



Victoria Prestia

HOMETOWN: St. Charles, IL

TYPE OF BREAST CANCER: LCIS, Stage 1 (right breast)

FAVORITE QUOTE: "I have no regrets in my life. Everything happens to you for a reason. The hard times that you go through build character, making you a much stronger person."

Rita Mero.

VICTORIA'S STORY:

On April 30, 2009, during a yearly mammogram, the radiologist noticed a suspicious spot on my right breast. Then an ultrasound was done and a small pin size spot was found. I had a biopsy and MRI in May 2009. After the biopsy and MRI, the breast surgeon informed me that I had Lobular Carcinoma Insitu Stage 1 in the right breast. There were several options suggested to me as I had Lobular Carcinoma Insitu Stage 0 in 2006 in the right breast and can't take estrogen.

My options were have lumpectomies, try the medicine, remove the right breast or remove both breasts. I opted to remove both breasts with nipple sparing surgery on June 18, 2009. Before, I went into my 6 1/2 hour surgery, I told the nurse that I was going to be around for my grandchildren and move in with them when I am 75. The nurse laughed. I attended a Halloween party in October 2009 after implant surgery and told my friends that I was the "Bride of Frankenstein. It was a year marathon of doctor visits, recovery, implant surgery, nipple tattooing and healing. .

HOW DO YOU HOPE TO INSPIRE OTHERS WITH YOUR STORY?

To keep them positive, don't have pity, enjoy friends and family, and wake up each day and say "I am alive!" Exercise-take classes, start slow, walk, or join a health club. I work out three times a week at a health club: Pilates, cardio machines, strike, spinning class, cardio kick box and weights.

WHAT IS ONE THING YOU HAVE LEARNED ABOUT YOURSELF BY HAVING BREAST CANCER?

To look at my priorities, to take one day at a time, enjoy life, don't worry about the little things, and spend time with family and friends.

HOW HAS BREAST CANCER BEEN A BLESSING IN YOUR LIFE?

I mentor women going through my type of breast cancer, and friends going through breast cancer.

WHAT ADVICE WOULD YOU WOULD GIVE SOMEONE NEWLY DIAGNOSED WITH YOUR TYPE OF BREAST CANCER:

To get a second opinion, join a mastectomy networking group, ask questions, be around family and friends, journal, do research and get doctor referrals. Also, to stay positive, watch comedy, go for nature walks, and don't wallow in self pity. If you need professional counseling for depression because of breast cancer, do it!

WHAT BREAST CANCER STRESS OR WORRY WAKES YOU UP AT 1 AM?

Will the breast cancer return and what if it returns?

WHAT RESOURCES HAVE BEEN MOST BENEFICIAL TO YOU ON YOUR PATH?:

Mastectomy networking group, doctors, mother and sister (breast cancer survivors), and women going through breast cancer.

MORE THOUGHTS FROM VICTORIA:

I blog and have written about my journey through breast cancer and share with my doctors, women going through breast cancer. My story "Survive and Thrive," has been published in newsletters and on my website.

Victoria's website may be found at:

[www. http://www.victoriasecretsforsuccess.com/blog/](http://www.victoriasecretsforsuccess.com/blog/)