,880 --> 00:30:00,960

And then it just was so silly, but it clicked for me and then everything I was like, I know

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00:30:00,960 --> 00:30:01,960

everything now.

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00:30:01,960 --> 00:30:06,840

I just know everything, which obviously I don't know everything, but I kind of got the

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00:30:06,840 --> 00:30:13,880

full picture of why I was doing the job because prior to going to school, yeah, someone said

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00:30:13,880 --> 00:30:18,300

cut this up and put these certain sections through to show the pathologist, but I didn't

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00:30:18,300 --> 00:30:20,960

really know why I was doing it.

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00:30:20,960 --> 00:30:26,160

And once you know why you're doing it, you could know how to do anything because you

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00:30:26,160 --> 00:30:33,640

know the right questions to ask what the doctors are looking for when you're doing your dissections.

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00:30:33,640 --> 00:30:37,800

Something that I found as I progressed on the EMS side and the fire service, at first

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00:30:37,800 --> 00:30:40,440

you're learning the building blocks, the facts.

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00:30:40,440 --> 00:30:44,080

This is A through Z of this disease or this injury.

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00:30:44,080 --> 00:30:48,680

And then as you start getting more information, taking extra classes and then just seeing

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00:30:48,680 --> 00:30:54,240

more and more calls, you start to shift into the critical thinking phase where yes, those

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00:30:54,240 --> 00:31:00,520

are all in the back of your mind, but now you're actually being a lot more of a sleuth

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00:31:00,520 --> 00:31:05,080

and rather than just what they call a cookbook medic where you're just following your protocol,

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00:31:05,080 --> 00:31:07,720

you're actually able to critically think.

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00:31:07,720 --> 00:31:14,500

I think that's the next step in our path, our journeyman path of trying to become a

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00:31:14,500 --> 00:31:15,500

great paramedic.

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00:31:15,500 --> 00:31:19,920

And I never got there, I was 14 years in the fire service and transitioned out.

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00:31:19,920 --> 00:31:23,760

So I would not have the arrogance to say I ever reached any sort of pinnacle.

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00:31:23,760 --> 00:31:27,960

But it was a real shift when just like you said, all that knowledge kind of went into

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00:31:27,960 --> 00:31:32,100

a mixing bowl and your brain would just kind of spit out the right answers even without

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00:31:32,100 --> 00:31:36,920

you thinking about it because now you'd had enough ingredients to make good decisions.

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00:31:36,920 --> 00:31:37,920

Yeah.

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00:31:37,920 --> 00:31:45,200

I mean, and I saw that because I taught residents for years there afterwards and you could see

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00:31:45,200 --> 00:31:50,400

the difference between ones that got it and ones that didn't get it.

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00:31:50,400 --> 00:31:55,160

People just didn't understand how to put what they were learning in school to practical

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00:31:55,160 --> 00:31:56,480

work.

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00:31:56,480 --> 00:32:03,840

And that's the key to life with anything, with medicine, with firefighting.

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00:32:03,840 --> 00:32:06,040

It's the key is to put it all together.

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00:32:06,040 --> 00:32:14,080

Well, I want to dive into the world of pathology, but before we do, when did you meet Gabe?

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00:32:14,080 --> 00:32:19,320

I met Gabe when I was in PA school, my second year of PA school 2008.

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00:32:19,320 --> 00:32:20,320

Okay.

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00:32:20,320 --> 00:32:22,320

So now you have the world of pathology.

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00:32:22,320 --> 00:32:23,320

At Wawa.

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00:32:23,320 --> 00:32:24,320

Okay.

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00:32:24,320 --> 00:32:25,320

I jumped in then.

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00:32:25,320 --> 00:32:27,000

So please tell me more.

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00:32:27,000 --> 00:32:29,680

How was romance sparked in Wawa?

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00:32:29,680 --> 00:32:38,360

So I was on my way to the medical examiner's office actually in West Philly or one of my

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00:32:38,360 --> 00:32:43,440

West Philly rotations that we did the medical examiner and children's hospital in Penn were

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00:32:43,440 --> 00:32:44,440

all around there.

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00:32:44,440 --> 00:32:51,080

So we, my classmates and I were over in West Philly for a while and I was on my way to

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00:32:51,080 --> 00:32:55,280

pick up one of my classmates so we can go to West Philly.

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00:32:55,280 --> 00:32:59,560

And I decided that I was going to stop in Wawa really quick and get a coffee on my way

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00:32:59,560 --> 00:33:00,880

there.

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00:33:00,880 --> 00:33:09,380

And I went in and I saw Gabe in there and I didn't talk to, I would never talk to someone.

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00:33:09,380 --> 00:33:16,280

So I just acted cool and was getting my coffee and then he started talking to me and we ended

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00:33:16,280 --> 00:33:22,680

up talking outside of the Wawa for like an hour and a half or something crazy.

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00:33:22,680 --> 00:33:26,520

And the whole time my friend was like waiting for me to pick her up to bring her to school

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00:33:26,520 --> 00:33:31,640

and I just totally blew her off and didn't even, and she was late that day too.

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00:33:31,640 --> 00:33:36,280

So I didn't even tell her like, yo, I'm talking to this guy or whatever.

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00:33:36,280 --> 00:33:41,880

And I got in the car and picked her up and I just was so happy.

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00:33:41,880 --> 00:33:47,840

Like I just knew, I'm like the kind of person, I just knew that I was going to be with him

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00:33:47,840 --> 00:33:51,640

and from the very first day and she was happy.

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00:33:51,640 --> 00:33:53,800

She's like one of my best friends and she was happy for me.

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00:33:53,800 --> 00:33:59,800

So she wasn't mad that I totally blew her off that day.

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00:33:59,800 --> 00:34:00,800

That's so good to hear.

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00:34:00,800 --> 00:34:02,000

I just did a post.

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00:34:02,000 --> 00:34:07,920

My wife and I just hit 11 years of being together about a month ago.

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00:34:07,920 --> 00:34:11,120

And the reason I put the post was just to kind of instill some hope.

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00:34:11,120 --> 00:34:17,160

I was 38 when I met her, you know, and being, as I mentioned before, divorced, single dad,

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00:34:17,160 --> 00:34:18,160

et cetera, et cetera.

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00:34:18,160 --> 00:34:20,520

But when I met her, it was the same thing.

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00:34:20,520 --> 00:34:22,920

And ironically, it's a funny story.

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00:34:22,920 --> 00:34:26,120

We did them whole match.com thing and she said she was going to watch a band.

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00:34:26,120 --> 00:34:29,800

So I brought a friend along with me thinking she was already going out with some friends.

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00:34:29,800 --> 00:34:30,800

She wasn't.

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00:34:30,800 --> 00:34:32,400

The three of us went on our first date.

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00:34:32,400 --> 00:34:35,080

Oh my God, that's so funny.

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00:34:35,080 --> 00:34:38,600

But it was, but you know, we were talking and then basically I never stopped seeing

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00:34:38,600 --> 00:34:39,600

her after that.

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00:34:39,600 --> 00:34:44,680

So I love hearing that kind of love at first sight, you know, story because it does happen.

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00:34:44,680 --> 00:34:48,520

I think you just got to meet the right person at the right time in your life.

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00:34:48,520 --> 00:34:49,520

Yeah.

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00:34:49,520 --> 00:34:53,840

I mean, I don't know if he would say the same thing.

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00:34:53,840 --> 00:34:54,840

It was rough.

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00:34:54,840 --> 00:34:58,120

It was rough with him for a couple of years, I think.

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00:34:58,120 --> 00:35:01,680

And that this is, this would be something that you would have to talk with him about.

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00:35:01,680 --> 00:35:07,240

But I was always, I would say that I was always on board with, with saying that.

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00:35:07,240 --> 00:35:12,760

And it took a while for us to get our groove, but it's, it's been just awesome.

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00:35:12,760 --> 00:35:17,240

Our 10th wedding anniversary is actually this weekend.

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00:35:17,240 --> 00:35:18,240

Beautiful.

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00:35:18,240 --> 00:35:19,720

Well, congratulations.

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00:35:19,720 --> 00:35:21,120

Thanks.

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00:35:21,120 --> 00:35:23,160

So you have this pathology route.

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00:35:23,160 --> 00:35:28,240

Gabe has obviously my route, first responder route, different kinds of trauma, different

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00:35:28,240 --> 00:35:30,760

kinds of exposure.

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00:35:30,760 --> 00:35:36,000

What have been your comparisons, not only just on the job, but also dealing with the

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00:35:36,000 --> 00:35:39,080

things that you see for a living?

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00:35:39,080 --> 00:35:47,400

I think, I think that we're able to understand each other on that respect because he sees

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00:35:47,400 --> 00:35:53,600

a lot of work that would go to the medical examiner's office and especially working in

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00:35:53,600 --> 00:35:55,960

the rescue company and the squad company.

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00:35:55,960 --> 00:36:02,600

They go to all sorts of car accidents, people jumping off the bridge, decomposed bodies

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00:36:02,600 --> 00:36:05,220

being found, people dying in fires.

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00:36:05,220 --> 00:36:10,240

So he sees a lot of the similar stuff that I've seen.

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00:36:10,240 --> 00:36:14,440

So we're able to talk about that all the time.

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00:36:14,440 --> 00:36:19,120

But it's just, there's a, there's just a lot to talk about because you're working,

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00:36:19,120 --> 00:36:24,080

you're all working at a place as a team to try to accomplish a task.

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00:36:24,080 --> 00:36:30,720

So there's a lot of similarities between, between that and really the task getting done

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00:36:30,720 --> 00:36:34,080

has to do with the people being trained well.

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00:36:34,080 --> 00:36:40,680

And also there's all other factors too, like having good work ethic and good camaraderie

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00:36:40,680 --> 00:36:45,440

between the people that work together and good morale at the institution that you're

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00:36:45,440 --> 00:36:46,440

working at.

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00:36:46,440 --> 00:36:51,740

So we, we talk about that kind of stuff all the time and we have a lot in common when

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00:36:51,740 --> 00:36:53,680

it comes to that.

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00:36:53,680 --> 00:36:55,940

And what about within your profession culturally?

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00:36:55,940 --> 00:37:02,680

Is there, is there a discussion of mental health, emotional health in the world of pathology?

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00:37:02,680 --> 00:37:07,480

No, I would say, I would say not, I mean, maybe there is now, I haven't worked at the

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00:37:07,480 --> 00:37:12,320

hospital full time in a couple of years, but no, it's not.

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00:37:12,320 --> 00:37:17,160

And especially I had a hard time dealing with that a little bit because when I was in PA

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00:37:17,160 --> 00:37:23,520

school, I had to spend a summer at the medical examiner's office and not only did the school

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00:37:23,520 --> 00:37:31,320

not really prepare me for what I was about to go see, but just being there, it, I couldn't

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00:37:31,320 --> 00:37:37,960

even imagine really working there the rest of my life because I thought it was so, it

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00:37:37,960 --> 00:37:41,600

was so sad and depressing.

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00:37:41,600 --> 00:37:48,300

Working in the hospital, I do autopsies on people all the time and some of them are young,

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00:37:48,300 --> 00:37:51,520

some of them are babies and some of them are a fetus.

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00:37:51,520 --> 00:37:57,640

Mom had a miscarriage, horrible situations, but I feel like all the ones that you do in

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00:37:57,640 --> 00:38:02,440

the hospital are medical and there's, that's kind of like a God, nothing you can do about

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00:38:02,440 --> 00:38:04,000

it kind of thing.

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00:38:04,000 --> 00:38:10,840

Whereas the medical examiner just, you just see like the most horrible parts of society

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00:38:10,840 --> 00:38:15,720

and what people do to each other and what people do to themselves.

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00:38:15,720 --> 00:38:24,360

And it, I could imagine that people that work in that particular field their whole life,

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00:38:24,360 --> 00:38:30,680

that might be a lot to deal with, but even in the hospital, I saw horrible, horrible

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00:38:30,680 --> 00:38:36,060

cases of just young people getting diagnosed with horrible cancer, like knowing that they're

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00:38:36,060 --> 00:38:43,240

going to die from this cancer and the autopsies, like I said, you would get a father of three

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00:38:43,240 --> 00:38:48,960

that was 40 years old that just died from some weird infection and he comes downstairs

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00:38:48,960 --> 00:38:53,520

and open up the body bag and he's like still wearing his Eagles t-shirt and you think like,

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00:38:53,520 --> 00:38:57,440

God, this guy could have been my husband or this guy could have been my brother or something,

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00:38:57,440 --> 00:38:58,960

you know, that sort of thing.

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00:38:58,960 --> 00:39:02,600

But we just kind of do it and block, block it all out.

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00:39:02,600 --> 00:39:03,600

That's all we do.

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00:39:03,600 --> 00:39:06,160

Well, we even do that within our profession.

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00:39:06,160 --> 00:39:12,440

And it's sad because this last year, 2023, I saw a lot of people struggling.

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00:39:12,440 --> 00:39:16,280

I think it's, you know, all the things, but also the ripple effects of the pandemic and

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00:39:16,280 --> 00:39:19,060

all the shutdowns and isolation.

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00:39:19,060 --> 00:39:23,100

But I swear to God, the theme of 2024 is back into firefighter cancer again.

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00:39:23,100 --> 00:39:29,040

When I had the wife of a firefighter and one of his brothers in his department had been

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00:39:29,040 --> 00:39:34,600

diagnosed with cancer and he was going to come on the show and, you know, we went back

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00:39:34,600 --> 00:39:37,180

and forth and he's like, yeah, I'm not feeling so good today.

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00:39:37,180 --> 00:39:42,060

And I just got a message the other day that he's in an induced coma and may or may not

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00:39:42,060 --> 00:39:43,060

come out of it now.

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00:39:43,060 --> 00:39:45,320

And this is probably someone younger than me, you know.

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00:39:45,320 --> 00:39:50,400

And so, you know, when we talk about, oh, it's the work of God.

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00:39:50,400 --> 00:39:52,300

There's nothing we can do about it.

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00:39:52,300 --> 00:39:56,320

Because sometime in God, you know, these poor infants that die of leukemia and those kind

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00:39:56,320 --> 00:40:00,300

of things, I think it's harder to find the origin and the cause.

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00:40:00,300 --> 00:40:05,100

But when you look at my profession, it's glaring what is killing a lot of our men and women.

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00:40:05,100 --> 00:40:10,100

We can't save them all, but the sleep deprivation and the carcinogens and all the other elements

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00:40:10,100 --> 00:40:16,440

that contribute to our ill health does steal first responder lives way, way sooner than

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00:40:16,440 --> 00:40:18,160

they should have gone.

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00:40:18,160 --> 00:40:23,660

Yeah, that's, I mean, that's a huge fear I have with Gabe, obviously, just because I

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00:40:23,660 --> 00:40:29,740

know a lot about especially burning things and how the chemicals change when things are

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00:40:29,740 --> 00:40:35,780

burned and just them breathing it in all the time and hearing the horrible stories about

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00:40:35,780 --> 00:40:38,420

the first responders from 9-11.

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00:40:38,420 --> 00:40:46,340

And just I hear stories all the time about now their uniforms could be a problem and

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00:40:46,340 --> 00:40:49,540

the extinguishing materials can be a problem.

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00:40:49,540 --> 00:40:53,180

Anything can be a problem.

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00:40:53,180 --> 00:40:59,180

It's something that you guys not only risk your life just on an acute level, I would

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00:40:59,180 --> 00:41:04,700

say just going into a burning building, but also long term health effects that you don't

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00:41:04,700 --> 00:41:07,860

even know might pop up in 20 years from now.

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00:41:07,860 --> 00:41:09,460

Yeah, and even the shift work.

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00:41:09,460 --> 00:41:15,380

I think the World Health Organization and other groups are identifying it as a carcinogen,

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00:41:15,380 --> 00:41:17,900

you know, so this is the other side of the coin.

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00:41:17,900 --> 00:41:20,980

You've got these exposures, but then we're breaking down their immune system.

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00:41:20,980 --> 00:41:23,740

They're breaking down the ability to deal with these exposures as well.

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00:41:23,740 --> 00:41:25,660

So it's like a double edged sword.

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00:41:25,660 --> 00:41:26,660

Yeah.

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00:41:26,660 --> 00:41:33,700

And I mean, my husband's department works on 24 hours on and then three days off 24

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00:41:33,700 --> 00:41:39,660

hours on, but then they also have the opportunity for a 12 hour overtime shift in between that.

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00:41:39,660 --> 00:41:44,120

And yeah, I mean, there's nights that he comes home.

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00:41:44,120 --> 00:41:47,840

It's always the night before we're supposed to go on like a giant road trip where he's

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00:41:47,840 --> 00:41:51,540

supposed to drive 10 hours or something.

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00:41:51,540 --> 00:41:57,660

And he just comes home and he's like, I, you know, he wears that the whoop thing and he'll

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00:41:57,660 --> 00:42:02,900

just be like, look, like it registered that he took a half hour nap in a 24 hour period.

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00:42:02,900 --> 00:42:04,460

That's just, it's not good.

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00:42:04,460 --> 00:42:05,980

No, no, it's not.

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00:42:05,980 --> 00:42:11,140

And he's working the better schedule 24 72 is the what Northeast works.

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00:42:11,140 --> 00:42:13,860

The rest of the country, a lot of them work 24 48.

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00:42:13,860 --> 00:42:17,260

It's one less day between each of their shifts, which is insane.

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00:42:17,260 --> 00:42:18,260

Absolutely insane.

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00:42:18,260 --> 00:42:19,260

Yeah, it is.

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00:42:19,260 --> 00:42:24,980

And we have a funny thing in our house because we say, you know, he has three days off in

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00:42:24,980 --> 00:42:25,980

between his shifts.

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00:42:25,980 --> 00:42:28,860

So we're like day one, we don't bother daddy.

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00:42:28,860 --> 00:42:31,820

He's recovering from trying to catch up with sleep.

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00:42:31,820 --> 00:42:34,960

And then day two, we say like, that's, that's the best daddy day.

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00:42:34,960 --> 00:42:40,020

That's the best day to like, that's days I'll schedule us to do family events, dates, because

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00:42:40,020 --> 00:42:43,640

I know that he's had the best sleep and that's a great day.

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00:42:43,640 --> 00:42:47,740

And then day three is like, all right, daddy's got to go back to work tomorrow kind of, you

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00:42:47,740 --> 00:42:53,980

know, so even though he's off those three days, he's really on the middle day just on

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00:42:53,980 --> 00:42:56,660

a normal sleep schedule and everything like that.

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00:42:56,660 --> 00:42:57,660

Absolutely.

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00:42:57,660 --> 00:43:01,200

Well, as I've pointed out a lot recently, you know, each of each shift is three days

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00:43:01,200 --> 00:43:03,780

crushed together, three eight hour days crammed together.

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00:43:03,780 --> 00:43:08,300

So that day after the shift, we've actually worked from midnight through till whenever

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00:43:08,300 --> 00:43:10,020

he gets off seven, eight in the morning.

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00:43:10,020 --> 00:43:12,580

So it's not even a day off really.

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00:43:12,580 --> 00:43:17,140

After that middle day, like you said, that's the that's the golden day where they woken

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00:43:17,140 --> 00:43:20,380

up in their own bed and they don't have to get up early the next morning.

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00:43:20,380 --> 00:43:25,500

So I think that's why that shift should be, in my opinion, the industry standard at least,

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00:43:25,500 --> 00:43:27,580

if not give them even more time off.

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00:43:27,580 --> 00:43:28,580

Yeah.

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00:43:28,580 --> 00:43:33,260

And it's weird because people say like, oh, he only has to work two days a week.

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00:43:33,260 --> 00:43:37,540

And it's just like, yeah, but and it's not I wouldn't even say it's a 24 hour shift because

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00:43:37,540 --> 00:43:42,000

he goes in almost an hour early every day and then he stays late too.

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00:43:42,000 --> 00:43:46,420

He always has to stay late for waiting for relief or whatever.

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00:43:46,420 --> 00:43:51,940

So it's it sometimes ends up being even more than more than a 48 hour work week.

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00:43:51,940 --> 00:43:52,940

You know, absolutely.

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00:43:52,940 --> 00:43:54,940

Well, it's an interesting perspective.

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00:43:54,940 --> 00:43:57,040

And thank you for that.

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00:43:57,040 --> 00:44:00,620

When we talk about cancer, it's one of the things I wanted to kind of ask you about.

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00:44:00,620 --> 00:44:05,860

Now we're exploring the inside the body more often than not after someone has passed.

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00:44:05,860 --> 00:44:10,140

But it's such a unique perspective and something that I tried to glean as much knowledge when

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00:44:10,140 --> 00:44:11,140

I was a medic.

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00:44:11,140 --> 00:44:12,140

So did they make it?

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00:44:12,140 --> 00:44:13,460

You know, what else did you find?

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00:44:13,460 --> 00:44:15,980

What did the blood work show, you know, et cetera, et cetera.

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00:44:15,980 --> 00:44:21,600

We never obviously got the pathology postmortem results, but at least, you know, the nurses

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00:44:21,600 --> 00:44:22,680

and doctors after.

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00:44:22,680 --> 00:44:26,020

But now we get to go one more step.

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00:44:26,020 --> 00:44:33,880

One of the things that I really struggle to understand is the reliance or the only options

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00:44:33,880 --> 00:44:36,500

for cancer to be radiation and chemotherapy.

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00:44:36,500 --> 00:44:41,420

It seems to me that kind of Agent Orange, you know, just destroy everything and then

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00:44:41,420 --> 00:44:46,140

fingers crossed the body restarts again.

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00:44:46,140 --> 00:44:47,440

Blames a lot of lives.

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00:44:47,440 --> 00:44:50,140

Some people may have passed anyway.

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00:44:50,140 --> 00:44:53,540

Some people may have even, you know, changed the way they ate and did some other lifestyle

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00:44:53,540 --> 00:44:56,820

changes and maybe reverse some of their diseases.

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00:44:56,820 --> 00:44:59,460

What is your perspective seeing inside these bodies?

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00:44:59,460 --> 00:45:01,900

You see, you know, you see cancers and tumors themselves.

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00:45:01,900 --> 00:45:05,100

I'm sure you've done some of people that have chemo.

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00:45:05,100 --> 00:45:09,780

Has it given you any kind of unique perspective on the treatments that we traditionally use

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00:45:09,780 --> 00:45:10,780

for cancer?

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00:45:10,780 --> 00:45:15,900

Yeah, I mean, I, there's certain if.

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00:45:15,900 --> 00:45:23,160

So for example, my grandmom got diagnosed with gallbladder cancer and when she went

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00:45:23,160 --> 00:45:27,420

in to get her surgery and everything like that, they determined that she had stage three

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00:45:27,420 --> 00:45:31,620

gallbladder cancer and possibly even stage four.

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00:45:31,620 --> 00:45:38,380

Like it was, it was bad and from my perspective, it was, she was going to die from that.

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00:45:38,380 --> 00:45:40,320

And I was shocked when I went with her.

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00:45:40,320 --> 00:45:44,260

She wanted me to go to the oncology appointments and I went with her and they were like, oh,

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00:45:44,260 --> 00:45:48,820

we're going to try you on chemo and you're going to get, you're going to get really sick,

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00:45:48,820 --> 00:45:52,140

but it's, it's going to do this and it's going to do that.

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00:45:52,140 --> 00:45:58,980

And I remember going out to the car to my mom and saying, I don't think that she should

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00:45:58,980 --> 00:45:59,980

do that.

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00:45:59,980 --> 00:46:05,300

I think she should just be comfortable until she dies because I look at it like, I know

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00:46:05,300 --> 00:46:07,180

how these biliary cancers work.

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00:46:07,180 --> 00:46:08,780

They're very aggressive.

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00:46:08,780 --> 00:46:10,620

You're not getting rid of this.

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00:46:10,620 --> 00:46:14,860

And why do you want to feel like shit the last couple months of your life?

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00:46:14,860 --> 00:46:19,780

And so, but I said, and I kind of explained this to my grandmom and said, you could, it's

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00:46:19,780 --> 00:46:20,780

your life.

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00:46:20,780 --> 00:46:21,780

You could do what you want to do.

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00:46:21,780 --> 00:46:22,780

So she goes, well, how would I try it?

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00:46:22,780 --> 00:46:24,580

And then if I don't like it, I won't do it.

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00:46:24,580 --> 00:46:29,100

And she tried it and she was like deathly ill and was like, I will never put that into

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00:46:29,100 --> 00:46:30,100

my body again.

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00:46:30,100 --> 00:46:33,820

Like, let me just, let me just die in peace kind of, right.

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00:46:33,820 --> 00:46:41,600

And so from my perspective, I, there's certain cancers that I would say like, hell no.

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00:46:41,600 --> 00:46:45,980

Let me just, let me just, if you could surgically remove this or make me comfortable, give me

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00:46:45,980 --> 00:46:47,160

a stent or whatever.

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00:46:47,160 --> 00:46:52,380

So I'm not in acute pain, but let me just finish my life and go on with it.

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00:46:52,380 --> 00:46:55,100

But then I've seen other positive effects of it.

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00:46:55,100 --> 00:46:59,660

Like one of our, one of the coworkers at the hospital, her dad got diagnosed with stage

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00:46:59,660 --> 00:47:01,320

three colon cancer.

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00:47:01,320 --> 00:47:06,100

He had the tumor resected and then he got chemo and whatever chemo they gave him wasn't

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00:47:06,100 --> 00:47:08,020

that bad.

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00:47:08,020 --> 00:47:09,540

So he, he was able to go to work.

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00:47:09,540 --> 00:47:12,740

He was a little tired, but he never like lost his hair and wasn't nauseous all the time

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00:47:12,740 --> 00:47:13,740

and stuff.

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00:47:13,740 --> 00:47:20,100

And I mean, he's still alive and this has been almost 20 years later and got to live

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00:47:20,100 --> 00:47:23,420

a great life and see his grandkids grow and everything like that.

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00:47:23,420 --> 00:47:30,340

So I definitely think like chemo is just in that lump of like the pharmaceutical company.

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00:47:30,340 --> 00:47:35,640

Let's just throw drugs on the problem instead of trying to just figure it out.

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00:47:35,640 --> 00:47:41,820

Like with my grandma, I just was mind blown that they were even trying to give her hope.

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00:47:41,820 --> 00:47:44,980

I guess at the same time though, if you're a person that has cancer, you don't want to

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00:47:44,980 --> 00:47:46,700

be told like, Hey, this is it for you.

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00:47:46,700 --> 00:47:49,280

You're dead, you know?

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00:47:49,280 --> 00:47:52,000

But I thought that they were kind of giving her false hope.

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00:47:52,000 --> 00:47:55,580

And my mom too, because my mom has two other sisters.

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00:47:55,580 --> 00:48:00,420

So we all went out to the car and I was like, mom, she's going to die from this.

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00:48:00,420 --> 00:48:03,220

Like you need to start being prepared for this.

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00:48:03,220 --> 00:48:08,020

Whereas my aunts were like, no, the oncology doctor said she has a chance.

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00:48:08,020 --> 00:48:12,980

And I'm like, she, no, she, I've never seen that, you know, what, what we see all the

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00:48:12,980 --> 00:48:13,980

time.

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00:48:13,980 --> 00:48:20,940

Um, so it's just for me, it's on like a case by case basis, according to what cancer you

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00:48:20,940 --> 00:48:22,220

have, you know?

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00:48:22,220 --> 00:48:26,380

Well, I believe, you know, again, like we were talking about children with diabetes,

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00:48:26,380 --> 00:48:32,940

I think, you know, a lot of these adult cancers are accelerated, initiated by environmental

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00:48:32,940 --> 00:48:33,940

elements.

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00:48:33,940 --> 00:48:40,700

I mean, I think if you look back, um, at more ancient humans, you know, I doubt a lot of

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00:48:40,700 --> 00:48:46,900

people 300 years ago were dropping dead of breast cancer, you know, women in their thirties

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00:48:46,900 --> 00:48:47,900

and forties.

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00:48:47,900 --> 00:48:53,940

So identifying whatever is, is increasing the likelihood of getting cancer is also an

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00:48:53,940 --> 00:48:55,420

important part of this conversation.

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00:48:55,420 --> 00:49:00,980

Yet it seems to be, you know, five Ks purple beads and you know, chemo.

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00:49:00,980 --> 00:49:05,260

So trying to unpack what is it that's creating so much disease, the same as we do in the

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00:49:05,260 --> 00:49:10,620

fire service, the carcinogens, asleep, et cetera, needs to be said as well with all

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00:49:10,620 --> 00:49:15,780

of these, you know, um, post mortems and, and, and insights that you have now, have

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00:49:15,780 --> 00:49:21,260

you noticed a correlation with a lot of the people that have cancer with other diseases

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00:49:21,260 --> 00:49:25,780

within their body or obesity or any element like that?

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00:49:25,780 --> 00:49:32,060

I will say that every single, every single time we would get an autopsy in the hospital,

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00:49:32,060 --> 00:49:35,300

the resident will come up to me and say like, Hey, we have an autopsy today.

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00:49:35,300 --> 00:49:38,300

And my first question is, are they obese?

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00:49:38,300 --> 00:49:44,760

Because it just, when you hear of a 56 year old person dying, it's usually, that's one

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00:49:44,760 --> 00:49:51,360

of the, that's one of the things that we would see all the time is obesity related stuff.

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00:49:51,360 --> 00:49:57,720

Not to say that we didn't get the 96 pound 80 year old lady that, that I could pick up

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00:49:57,720 --> 00:49:58,720

with my hands.

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00:49:58,720 --> 00:50:01,620

Like that happens too.

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00:50:01,620 --> 00:50:09,120

But the majority of people that I would see younger deaths, um, especially are, are due

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00:50:09,120 --> 00:50:10,620

to obesity.

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00:50:10,620 --> 00:50:17,420

Now believe it or not, we don't do a ton of autopsies on people that have cancer.

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00:50:17,420 --> 00:50:23,340

Um, not that I haven't done a lot of them, but it's not as common as you would think

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00:50:23,340 --> 00:50:30,620

because in most cases, if a person has stage four cancer and they're dying from that cancer,

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00:50:30,620 --> 00:50:33,340

they'll ask the family like, Hey, do you want to get an autopsy?

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00:50:33,340 --> 00:50:37,320

And the family says no, cause they know why they're, their family members dying.

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00:50:37,320 --> 00:50:44,060

So luckily I got to work in a, in an ed, an academic institution where we would be able

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00:50:44,060 --> 00:50:47,240

to sometimes ask the family if we could do the autopsy.

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00:50:47,240 --> 00:50:52,540

Cause the person had like a weird cancer or they wanted to look at how the treatment worked.

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00:50:52,540 --> 00:50:59,320

But, um, you just, you don't see a whole lot of it all the time because family members

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00:50:59,320 --> 00:51:03,960

are the ones that drive the autopsies in the hospital and they usually know why their family

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00:51:03,960 --> 00:51:06,140

members dead.

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00:51:06,140 --> 00:51:09,300

What about during the time where COVID was at its height?

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00:51:09,300 --> 00:51:11,380

Were you exposed to a lot of autopsies then?

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00:51:11,380 --> 00:51:18,820

No, I only did a few cause I only do weekend, like a per day thing now with autopsies.

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00:51:18,820 --> 00:51:27,300

I did a few when it was in that weird time period of, um, I would say after Christmas

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00:51:27,300 --> 00:51:35,060

2019 to, to St. Patrick's day, 2020, when it was like something weird's going on in

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00:51:35,060 --> 00:51:38,780

China, all these people, like the buzz happening.

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00:51:38,780 --> 00:51:44,820

And um, one of my friends actually, who's also a PA is from China and she just said,

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00:51:44,820 --> 00:51:49,940

like, I've been talking to my mom and my brother, like something's weird over there, you know,

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00:51:49,940 --> 00:51:51,100

just heads up.

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00:51:51,100 --> 00:51:56,300

And I did do an autopsy on someone right towards the, when the lockdowns were happening and

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00:51:56,300 --> 00:51:59,380

stuff that had like crazy looking lungs and everything.

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00:51:59,380 --> 00:52:01,180

And I was like, that's weird.

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00:52:01,180 --> 00:52:04,780

Um, and just, you know, no extra precautions or anything.

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00:52:04,780 --> 00:52:10,380

And then they shut down doing any autopsies like that for, for a while afterwards, unless

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00:52:10,380 --> 00:52:17,140

it was absolutely necessary, but they weren't doing them for, for months afterwards.

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00:52:17,140 --> 00:52:23,260

Cause that's another situation where even though it was kind of lauded as heresy, like

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00:52:23,260 --> 00:52:28,540

how dare you suggest that the reality was through a medical profession's eyes, that

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00:52:28,540 --> 00:52:32,660

it was an opportunistic disease that was killing people with preexisting medical conditions.

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00:52:32,660 --> 00:52:37,820

So again, when you bring back in obesity, diabetes, hypertension, that was a massive

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00:52:37,820 --> 00:52:42,300

precursor and arguably preventable element of human health.

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00:52:42,300 --> 00:52:45,860

Then when you add in this virus was causing death rather than survival.

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00:52:45,860 --> 00:52:46,860

Oh yeah.

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00:52:46,860 --> 00:52:49,100

I, I a hundred percent believe that.

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00:52:49,100 --> 00:52:54,940

I mean, I personally didn't see that doing autopsies just because like I said, they weren't,

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00:52:54,940 --> 00:53:01,540

they weren't being performed during that time, but I, I know that that is, that was one of

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00:53:01,540 --> 00:53:06,500

the things that you would say, okay, what are the comorbidities associated with this?

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00:53:06,500 --> 00:53:12,220

And not to say that there's not the, the one-off person here or there that seem was seemingly

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00:53:12,220 --> 00:53:19,100

like completely healthy, normal weight, prior awesome blood work, all that kind of stuff

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00:53:19,100 --> 00:53:20,980

that died from that infection.

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00:53:20,980 --> 00:53:22,860

But for the most part, yeah.

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00:53:22,860 --> 00:53:28,940

I mean, and also one of my things too, is that it's not even obesity.

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00:53:28,940 --> 00:53:35,740

Well obesity is definitely a comorbidity factor for COVID, but also cigarette smoking is too.

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00:53:35,740 --> 00:53:40,860

And they don't even, I don't even hear them ever talk about that on the news, that that

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00:53:40,860 --> 00:53:46,540

increases the risk of you having serious side effects of COVID so much.

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00:53:46,540 --> 00:53:52,380

And so if you took away the obesity and you took away the cigarette smoking, it would

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00:53:52,380 --> 00:53:58,620

be a nothing really, but nobody wants to address the real problems, you know?

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00:53:58,620 --> 00:53:59,620

No.

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00:53:59,620 --> 00:54:03,580

Well, I think what's so maddening and I've, when, when COVID here, I ended up putting

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00:54:03,580 --> 00:54:08,500

an extra episode a week and bringing on all these great minds, everyone from doctors and

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00:54:08,500 --> 00:54:12,780

nurses to strength and conditioning coaches and nutritionists, people that could give

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00:54:12,780 --> 00:54:18,020

actionable information, what people were told to stay at home and, you know, get fast food

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00:54:18,020 --> 00:54:20,820

delivered to their house and alcohol and watch Tiger King.

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00:54:20,820 --> 00:54:22,580
And not go to the gym either.

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00:54:22,580 --> 00:54:23,580
Exactly.

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00:54:23,580 --> 00:54:26,300
Cause it was closed and the beaches were closed.

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00:54:26,300 --> 00:54:32,400
And so now as we emerge, my thing has been, all right, you know, it was clearly never

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00:54:32,400 --> 00:54:33,460
about health.

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00:54:33,460 --> 00:54:37,940
And the reason I say that is not political because health of the nation is not politics.

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00:54:37,940 --> 00:54:40,880
It's you know, compassion and community.

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00:54:40,880 --> 00:54:46,500
We had a captive audience for two years where we could have put money back into PE programs,

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00:54:46,500 --> 00:54:51,140
got good food, you know, real food being served in schools, just like they used to removing

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00:54:51,140 --> 00:54:56,900
the soda machines, you know, pedestrianizing downtowns, giving incentives to local farmers

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00:54:56,900 --> 00:55:00,100
to grow clean food and all the things.

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00:55:00,100 --> 00:55:01,520

And none of that happened.

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00:55:01,520 --> 00:55:06,380

And now here we are in 2024 and the obesity epidemic's growing.

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00:55:06,380 --> 00:55:10,440

As you said, the, the diet, the childhood diabetes is increasing the mental health crisis,

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00:55:10,440 --> 00:55:12,480

the opioid epidemic.

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00:55:12,480 --> 00:55:18,660

And so one single disease gave us an opportunity to really address the health of the nation.

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00:55:18,660 --> 00:55:24,220

And what happened is, is it was politicized and the actual health of the nation, you know,

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00:55:24,220 --> 00:55:26,340

was secondary and nothing changed.

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00:55:26,340 --> 00:55:30,460

And here we are even worse off now than two years, excuse me, three years ago, which I

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00:55:30,460 --> 00:55:35,300

think is disgusting because we had the most amazing opportunity to really move the needle

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00:55:35,300 --> 00:55:37,100

on the nation's health.

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00:55:37,100 --> 00:55:38,100

Yeah.

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00:55:38,100 --> 00:55:44,620

And when you sit there and you think about, okay, when, why are these things increasing?

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00:55:44,620 --> 00:55:48,260

Diabetes, cancers in younger people, obesity.

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00:55:48,260 --> 00:55:52,160

I mean, just think about when you went to school, when you were a little kid, how many,

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00:55:52,160 --> 00:55:54,120

how many kids did you hear had diabetes?

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00:55:54,120 --> 00:55:56,400

How many kids did were obese?

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00:55:56,400 --> 00:55:57,400

Just think about that.

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00:55:57,400 --> 00:55:58,400

It was a long time ago.

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00:55:58,400 --> 00:55:59,400

So, exactly.

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00:55:59,400 --> 00:56:03,980

But I sit there and think like, well, what was, what happened in my childhood that's

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00:56:03,980 --> 00:56:08,400

different than, than my kid's childhood or what's their time period?

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00:56:08,400 --> 00:56:12,340

And it's like, my mom cooked dinner every single night.

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00:56:12,340 --> 00:56:18,300

And then once maybe twice a month on a Friday night, we would get either Chinese food or

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00:56:18,300 --> 00:56:23,600

pizza, like one pizza for our entire family, you know?

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00:56:23,600 --> 00:56:25,940

We drank water out of a faucet.

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00:56:25,940 --> 00:56:30,100

There was no such thing as bottled water, which that needs to be addressed because the

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00:56:30,100 --> 00:56:35,840

plastics with the food and with the drinks are an issue.

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00:56:35,840 --> 00:56:40,420

No matter what anybody says, I think that that's a big contributing factor.

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00:56:40,420 --> 00:56:43,140

And just the choices.

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00:56:43,140 --> 00:56:48,840

And now it's like, I could go on DoorDash and order from 150 different restaurants just

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00:56:48,840 --> 00:56:49,840

from my house.

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00:56:49,840 --> 00:56:51,620

It's so insane.

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00:56:51,620 --> 00:56:56,820

And I try to cook for, I cook for my family almost every single night of the week because

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00:56:56,820 --> 00:57:02,200

I'm trying to like bring it back and not using even pre-packaged stuff like cooking from

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00:57:02,200 --> 00:57:04,740

scratch and stuff for us.

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00:57:04,740 --> 00:57:06,540

And I pack my kids lunch.

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00:57:06,540 --> 00:57:13,980

So I like, fortunately I could do that every day, but it's just the over-processed foods

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00:57:13,980 --> 00:57:17,980

and the way that it's kind of being pushed on you like that.

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00:57:17,980 --> 00:57:18,980

It's nuts.

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00:57:18,980 --> 00:57:19,980

Yeah.

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00:57:19,980 --> 00:57:22,180

Well, and this is what I think we struggle with.

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00:57:22,180 --> 00:57:26,220

I mean, you see the end stage, you know, your husband sees the end stage.

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00:57:26,220 --> 00:57:31,940

I saw the end stage and I always remember comparing coaching in the gym, you know, where

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00:57:31,940 --> 00:57:36,820

I teach and being a paramedic, you know, when I coach, I try and stop people from getting

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00:57:36,820 --> 00:57:43,000

in the back of an ambulance, prolonging it at least when I'm in uniform, then you call

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00:57:43,000 --> 00:57:46,860

me when you're having your worst day, when it's almost too late or mostly too late for

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00:57:46,860 --> 00:57:47,860

people.

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00:57:47,860 --> 00:57:51,480

So, you know, there are certain professions that we see behind the curtain.

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00:57:51,480 --> 00:57:52,480

We see the reality.

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00:57:52,480 --> 00:57:56,700

You know, you can tell me that big is beautiful and, you know, any conversation about weight

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00:57:56,700 --> 00:57:57,700

loss is fat shaming.

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00:57:57,700 --> 00:58:02,180

Well, there's nothing beautiful about me sticking a tube down your throat when you're 42 years

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00:58:02,180 --> 00:58:07,020

old and trying to defibrillate you and then, you know, leaving you there for the coroner.

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00:58:07,020 --> 00:58:10,720

It's horrendous and you should have lived twice as long as you did.

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00:58:10,720 --> 00:58:16,380

So I think it's a powerful voice from your world, from my world to advocate like, you

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00:58:16,380 --> 00:58:19,220

know, we are literally killing our people.

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00:58:19,220 --> 00:58:24,460

You know, this I think 70% of Americans are either obese or overweight.

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00:58:24,460 --> 00:58:25,460

And you know, yeah, it's disgusting.

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00:58:25,460 --> 00:58:29,460

I was going to bring that up to the whole big is beautiful thing that pisses.

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00:58:29,460 --> 00:58:31,340

It pisses me off so bad.

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00:58:31,340 --> 00:58:37,460

And I'll never forget there was like this cover on the Cosmopolitan magazine and it

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00:58:37,460 --> 00:58:43,380

was like health at any size with a severely obese woman on the cover.

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00:58:43,380 --> 00:58:50,700

And I listen, I think there needs to be a different kind of view of just because a person

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00:58:50,700 --> 00:58:59,380

is obese, that doesn't mean that we should like say that their body shape is not attractive.

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00:58:59,380 --> 00:59:00,620

We're not talking about that.

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00:59:00,620 --> 00:59:05,940

We're talking about healthy, like visceral fat, the fat that covers your organs.

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00:59:05,940 --> 00:59:08,620

That's what I'm talking about is not healthy.

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00:59:08,620 --> 00:59:12,780

When you're when you gain weight, the more and more weight you gain, you not only get

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00:59:12,780 --> 00:59:18,460

fat on your belly, but when you cut someone open inside, if I could look at a person right

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00:59:18,460 --> 00:59:22,820

away, just the inside of their body and tell you if they're obese or not, because their

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00:59:22,820 --> 00:59:27,580

organs look more yellow because there's a lot more fat and think about your heart trying

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00:59:27,580 --> 00:59:33,540

to beat and then you putting a giant fat sweater around it like it just doesn't move as much

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00:59:33,540 --> 00:59:34,540

as it should.

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00:59:34,540 --> 00:59:36,780

And it doesn't work as well as it should.

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00:59:36,780 --> 00:59:41,700

And on top of that, you can get your your heart enlarges and there's just so many different

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00:59:41,700 --> 00:59:45,620

things that could go wrong as a result of obesity.

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00:59:45,620 --> 00:59:48,540

And I think it's completely irresponsible.

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00:59:48,540 --> 00:59:53,780

I just saw some TikTok video the other day of some doctor saying that it was completely

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00:59:53,780 --> 00:59:57,880

OK to be obese and people shouldn't say anything about it.

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00:59:57,880 --> 01:00:01,100

And I'm like, you you're you're sick for saying that shit.

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01:00:01,100 --> 01:00:03,060

You want to get these TikTok views and stuff.

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01:00:03,060 --> 01:00:05,300

And I'm like, it's it's so messed up.

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01:00:05,300 --> 01:00:11,580

And any person that works in EMS or in the hospital, pathology, whatever, you know that

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01:00:11,580 --> 01:00:13,780

that's not true.

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01:00:13,780 --> 01:00:20,060

It's and it's and it's crazy because so most of the morgues that I've either interned at

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01:00:20,060 --> 01:00:24,260

or worked at have especially the one that I worked at for so many years, like an old

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01:00:24,260 --> 01:00:29,860

school morgue made in the 1950s or whatever that had a gurney on it.

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01:00:29,860 --> 01:00:34,380

The autopsy table was for an average sized person.

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01:00:34,380 --> 01:00:40,700

Now every single new morgue that I've seen that's getting made has bariatric morgue tables

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01:00:40,700 --> 01:00:43,380

because people are getting bigger.

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01:00:43,380 --> 01:00:47,300

If you go into waiting rooms at doctor's offices, do you notice that they have these like extra

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01:00:47,300 --> 01:00:49,820

large, weird, wide chairs now?

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01:00:49,820 --> 01:00:53,100

They're not like normal chairs with the wheelchairs, too.

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01:00:53,100 --> 01:00:56,060

I mean, I always remember that, you know, when I first came to America, but certainly

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01:00:56,060 --> 01:01:00,660

as I progressed through my career, you put a normal person, I say normal.

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01:01:00,660 --> 01:01:05,980

I mean, the the size that they would be if they ate well and they were active on the

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01:01:05,980 --> 01:01:09,740

average hospital wheelchair almost looks like a comedy.

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01:01:09,740 --> 01:01:12,540

Looks like, you know, when people go on a on a road trip and they take a picture in

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01:01:12,540 --> 01:01:16,180

front of those those massive chairs, that's what it looks like.

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01:01:16,180 --> 01:01:19,300

And that's what's so sad is that's almost a standard wheelchair now.

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01:01:19,300 --> 01:01:23,100

And you know, I've had literally I've had patients that were basically a thousand pounds

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01:01:23,100 --> 01:01:28,300

that with the pancake on the bed that people revel at and some of these documentaries.

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01:01:28,300 --> 01:01:31,780

Now we a lot of us have had those over and over and over again.

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01:01:31,780 --> 01:01:33,400

And that was my biggest one.

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01:01:33,400 --> 01:01:37,460

But I've had, you know, multiple people that were five, six hundred pounds.

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01:01:37,460 --> 01:01:41,620

And when you come from a place of kindness and compassion, you're never going to shame

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01:01:41,620 --> 01:01:42,960

that person.

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01:01:42,960 --> 01:01:47,900

But your heart breaks, especially if it's a child, because you know that their lifespan

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01:01:47,900 --> 01:01:49,620

is being woefully shortened.

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01:01:49,620 --> 01:01:54,680

And that's why we're advocating for nutrition, for exercise.

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01:01:54,680 --> 01:01:55,940

You don't need to have a six pack.

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01:01:55,940 --> 01:02:00,280

You don't need to look like some 1980s muscle and fitness cover model.

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01:02:00,280 --> 01:02:04,180

You just simply need to be a healthy weight so that as you touched on your heart, your

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01:02:04,180 --> 01:02:06,840

lungs, your kidneys, they can all function properly.

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01:02:06,840 --> 01:02:12,060

And you can have whatever number of decades you were destined to have when you were firstborn.

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01:02:12,060 --> 01:02:18,300

Yeah, we I mean, I've had situations that the person was so big that I couldn't even

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01:02:18,300 --> 01:02:23,420

bring them into the autopsy room because the bed they were on wouldn't turn the corner.

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01:02:23,420 --> 01:02:28,660

And I had to cut someone in the refrigerator once because I couldn't bring them into the

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01:02:28,660 --> 01:02:29,760

autopsy room.

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01:02:29,760 --> 01:02:36,300

It was and I'm sitting there like I do feel bad for the patients, but I'm like, why are

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01:02:36,300 --> 01:02:40,380

they telling the patients it's OK that they're living like this?

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01:02:40,380 --> 01:02:42,060

It's just it's terrible.

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01:02:42,060 --> 01:02:46,000

I don't I mean, you could say this about a million other different things that's going

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01:02:46,000 --> 01:02:47,180

on in the world right now.

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01:02:47,180 --> 01:02:49,980

Like why is everything so goddamn backwards?

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01:02:49,980 --> 01:02:51,980

But I don't really know.

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01:02:51,980 --> 01:02:54,060

I don't really know what to what to say.

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01:02:54,060 --> 01:02:56,380

I just could say what I see from my perspective.

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01:02:56,380 --> 01:03:03,180

I mean, I get hate mail and nasty gram all the time saying that I don't I am idolizing

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01:03:03,180 --> 01:03:09,340

thinness and all this these buzzwords these people use and whatever.

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01:03:09,340 --> 01:03:13,340

Like I could just sit there and say, at least I know that that's what I see.

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01:03:13,340 --> 01:03:15,300

And that's that's really what I believe.

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01:03:15,300 --> 01:03:16,300

Yeah.

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01:03:16,300 --> 01:03:19,700

Well, we've been so programmed.

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01:03:19,700 --> 01:03:24,220

All of us in modern society, we have screens, you know, there are companies and I've talked

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01:03:24,220 --> 01:03:25,220

about it recently.

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01:03:25,220 --> 01:03:28,940

There are companies that I would argue are headed by sociopaths.

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01:03:28,940 --> 01:03:33,420

And the reason I say that is the only way that you can sleep at night knowing that your

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01:03:33,420 --> 01:03:39,960

cigarettes or your fast food or your soda or your pharmaceuticals, which are killing

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01:03:39,960 --> 01:03:43,860

literally millions of people around the world.

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01:03:43,860 --> 01:03:47,040

The only way you can sleep is you've got to be mentally unwell.

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01:03:47,040 --> 01:03:48,040

That's it.

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01:03:48,040 --> 01:03:50,340

You know, a normal person would not be able to see they'd be like, we can't sell these

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01:03:50,340 --> 01:03:51,340

anymore.

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01:03:51,340 --> 01:03:52,340

They're killing people.

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01:03:52,340 --> 01:03:55,620

You know, our opioids, our cigarettes, et cetera, et cetera.

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01:03:55,620 --> 01:04:01,100

But people are being bombarded just simply so that some people can become millionaires.

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01:04:01,100 --> 01:04:02,100

That's it.

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01:04:02,100 --> 01:04:04,040

And so we are swimming upstream.

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01:04:04,040 --> 01:04:09,300

So it's not anything other than trying to go back to how we lived 100 years ago.

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01:04:09,300 --> 01:04:11,900

But for all this, there was no chemicals on our food.

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01:04:11,900 --> 01:04:14,680

There were no hormones, antibiotics in our animals.

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01:04:14,680 --> 01:04:21,140

You know, the the the medicine that had lasted literally millennia was somewhat holistic.

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01:04:21,140 --> 01:04:23,700

And that's why acupuncture works, why chiropractic works.

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01:04:23,700 --> 01:04:25,740

That's why herbal medicine works.

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01:04:25,740 --> 01:04:29,740

Now we're seeing, you know, plant medicine fixing a lot of the mental health problems

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01:04:29,740 --> 01:04:32,020

in military and first responders.

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01:04:32,020 --> 01:04:36,660

So we have to really push back and go back to pretty much just 100 years ago, how our

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01:04:36,660 --> 01:04:39,020

grandparents were raised.

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01:04:39,020 --> 01:04:41,340

And there's so much wellness in that.

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01:04:41,340 --> 01:04:47,980

But if we, you know, turn our backs because we haven't even questioned the way that we

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01:04:47,980 --> 01:04:52,860

have been programmed through our screens, that you need this stuff and you need this

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01:04:52,860 --> 01:04:58,300

fast food and you're going to be a dancing model if you drink this can of Coke, then

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01:04:58,300 --> 01:05:00,580

you know, understand that you're part of the problem.

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01:05:00,580 --> 01:05:03,900

You know, if you're pushing against something that simply is going to improve the health

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01:05:03,900 --> 01:05:06,700

of the nation, you are part of the problem.

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01:05:06,700 --> 01:05:08,440

Yeah, I agree.

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01:05:08,440 --> 01:05:15,300

It's it's really disturbing to me, like that where things are going and that they're that

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01:05:15,300 --> 01:05:18,020

we're just not admitting like clearly this is the problem.

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01:05:18,020 --> 01:05:20,100

And it's you could say the same things about that.

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01:05:20,100 --> 01:05:24,340

It was like everyone seemed to care so much about all the people dying from covid.

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01:05:24,340 --> 01:05:28,180

But what about all the people that have been dying from cigarettes for years and years

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01:05:28,180 --> 01:05:29,180

and years?

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01:05:29,180 --> 01:05:31,340

And it's not just like lung cancer.

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01:05:31,340 --> 01:05:35,900

It's all of the comorbidities associated with a cardiovascular disease.

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01:05:35,900 --> 01:05:44,120

And I mean, just that alone, we've lost way, way more people from tobacco alone than than

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01:05:44,120 --> 01:05:45,800

covid ever.

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01:05:45,800 --> 01:05:48,300

Same with opioids and everything like that.

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01:05:48,300 --> 01:05:54,100

And it's just like funny how they just want to address certain issues and not other issues.

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01:05:54,100 --> 01:05:55,100

Yeah.

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01:05:55,100 --> 01:05:58,860

Well, just to underline it, how many news stations have that death ticker in the bottom

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01:05:58,860 --> 01:06:02,940

corner that was just turning over, turning over with the covid deaths?

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01:06:02,940 --> 01:06:04,100

Where's that now?

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01:06:04,100 --> 01:06:06,340

Where's that with the deaths on the road?

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01:06:06,340 --> 01:06:07,340

Exactly.

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01:06:07,340 --> 01:06:12,540

And that always annoyed the shit out of me, too, because I think like you you work as

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01:06:12,540 --> 01:06:17,340

in the EMS field, so you see dead people every single day of your life, probably.

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01:06:17,340 --> 01:06:18,340

Right.

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01:06:18,340 --> 01:06:23,540

And working in the hospital and pathology and the morgue, you people die every single

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01:06:23,540 --> 01:06:25,300

day at the hospital.

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01:06:25,300 --> 01:06:29,140

And it just but nobody really knows about that.

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01:06:29,140 --> 01:06:34,420

Like if I came home every day and was like, Mom, I saw six dead people today.

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01:06:34,420 --> 01:06:37,820

Then she'd be like, oh, wow, six people died at the hospital today.

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01:06:37,820 --> 01:06:39,220

I wouldn't thought that much.

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01:06:39,220 --> 01:06:41,960

And, you know, people it's not on normal people's minds.

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01:06:41,960 --> 01:06:45,100

So when they see all these deaths coming in, it freaks them out.

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01:06:45,100 --> 01:06:47,740

And you're like, you are aware that people die every day, right?

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01:06:47,740 --> 01:06:50,700

Like millions of people every single day all over the place.

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01:06:50,700 --> 01:06:52,260

Like it's happening.

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01:06:52,260 --> 01:06:53,260

Yeah.

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01:06:53,260 --> 01:06:59,740

Well, one of the funniest things and again, not funny, haha, but just just complete.

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01:06:59,740 --> 01:07:04,340

Scare mongering really was all the footage of, oh, there are patients in the hallways

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01:07:04,340 --> 01:07:05,340

waiting for beds.

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01:07:05,340 --> 01:07:08,620

I'm like, that's every fucking day.

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01:07:08,620 --> 01:07:10,420

Like this is not now you're paying attention.

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01:07:10,420 --> 01:07:12,420

You never seem to give a shit before.

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01:07:12,420 --> 01:07:17,500

And now if you go back to all the urban cities, there will still be paramedics and EMTs holding

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01:07:17,500 --> 01:07:20,340

the wall with stretchers trying to get their patient a bed.

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01:07:20,340 --> 01:07:22,500

So it fitted that narrative for a moment.

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01:07:22,500 --> 01:07:26,100

And then the moment they changed to something else, they were like, ah, yeah, we're good

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01:07:26,100 --> 01:07:27,100

now.

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01:07:27,100 --> 01:07:28,100

Doctors and nurses don't care about them anymore.

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01:07:28,100 --> 01:07:31,180

You know, you know, they're not heroes anymore in this building.

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01:07:31,180 --> 01:07:32,180

Fuck them.

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01:07:32,180 --> 01:07:33,180

Yeah, exactly.

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01:07:33,180 --> 01:07:34,180

So pickle.

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01:07:34,180 --> 01:07:36,660

And we officially scared the shit out of everyone.

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01:07:36,660 --> 01:07:42,660

Like all of the the negative health effects that just will happen from that with people

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01:07:42,660 --> 01:07:46,340

just not going to the doctor anymore and and everything.

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01:07:46,340 --> 01:07:49,060

It's just it's just terrible.

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01:07:49,060 --> 01:07:50,060

Absolutely.

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01:07:50,060 --> 01:07:55,660

Well, you became part of the solution, obviously, even your work in itself, but also you just

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01:07:55,660 --> 01:08:00,380

decided to actually start putting some things out online, which I think is amazing because

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01:08:00,380 --> 01:08:05,020

again, you're educating people on all the things from from the mental health and suicide

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01:08:05,020 --> 01:08:08,000

through to the diseases that we've discussed.

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01:08:08,000 --> 01:08:12,660

So what made you start your Instagram platform and then kind of lead me through the creation

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01:08:12,660 --> 01:08:16,300

of your the the gross room as well?

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01:08:16,300 --> 01:08:24,220

So I started I just was seeing these autopsies and they were they were just so cool.

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01:08:24,220 --> 01:08:32,820

I wanted to share my findings with with other people that might be equally as interested.

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01:08:32,820 --> 01:08:36,420

And I started a website that was like I heart autopsy dot com.

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01:08:36,420 --> 01:08:41,500

It was a blog and I was doing that for a little while.

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01:08:41,500 --> 01:08:46,180

And a couple of people like I would tell the doctors at the hospital to look at it and

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01:08:46,180 --> 01:08:47,180

stuff.

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01:08:47,180 --> 01:08:50,220

But how was I going to get anybody to look at my blog?

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01:08:50,220 --> 01:08:51,900

Right.

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01:08:51,900 --> 01:08:57,520

So then my husband, he suggested that I start making the post a little bit smaller and putting

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01:08:57,520 --> 01:08:59,660

them on Instagram.

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01:08:59,660 --> 01:09:04,660

And I didn't even know what Instagram was because I'm just kind of like anti social

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01:09:04,660 --> 01:09:07,380

media kind of person, believe it or not.

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01:09:07,380 --> 01:09:10,220

And but at the time, my daughter was 18.

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01:09:10,220 --> 01:09:15,820

So she was all about Instagram and she set up the account for me and showed me how to

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01:09:15,820 --> 01:09:16,820

do it.

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01:09:16,820 --> 01:09:19,740

And and then it just kind of started from there.

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01:09:19,740 --> 01:09:25,820

I got it was when Instagram was good and you could organically gain people based on their

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01:09:25,820 --> 01:09:29,700

interest and and they weren't showing you stuff you didn't want to see.

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01:09:29,700 --> 01:09:36,220

And so it just blew up from there because I was putting like hashtags and people would

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01:09:36,220 --> 01:09:37,980

just search things they were interested in.

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01:09:37,980 --> 01:09:44,380

And also it would there was like the Explorer page was for accounts that it wasn't for any

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01:09:44,380 --> 01:09:45,380

account.

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01:09:45,380 --> 01:09:49,140

It was for like ones that they would showcase kind of and people would find me through there.

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01:09:49,140 --> 01:09:52,900

And it just kind of blew up from there.

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01:09:52,900 --> 01:09:57,220

As you start presenting all these cases to people, when you look back now, what were

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01:09:57,220 --> 01:10:01,260

some of the most interesting cases that you worked on?

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01:10:01,260 --> 01:10:08,240

I think some of the most interesting cases that I post were definitely that got a lot

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01:10:08,240 --> 01:10:10,620

of attention were like the miscarriages and stuff.

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01:10:10,620 --> 01:10:15,900

I think that people because that's a big thing with women, especially because a lot of a

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01:10:15,900 --> 01:10:19,740

lot more women than you think have them, but nobody really talks about it a lot.

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01:10:19,740 --> 01:10:24,420

It's kind of embarrassing and well, it shouldn't be embarrassing, but they feel embarrassed.

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01:10:24,420 --> 01:10:30,300

And I think a lot of people were shocked by the volume of stuff I was saying that I was

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01:10:30,300 --> 01:10:34,140

getting in the lab all the time, multiple miscarriages a day.

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01:10:34,140 --> 01:10:37,580

It's happening to people all the time.

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01:10:37,580 --> 01:10:43,060

I specifically have like more of an interest in natural pathology because that's just natural

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01:10:43,060 --> 01:10:45,480

disease and death.

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01:10:45,480 --> 01:10:51,780

So I was showing a lot of that stuff and also forensic stuff too.

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01:10:51,780 --> 01:10:56,880

I have an interest in the gross findings with certain kinds of forensic cases.

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01:10:56,880 --> 01:11:03,260

So I just showed a bunch of those different kinds of cases and people like how...

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01:11:03,260 --> 01:11:11,780

I think a lot of times in the news you'll read, for example, I just did a really good

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01:11:11,780 --> 01:11:16,220

article on this former NFL player named Mike Williams.

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01:11:16,220 --> 01:11:21,380

He died from a tooth abscess that eventually caused him to have a brain abscess and he

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01:11:21,380 --> 01:11:24,340

died and he was like 36 years old.

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01:11:24,340 --> 01:11:29,740

And people read it and they say, oh my God, how did that happen?

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01:11:29,740 --> 01:11:34,300

And I like to write an article like not only how did that happen and how that could happen

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01:11:34,300 --> 01:11:40,060

to you, but what that looks like when we do an autopsy of someone that has a brain abscess.

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01:11:40,060 --> 01:11:41,900

I like to do like this...

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01:11:41,900 --> 01:11:47,540

Because I think a lot of times people have these questions about visuals and they wouldn't

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01:11:47,540 --> 01:11:50,620

really know what we would be looking for.

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01:11:50,620 --> 01:11:55,700

So this is what we look for and this is how we give this diagnosis and say this person

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01:11:55,700 --> 01:11:56,700

died.

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01:11:56,700 --> 01:11:59,700

So someone else just died.

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01:11:59,700 --> 01:12:06,660

Oh, it was some weight loss influencer just died at 35 years old and it said, oh, her

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01:12:06,660 --> 01:12:11,420

cause of death is cardiac arrest and I just get so annoyed by that because it's like,

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01:12:11,420 --> 01:12:12,900

oh really her heart stopped?

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01:12:12,900 --> 01:12:16,220

Like yeah, everybody's cause of death is cardiac arrest.

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01:12:16,220 --> 01:12:20,380

So I like to just discuss those kinds of things about like...

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01:12:20,380 --> 01:12:25,980

Because when a person that's not educated in this particular area is writing an article,

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01:12:25,980 --> 01:12:33,500

they don't really understand how a person dies and why cardiac arrest isn't a cause

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01:12:33,500 --> 01:12:36,060

of death.

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01:12:36,060 --> 01:12:40,580

So anyway, getting back to your question, I was doing that on Instagram for a while.

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01:12:40,580 --> 01:12:43,460

It was awesome, but my account got deleted a lot.

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01:12:43,460 --> 01:12:51,480

It was getting reported as like graphic material and I was able to plea my case to Instagram

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01:12:51,480 --> 01:12:54,060

all the time to restore my account.

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01:12:54,060 --> 01:12:55,620

But it recent...

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01:12:55,620 --> 01:13:01,300

Like during COVID, just things changed a lot because of the censorship stuff.

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01:13:01,300 --> 01:13:08,020

And I always kind of like pretty much stay away from COVID because I don't think it's

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01:13:08,020 --> 01:13:12,220

like the only thing happening in the world and the only thing happening in medicine because

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01:13:12,220 --> 01:13:13,260

it's not.

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01:13:13,260 --> 01:13:16,500

So I just am like, I'll leave that up to other people.

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01:13:16,500 --> 01:13:17,500

I don't care.

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01:13:17,500 --> 01:13:22,640

There's like a million other things going on with people's health besides COVID.

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01:13:22,640 --> 01:13:25,820

But things just got censored during that time period.

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01:13:25,820 --> 01:13:30,700

And I decided that I was going to start my own website called The Gross Room.

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01:13:30,700 --> 01:13:33,300

So I didn't have to worry about...

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01:13:33,300 --> 01:13:35,580

Because on Instagram, I couldn't show nipples.

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01:13:35,580 --> 01:13:39,060

So I couldn't even show like what breast cancer looks like on a person.

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01:13:39,060 --> 01:13:40,300

It's ridiculous.

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01:13:40,300 --> 01:13:49,260

Can't show penis, anus, vulva, like just huge things that pathology occurs in these organs.

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01:13:49,260 --> 01:13:53,580

And just I was limited by how much text I could put in a post.

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01:13:53,580 --> 01:13:58,820

Now I could write an article as long as I want with as many pictures as I want, as graphic

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01:13:58,820 --> 01:13:59,940

pictures as I want.

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01:13:59,940 --> 01:14:06,540

And I don't have somebody threatening me that they're going to take down my account.

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01:14:06,540 --> 01:14:11,660

And now Instagram's got to the point where I can't post anything that has to do with

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01:14:11,660 --> 01:14:13,460

hurting anyone or homicide.

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01:14:13,460 --> 01:14:17,220

I can't post anything that has to do with self harm or suicide.

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01:14:17,220 --> 01:14:19,460

And it's like, why can't we talk about this stuff?

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01:14:19,460 --> 01:14:21,100

This stuff is happening.

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01:14:21,100 --> 01:14:27,180

I'm not showing people glamorized getting murdered, but I'm showing what happens when

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01:14:27,180 --> 01:14:32,460

someone does get murdered and how maybe you could avoid that happening to you.

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01:14:32,460 --> 01:14:34,420

It's education.

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01:14:34,420 --> 01:14:37,100

It's not a sensationalism of murder.

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01:14:37,100 --> 01:14:39,500

Well, especially with the self harm.

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01:14:39,500 --> 01:14:43,820

Like you said, murder, that's someone else coming into your world and you may or may

1177

01:14:43,820 --> 01:14:45,420

not be able to prevent that.

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01:14:45,420 --> 01:14:51,340

But when it comes to the conversations on, like you said, self harm, cutting, addiction,

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01:14:51,340 --> 01:14:57,980

suicide, I've noticed that you have to do like stupid little asterisks and exclamation

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01:14:57,980 --> 01:15:01,420

marks in the word suicide.

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01:15:01,420 --> 01:15:04,620

And it's like, this is the very thing that we're trying to get people to talk about.

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01:15:04,620 --> 01:15:08,300

And you've literally created an environment where you've canceled any conversation on

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01:15:08,300 --> 01:15:09,500

mental health.

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01:15:09,500 --> 01:15:15,680

So I hope that Instagram eventually will start to loosen that back up again, because yeah,

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01:15:15,680 --> 01:15:18,140

we now know AI can create transcripts.

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01:15:18,140 --> 01:15:22,220

If someone's saying, oh, why don't you just kill yourself, clearly that's hate speech.

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01:15:22,220 --> 01:15:27,380

But if you're talking about suicide in an open, compassionate, community based way and

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01:15:27,380 --> 01:15:31,560

trying to educate people and open doors, that's a completely different thing.

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01:15:31,560 --> 01:15:38,100

But they just kind of tar with the same brush, which has created the complete opposite environment

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01:15:38,100 --> 01:15:41,340

of what we actually need, especially for our young people.

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01:15:41,340 --> 01:15:42,460

Yeah.

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01:15:42,460 --> 01:15:48,140

And in the gross room, when I write posts about suicide now, especially, they'll be members

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01:15:48,140 --> 01:15:53,320

of my group that will write like, I tried to kill myself a couple years ago, and this

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01:15:53,320 --> 01:15:55,180

is how I got help.

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01:15:55,180 --> 01:15:59,280

And then someone will say like, thank you for telling me that because I'm going through

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01:15:59,280 --> 01:16:00,280

that right now.

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01:16:00,280 --> 01:16:06,140

It's like an open forum of discussion, whereas social media right now is just complete, just

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01:16:06,140 --> 01:16:07,380

trolls.

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01:16:07,380 --> 01:16:11,700

It's just constant comments of people that would never say anything to you in real life,

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01:16:11,700 --> 01:16:18,020

never confront you, and just being like aggressive behind their screen or something.

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01:16:18,020 --> 01:16:22,740

And they don't even necessarily mean to put it towards you, but that's the environment

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01:16:22,740 --> 01:16:24,980

that's created on there now.

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01:16:24,980 --> 01:16:25,980

Absolutely.

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01:16:25,980 --> 01:16:27,460

Well, I want to be mindful of your time.

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01:16:27,460 --> 01:16:29,100

Now we've got 15 minutes left.

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01:16:29,100 --> 01:16:32,260

Before we go to where everyone can find all the things that you have out there, there's

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01:16:32,260 --> 01:16:36,460

a couple of things I want to pull out from what you said before, again, through a pathology

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01:16:36,460 --> 01:16:37,460

lens.

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01:16:37,460 --> 01:16:39,980

The first thing you talked about miscarriages.

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01:16:39,980 --> 01:16:45,540

Now I don't have data, but it seems like a lot of my men and women, my brothers and sisters

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01:16:45,540 --> 01:16:51,780

in uniform struggle with fertility and seem to struggle even with miscarriages too.

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01:16:51,780 --> 01:16:59,340

So firstly, are we seeing nationally an increase in that?

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01:16:59,340 --> 01:17:03,700

And have you even been exposed to any statistics when it comes to that?

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01:17:03,700 --> 01:17:06,820

I don't know statistic wise, and I can't say.

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01:17:06,820 --> 01:17:12,660

I think a lot of it is, again, you have all of these environmental factors that are different

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01:17:12,660 --> 01:17:14,660

now.

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01:17:14,660 --> 01:17:18,900

But just talking to real life, talking to someone like my mom.

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01:17:18,900 --> 01:17:25,140

My mom went through a couple of miscarriages before she had us, and she seems to think

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01:17:25,140 --> 01:17:30,700

that this has been going on a long time, but you just didn't talk about it back then.

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01:17:30,700 --> 01:17:35,060

It was a hush hush thing.

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01:17:35,060 --> 01:17:38,260

She would have killed my father if he told one of his friends that she had a miscarriage

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01:17:38,260 --> 01:17:40,820

kind of thing.

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01:17:40,820 --> 01:17:45,500

Whereas now you're saying one of your friends is saying his wife had a miscarriage.

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01:17:45,500 --> 01:17:51,660

A lot of it is just culturally, there's more awareness to it and more normalization of

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01:17:51,660 --> 01:17:52,660

it.

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01:17:52,660 --> 01:17:57,380

I don't know if there's anything else to it.

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01:17:57,380 --> 01:18:02,780

I've known a couple of women that I've worked with over the years that have gone for fertility

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01:18:02,780 --> 01:18:07,220

treatment, and some of them, I feel it was really valid.

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01:18:07,220 --> 01:18:11,340

They were really having a hard time for years getting pregnant.

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01:18:11,340 --> 01:18:15,940

Some of them, I was like, yo, you've been trying for six months.

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01:18:15,940 --> 01:18:16,940

Relax.

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01:18:16,940 --> 01:18:22,260

Because again, my mom is an example of someone that couldn't get pregnant for a couple years,

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01:18:22,260 --> 01:18:28,140

but she ended up naturally having three children and she had two miscarriages or something,

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01:18:28,140 --> 01:18:32,500

which she's okay with talking about now, by the way.

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01:18:32,500 --> 01:18:37,180

But yeah, so it could be a combination of environmental factors and stuff and just also

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01:18:37,180 --> 01:18:39,900

just awareness of it.

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01:18:39,900 --> 01:18:45,220

Now the other side of that, the kind of almost shame that comes with a loss, what did I do

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01:18:45,220 --> 01:18:46,740

wrong?

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01:18:46,740 --> 01:18:52,740

I think one of the conversations that seems to be lost is the body's incredible innate

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01:18:52,740 --> 01:18:57,100

ability to heal itself, innate ability to know when something is right and something

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01:18:57,100 --> 01:18:58,980

is wrong.

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01:18:58,980 --> 01:19:06,060

With some of these miscarried fetuses, did they more often not seem healthy or were you

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01:19:06,060 --> 01:19:09,740

ever able to find a reason why possibly they were aborted by the body?

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01:19:09,740 --> 01:19:16,500

Yeah, so I mean, that's what I always try to tell a mom that had a miscarriage is just,

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01:19:16,500 --> 01:19:22,620

this is like a good thing that this happened because your body most of the time does not

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01:19:22,620 --> 01:19:27,940

reject something that is good like that.

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01:19:27,940 --> 01:19:33,140

So it's rejecting this fetus because there's something wrong with this fetus and you don't

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01:19:33,140 --> 01:19:37,940

want to deal with having this fetus born into a baby that's going to have problems for the

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01:19:37,940 --> 01:19:39,260

rest of their life.

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01:19:39,260 --> 01:19:45,140

So it's like nature's way of getting rid of something that didn't go right.

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01:19:45,140 --> 01:19:51,620

And yes, most of the time they would say that a miscarried fetus is because of a genetic

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01:19:51,620 --> 01:19:59,140

anomaly, we do send, in some cases send the tissue for genetics to see if they could find

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01:19:59,140 --> 01:20:00,140

something.

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01:20:00,140 --> 01:20:05,460

And again, that only tests for X amount of genetic diseases, not every single genetic

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01:20:05,460 --> 01:20:07,740

disease that exists.

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01:20:07,740 --> 01:20:12,460

So just because it's negative doesn't mean that the fetus didn't have a genetic disease.

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01:20:12,460 --> 01:20:16,900

There are these like rare times too where there's something, the fetus is completely

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01:20:16,900 --> 01:20:19,500

healthy but there's something wrong with the placenta.

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01:20:19,500 --> 01:20:23,580

It didn't form right, a blood clot got behind the placenta.

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01:20:23,580 --> 01:20:29,340

But unfortunately, there's nothing that you can do to stop that, especially early on in

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01:20:29,340 --> 01:20:30,700

a pregnancy.

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01:20:30,700 --> 01:20:36,460

If someone starts having a clot behind their placenta when they're 10 weeks pregnant, I

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01:20:36,460 --> 01:20:40,220

mean, I don't even know how you would go in and fix that.

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01:20:40,220 --> 01:20:48,620

And it sucks because the baby's fine or the fetus is fine but the placenta is not.

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01:20:48,620 --> 01:20:51,860

But yeah, you see a whole bunch of different things.

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01:20:51,860 --> 01:20:57,340

We get late term miscarriages, 35 weeks and stuff.

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01:20:57,340 --> 01:21:01,020

It could have so many different factors to do with it.

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01:21:01,020 --> 01:21:02,180

Yeah, well, thank you.

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01:21:02,180 --> 01:21:07,980

I think that's an important perspective because for most people it's just quote unquote, a

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01:21:07,980 --> 01:21:11,520

natural abortion miscarriage.

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01:21:11,520 --> 01:21:17,700

But again, if we're not painting the picture that the body knows what it's doing, these

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01:21:17,700 --> 01:21:21,740

parents are left with, like I said, with guilt and shame, like, what did we do wrong?

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01:21:21,740 --> 01:21:26,620

It must have been the round of golf I played or whatever the hell it was, instead of trusting

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01:21:26,620 --> 01:21:30,820

the fact that as you said, the body will let you know.

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01:21:30,820 --> 01:21:33,840

When the baby's healthy, the body will go full term.

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01:21:33,840 --> 01:21:36,900

So give yourself some grace.

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01:21:36,900 --> 01:21:42,260

One other area, I don't know if you've been exposed to this, but when it comes to the

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01:21:42,260 --> 01:21:48,780

smart inside, sadly, when it comes to TBI, and this is more so for combat athletes and

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01:21:48,780 --> 01:21:55,420

also our military and some of the law enforcement, the CTE seems to be behind some of the acute

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01:21:55,420 --> 01:21:57,560

mental health struggles.

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01:21:57,560 --> 01:22:05,260

Have you come across any kind of autopsy where you found that the brain had been damaged

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01:22:05,260 --> 01:22:08,700

from some sort of trauma if you'd known the background of the individual?

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01:22:08,700 --> 01:22:11,220

Yeah, we used to do a lot.

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01:22:11,220 --> 01:22:16,860

We were associated with a neuro hospital, so we would do a lot of just brain only autopsies

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01:22:16,860 --> 01:22:21,340

for research and things like that.

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01:22:21,340 --> 01:22:27,940

I didn't specifically work on any cases of CTE, and especially I feel like in the past

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01:22:27,940 --> 01:22:32,140

10 years, it's been getting more and more recognition where it wasn't even a thing,

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01:22:32,140 --> 01:22:34,180

like when I was in PA school.

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01:22:34,180 --> 01:22:37,580

I didn't even learn about, well, I won't say that.

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01:22:37,580 --> 01:22:43,620

We learned about boxing trauma that we would see in boxers and dementia that you would

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01:22:43,620 --> 01:22:49,540

see in boxers, which is probably now what would be considered to be CTE, but that was

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01:22:49,540 --> 01:22:55,260

only 15 years ago I went to PA school or whatever.

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01:22:55,260 --> 01:22:59,540

It's a new and upcoming topic, and I think it's really, really important.

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01:22:59,540 --> 01:23:03,540

I actually vent with my husband about this all the time with these football players that

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01:23:03,540 --> 01:23:08,540

they're getting these, in my opinion, young kids that they're taking advantage of and

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01:23:08,540 --> 01:23:13,380

just throwing a lot of money at them and not caring what their life is going to be like

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01:23:13,380 --> 01:23:19,660

when they're in their 30s and retire from football, and they have severe brain damage.

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01:23:19,660 --> 01:23:25,340

CTE can cause you to go completely nuts at the end of your life and just psychosis and

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01:23:25,340 --> 01:23:29,820

not being a nice person to your family, dementia.

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01:23:29,820 --> 01:23:34,580

It's a lot to consider when you want to put yourself in a career where you know you're

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01:23:34,580 --> 01:23:36,340

getting repeated head trauma.

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01:23:36,340 --> 01:23:37,340

Absolutely.

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01:23:37,340 --> 01:23:38,900

Well, it's an important conversation.

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01:23:38,900 --> 01:23:43,500

I think if you watch the Aaron Hernandez documentary, I think they found that at the end of his,

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01:23:43,500 --> 01:23:45,940

and that was obviously a homicide.

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01:23:45,940 --> 01:23:47,740

Then Junior Sayers, I think, was another one.

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01:23:47,740 --> 01:23:52,020

It was a suicide, but he shot himself in the chest knowing that it was something in his

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01:23:52,020 --> 01:23:55,380

mind that was great in that.

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01:23:55,380 --> 01:24:02,140

We have a responsibility as parents, as coaches, as members of schools to minimize the impact.

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01:24:02,140 --> 01:24:08,420

You can have so many elements of a football game without constant head trauma, and the

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01:24:08,420 --> 01:24:10,780

same with our young martial artists too.

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01:24:10,780 --> 01:24:13,860

If you're going to become a fighter, at certainly some point, you're going to have to get hit

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01:24:13,860 --> 01:24:17,620

in the head, but what can we do to minimize that in the gym as well?

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01:24:17,620 --> 01:24:20,580

Then, again, our military, the practicing, the breaching.

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01:24:20,580 --> 01:24:25,460

Again, how can we look at that and minimize the amount of exposure the concussive force

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01:24:25,460 --> 01:24:27,380

are you going to get in uniform?

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01:24:27,380 --> 01:24:30,020

These are really, really important conversations.

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01:24:30,020 --> 01:24:32,620

Yeah, there was also a wrestler.

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01:24:32,620 --> 01:24:36,100

I think his name was Chris Benet.

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01:24:36,100 --> 01:24:37,100

Benoit.

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01:24:37,100 --> 01:24:38,100

Does that sound right?

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01:24:38,100 --> 01:24:39,100

Yeah, Benoit.

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01:24:39,100 --> 01:24:40,100

Yeah.

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01:24:40,100 --> 01:24:44,740

He killed his, I believe, his wife and his child.

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01:24:44,740 --> 01:24:45,740

Same thing.

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01:24:45,740 --> 01:24:49,220

They found that he potentially had CTE.

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01:24:49,220 --> 01:24:54,980

We actually just went to, over Christmas time, we went to Key West and we visited the Ernest

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01:24:54,980 --> 01:24:56,880

Hemingway house.

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01:24:56,880 --> 01:25:01,820

On the way home, we were watching a documentary about his life and everything.

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01:25:01,820 --> 01:25:08,560

I think that he had it too, honestly, because he had multiple situations where he had head

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01:25:08,560 --> 01:25:13,900

trauma from being first in the military, but then he was in a plane accident.

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01:25:13,900 --> 01:25:19,260

He had all of these different times that he had a traumatic brain injury.

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01:25:19,260 --> 01:25:24,220

Then, towards the end of his life, he was also an alcoholic, but aside from that, he

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01:25:24,220 --> 01:25:33,140

was having psychosis at the end of his life and hearing voices and things like that.

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01:25:33,140 --> 01:25:35,540

That was my first thought, was that he had CTE.

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01:25:35,540 --> 01:25:36,540

Yeah.

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01:25:36,540 --> 01:25:42,020

I think you combine possibly a rough childhood.

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01:25:42,020 --> 01:25:46,580

Now you have the precursor to mental health struggles, and then you add in CTE.

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01:25:46,580 --> 01:25:48,740

If you look at it one dimensionally, they're, oh, he was an addict.

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01:25:48,740 --> 01:25:49,740

He was an alcoholic.

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01:25:49,740 --> 01:25:52,620

He was violent, but what was causing that?

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01:25:52,620 --> 01:25:58,020

Unaddressed trauma, problems physiologically in the brain, all the things.

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01:25:58,020 --> 01:26:04,940

If it's just reported as he was a cold-blooded killer that murdered his family, again, we're

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01:26:04,940 --> 01:26:09,820

disregarding the lessons if we don't reverse engineer what happens in all these situations.

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01:26:09,820 --> 01:26:10,820

Agreed.

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01:26:10,820 --> 01:26:13,860

I know we're running out of time here.

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01:26:13,860 --> 01:26:19,460

Where can people find The Gross Room, find your Instagram profile, and your podcast as

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01:26:19,460 --> 01:26:22,040

well?

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01:26:22,040 --> 01:26:24,340

The Gross Room is thegrossroom.com.

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01:26:24,340 --> 01:26:27,740

That's pretty easy.

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01:26:27,740 --> 01:26:31,140

My website, I'm so proud of it.

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01:26:31,140 --> 01:26:35,180

It's a cool place that I would have liked to go to when I was learning about all of

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01:26:35,180 --> 01:26:37,500

this stuff.

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01:26:37,500 --> 01:26:42,620

I post every single day lots of cases, lots of articles, and just it's a great group of

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01:26:42,620 --> 01:26:50,220

people, and we all can have discussions on there normal, not Instagram-like.

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01:26:50,220 --> 01:26:51,220

That's my website.

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01:26:51,220 --> 01:26:55,760

My podcast is called Mother Knows Death, and I do that with my daughter.

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01:26:55,760 --> 01:26:59,420

That's where the Mother Knows Death comes from.

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01:26:59,420 --> 01:27:04,340

That Instagram is at Mother Knows Death.

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01:27:04,340 --> 01:27:07,340

What was the other thing you asked?

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01:27:07,340 --> 01:27:16,260

My actual Instagram account is my name, at Mrs. Underscore, and Jemi, A-N-G-E-M-I.

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01:27:16,260 --> 01:27:20,460

It was I Heart Autopsy when I started, but my account got deleted so many times.

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01:27:20,460 --> 01:27:25,540

I just had to keep coming up with different names for my account.

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01:27:25,540 --> 01:27:28,340

That's what it is, but that's my main Instagram account.

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01:27:28,340 --> 01:27:32,740

I still post on there every week, but the majority of my content goes into The Gross

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01:27:32,740 --> 01:27:33,740

Room now.

1367

01:27:33,740 --> 01:27:34,740

Beautiful.

1368

01:27:34,740 --> 01:27:36,540

Well, I want to say thank you so much.

1369

01:27:36,540 --> 01:27:39,940

It's been such an interesting conversation.

1370

01:27:39,940 --> 01:27:45,340

We're opposite ends of the chain of survival, as they call it.

1371

01:27:45,340 --> 01:27:49,060

Obviously, people have passed by the time they end up on a table in front of you, but

1372

01:27:49,060 --> 01:27:52,460

I think there's so much value, especially comparing the two professions.

1373

01:27:52,460 --> 01:27:55,900

I want to thank you so, so much for being so generous and coming on the Behind the Shield

1374

01:27:55,900 --> 01:27:57,700

podcast today.

1375

01:27:57,700 --> 01:27:58,700

Thanks for having me.

1376

01:27:58,700 --> 01:28:09,460

Have fun.