Post-Mastectomy Choices

These resources offer the latest information, guidance and support.

September 16, 2019 By Kate Ferguson

If you've had a mastectomy, you have many choices, including the option of forgoing reconstruction altogether. These resources offer the latest information, guidance and support.

Alliance in Reconstructive Surgery

airsfoundation.org

AiRS helps women secure access to breast reconstruction after mastectomy via information about insurance, financial costs and reconstruction options. It also offers support to those who choose not to reconstruct.

Flat & Fabulous

flatandfabulous.org

Inspiring stories about women living without reconstruction, as well as advice. Another site, Flat Closure Now (flatclosurenow.org) provides a searchable list of flat-friendly surgeons.

FORCE: Facing Our Risk of Cancer Empowered

facingourrisk.org

There's a post-mastectomy photo gallery and the opportunity to connect with a volunteer peer navigator for personalized phone support.

Susan G. Komen

komen.org

This comprehensive website provides an overview of breast reconstruction. It includes a comparison between specific types of reconstruction—with videos.

Click here to read why Catherine Guthrie chose to go flat.

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