

Bethany's Story

Age 37, Immediate DIEP Flap and SIEA Flap Reconstruction

"I found out about my mutation on my 35th birthday, and I was in surgery six months later, which was about just over two years ago.

I have a very, very strong family history of breast cancer. My dad has six sisters, and four out of the six have had breast cancer. Having watched so many family members battle breast cancer, I knew that I didn't want to. I wanted my generation to be the first generation to never hear the words, 'You have breast cancer.'

The first person I spoke to about breast reconstruction was the oncologist who gave me the results of my BRCA mutation test. They were able to steer me towards what was available, what kind of reconstruction was available, what my options were, and then I was able to go from there.

As far as choosing the procedure that I chose, I knew that I did not want to have implants. If it was possible to have a decent result, you know, a good, cosmetic result without implants, I didn't want to have to have something in my body that I wasn't born with. I wanted to make sure that my body was as anatomically correct as it was when I was born.

I wish I had asked more about the placement of the incisions and where they were going to be when I woke up. The incisions were right across the front of my chest and I knew that I wanted to do everything that I could that was feasible to have them be hidden and have them underneath the breast. So I had a revision about a year ago. And in the revision they took off some more – took out some more of the tissue and they reshaped the breast.

I wanted to be – I wanted to look like I did before my surgery. I think I look better.

I'm very happy with my reconstruction and the way my breasts look now; probably happier now than before the surgery, which is – might sound a little odd, but it's the truth.

Breast reconstruction has allowed me to continue my life. It's allowed me to feel just as much of a woman as I was before I had my breast tissue removed. I have a lot of scarring on my body, but it was absolutely worth it to reduce my risk and if the scarring is the only price that I pay on this whole journey, then it's absolutely worth it."

Important Information: Every patient is different and their reconstruction options and their results may vary. All depictions on the site are for illustration purposes only. Whether or not you have breast reconstruction is a decision you need to make in consultation with your physician. Only you and your physician can determine the best option for you. Please ask your doctor to explain the benefits and risk of various reconstruction options and whether they are right for you.

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