Know Your Boobs... (Or Your Body)

Cancer does not discriminate — and just because you do not have it in your family, well, that just means it might start with YOU.

July 16, 2018 By Lisa Vento Nielsen

I went for my screening mammograms, despite knowing it was a total waste of time. No one in my family had ever had cancer. I never smoked a day in my life. I ate healthy. I was not obese. I exercised every day. I did not think I could ever get cancer — I had better chances of learning to fly then getting cancer.

Then, what started off as a slight calcification in a duct in April 2016 was Stage 3 cancer by December 2016. Cancer does NOT care who you are or what you have going for you. Cancer does not discriminate — and just because you do not have it in your family, well, that just means it might start with YOU.

Know your body — I had no lump but I had a huge, nasty cancer growing inside of me. Go to your screenings; demand a screening if you think you feel something NO MATTER YOUR AGE. I was “young breast cancer” at 39 years old and since sharing my story have met women even younger, like 20, 25, etc., AND men too who had all been diagnosed with breast cancer after advocating for themselves.

Know your body — know that dense breasts are less likely to show up on mammograms — mammograms are not perfect but are better than nothing. Watch the video for more tips on how to know your body and you know, mammogram your boobs instead of instagramming ’em.

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