Being Fat Shamed Hurts

Breast cancer survivor Warrior Megsie muses about how cancer can change your hair—and how fat shaming can make you feel.

November 15, 2022 By Megan-Claire Chase

It has been a littler over three weeks since I had the nerve ablation procedure in my lower back. The pain isn't completely gone but there is tremendous back pain relief. Now the back pain has moved backstage and my fibromyalgia has taken center stage again. This continues to be unmanaged because my body is intolerant of the current medications to help treat fibromyalgia. The radiating burning through my body, especially in my arms and upper back, is terribly painful. The fatigue and headaches at least 3x a week is tough to muddle through as the pace of life doesn't slow down.

It's painful and discouraging living in a post-cancer body that continues to hit barrier after barrier due to medication changes, multiple surgeries, surgical menopause, and chronic pain. This week's Megsie's Musings is about being fat shamed and spiraling mentally.

My cutie therapist is trying to keep me from completely unraveling. I've had both white and Black people compare me to Stacey Abrams and Lizzo. Now, these women are BRILLIANT and TALENTED. That's not what these people said. There comparison was a direct hit to my weight.

It was fat shaming.

It was hurtful.

It pushed me down a rabbit hole of negative thinking about my post-cancer body.

Here's a snippet of this week's #MegsiesMusings about how cancer can change your hair, being fat shamed, and #mentalhealth. I'll add the whole vid to my blog over the weekend. And yes, I had my hair blown straight but the chemo curls will be back next week!

#LifeOnTheCancerTrain pic.twitter.com/9cQ8n987V7

— Megsie (@warriormegsie) November 4, 2022

Take a listen to my musings here, and remember to be kind and stop fat shaming people.

Until next time,

Warrior Megsie

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