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Breast Cancer Advocate Olivia Newton-John Presents The Liv®

By *Olivia Newton-John*

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Olivia Newton-John discusses the Liv® Breast Self-Exam Aid, a device used to help women more easily detect unusual lumps and bumps during their breast self-exam.

Transcript:

Todd Hartley:

Joining us is actress and four-time GRAMMY award winner Olivia Newton-John. Hi Olivia!

Olivia Newton-John:

Hi, how are you doing?

Todd Hartley:

I'm doing great; real nice to talk with you. Now I understand in October you are traveling the globe. You are promoting Liv® Aid and it's a breast self-exam and you've already had 1.3 million distributed, is that right, 1.3? That's amazing!

Olivia Newton-John:

I believe that's how many have been given and I walked the China Wall many years ago and promoted it so it's been going on for a while but now we've joined up with the partner of Geiger - a wonderful company who are partners in distributing the Liv® and you want to see it?

Todd Hartley:

Yes.

Olivia Newton-John:

Okay, it's an amazing thing actually. It's a heart shaped medical device that helps women do regular self-breast examination. It's a reminder. It's very simple - you just place it over

your breast and it actually magnifies your touch. If you want to come forward I can show you how it works.

Todd Hartley:

Is it the water that magnifies the touch?

Olivia Newton-John:

It's not a water. It's a very special fluid in here, I don't know the name of it but I can ask my medical expert Dr. Bodai to give you the name.

Todd Hartley:

It's not necessary.

Olivia Newton-John:

But it's a very fine material but just feel this with your fingers and then feel that. Now there are rice kernels in there. Can you feel them?

Todd Hartley:

A lot better now.

Olivia Newton-John:

A lot better now. And I like to do it with the salt, which is, you know how tiny salt kernels are. Feel that with your fingers. Now do it on the inside, now feel it.

Todd Hartley:

Yeah, it's very magnified, you are right.

Olivia Newton-John:

So therefore if there's any lumps in your breast and you are doing this on a regular basis you can see what's normal for you and what isn't and if it grows or changes and then you can go to a doctor and have it checked out. And I found my lump myself, that's why I am so gung-ho about this device. I think it's amazing because you trust your fingers and you know, when I went I found a lump myself, not with the Liv®, just with my hand and my doctor sent me for a mammogram and it didn't show and he did a needle biopsy and it didn't show.

So if I hadn't found it by my hand I wouldn't have been so emphatic that we went further and we did and we found breast cancer. So that's why, and I found it early and that's why I encourage women to do this regularly and if you find anything, and usually it's nothing, but if it is something and you find it earlier your chances of survival are much greater.

Todd Hartley:

Yeah, and ounce of ... what is it, "An ounce of prevention is worth a pound of cure."

Olivia Newton-John:

That's right. You should write a book with your little sayings.

Todd Hartley:

They aren't my sayings; I feel them. Now I do notice that you've got a breast cancer docudrama coming up called "1 a Minute". Can you explain how women can get involved and help support the docudrama?

Olivia Newton-John:

Well they can go see it. It's going to be in about 500 theaters and it's going to benefit Susan G. Komen. I have forgotten, it's part of her organization -- Susan G. Komen organization and it's about women's journey going through cancer and I'm one of them, I'm only one of the people in the documentary but Jaclyn Smith and Melissa Etheridge are also involved and I think women from all around the world who have been through the cancer journey. So I think it will be a wonderful experience.

Todd Hartley:

You know it's been really nice experiencing your life and what you create along the way and Olivia Newton-John, thank you so much for helping us improve health and change lives.

Olivia Newton-John:

Thank you, nice to meet you.

Todd Hartley:

Thank you.

[Purchase the Liv® Breast Self-Exam Aid Through Geiger](#)

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