

JUDI'S STORY AS PRODUCED MP3

My name is Judi. I would describe myself as a disability health activist. I have cerebral palsy that affects one side of my body. I had breast cancer and started noticing all the issues that come up when we look at the impact on somebody with a disability.

I knew that I was at risk because my mother has breast cancer, my maternal aunt had breast cancer, and my mother's first cousin had breast cancer. I did a manual breast exam. And I did find my lump. I was having screenings for ten years prior to them finding the cancer. I am very happy to be alive.

If you catch breast cancer earlier, your fear will be much less than pretending it won't happen. You have more treatment options, more options altogether. The problem with disability is the limited options. So getting your screening early increases those options.

Accessibility is really improving across the country. Keep looking for that accessible site. It's your life. And no one can protect it better than you.

We don't have a way to prevent breast cancer. All we have is early detection. It's really clear the earlier you get it the best recovery. If you don't see or feel a lump, that doesn't mean it's not there. You have to do all that's available to you... mammography, the manual self-exam, and the doctor's exam.

Please be forthcoming. You know your body and you need to express what your body needs. You have to be paSSionate. Your body's the only one that you have.

Breast cancer does not mean a grave stone. It means a bump in the road that you've experienced before. And you can move on. And the best thing that you can do for your fear is early detection. And trust your body.