

Speaker 1:

So I began this journey about three years ago, I have been dealing with symptoms for approximately three years. I've dealt with orthostatic hypotension, which means that my blood pressure bottoms out and my heart rate will rise very quickly and it will give me a head rush and the cause of passing out. I did that for three years. I have went to four different cardiologists, nurse practitioners, physician's assistants, a trip to the ER, thinking that possibly a heart attack or a stroke. And I have had absolutely no answers. Cardiologists all said that there was nothing they could do for me, good luck. Just hope all goes well. I went through a tilt table test that I tested positive for. Do not ever recommend doing that. I got diagnosed with POTS syndrome, which stands for postural orthostatic hypotension syndrome. And I'm just not the type of person that is just going to [inaudible 00:01:18] very active. I run, I work out. I do a lot of activities. I love to kayak. I love to bike ride. I love to just be outdoors. And it was affecting my complete lifestyle.

To just throw in a little bit of something. My last cardiologist appointment, my sister in law said, "Have you thought of your breast implants?". Not one time did that ever come across my mind. I did not think about that. But it did set me on a journey that day. I went home that day, I sat down at my laptop and I googled breast implant illness. After reading that, I knew right then that that had to be the culprit of everything that I had going on. From that very moment searched some of the best doctors in the nation. And since I live in Tennessee, I went to Nashville and that's how ...

He was number one on the list. I didn't even look around. I just went straight to him and got my first consultation. All went well, very confident in my decision of what I was doing. He was very compassionate for what I was going to do and how I was going to go through this. And I knew how hard this was going to be. It was very hard for me mentally. It was going to be very hard for me physically, because I would have never gotten breast implants had I not wanted breasts. I was going from a training bra to just anything that I could get to make me feel more like a woman and have breasts. I had lots of loose skin where I had been pregnant three times. So keep in mind if you're a women, get larger when they have children, but when you lose all your baby weight, they go back down.

I went from a training bra to a double D probably past that with all three of my pregnancies and then back down to literally nothing. So I had lots of loose skin, did not feel attractive in my own body. And so that's why I chose breast implants. So knowing what I was fixing to endure, having these taken out was a hard blow, but I was willing to do anything to get physically better. My husband was behind me 100%. He never once made me feel like I was not going to be the woman that I was. And my family was behind me. I was very much supported because they've all watched me go through such sicknesses and all the symptoms that I was just dealing with and it was just getting worse and worse and worse.

So within having a consultation, I think was in a month of scheduling and having my implants ex-
planted. So the surgery went as expected. I had a ... Williamson medical center was great. Dr. Bergdorf was great. Since then I knew, like I said, the mental part of it was pretty much the hardest. So I went from a 600 cc's D double D to literally, as you can see nothing, absolutely nothing. But like I said, I knew when I was going in what I was coming out, going to look like. I had basically tried to prepare myself for that, but it was, it's definitely hard. So after the ... It took me three weeks to have symptoms that are no longer there, which is awesome.

It is such a blessing that I can sit here and say four weeks ago, I had all these symptoms and sit here now and I feel like that I've got gained 80% of my health back and I'm anxious for that last 20% to get gone. But I know that it's going to take time and it is going to be a great journey when it's all over with. And I feel great now. I do feel like a little bit of more freedom and there are clothes that I could not wear that I can wear now. And so that's kind of exciting. But it's just, it's a journey, but there is a great end result to it. And the end result is having my health back and just feeling good and feeling good about

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myself. And I know in a year's time when I look back and I am smiling and what I have gained, then it's all going to be worth it.