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Implant Insanity

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Implant Insanity

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Regina Nelson, Ph.D.

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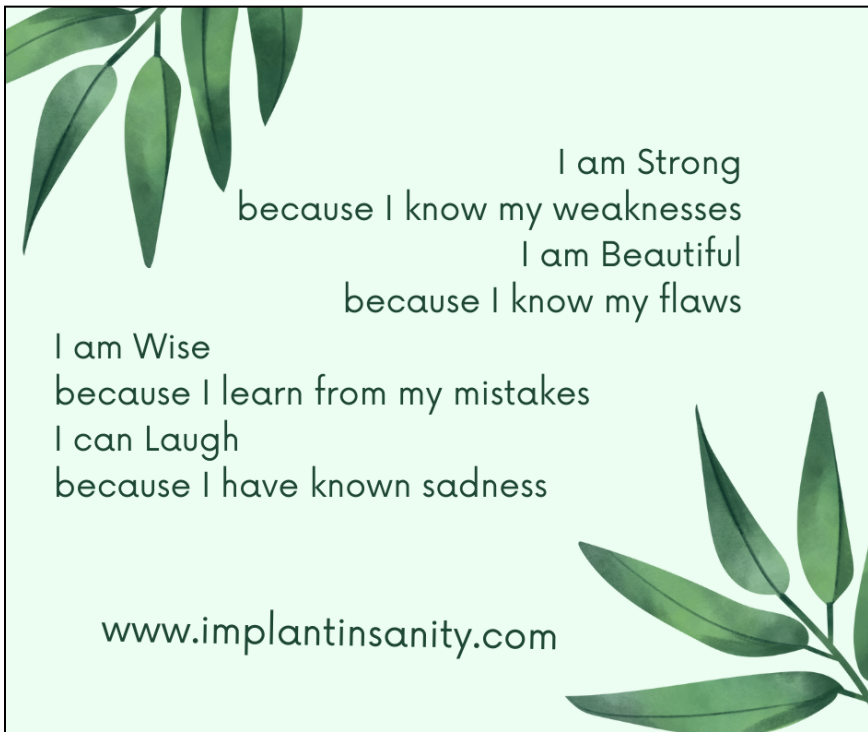
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Implant Insanity is dedicated to:

My dear friends, Gretchen, Christy, April, and Maria,
and all women in the BII/ASIA Sisterhood



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Chapter Eight: April's Story

By April Robertson

If you have breast implants and you have not been sick, then I am genuinely happy for you! I would not wish BII on anyone. I had dreamt of a positive experience, but for me, it ended up being just miserable.

I am sharing my personal experience because I believe after getting breast implants more women suffer than not. For these women, I want to share my story—I want you to realize that you are not alone. You are not the only one this has happened too. But do not just take my word on it. Do your research. Think about your illness; when your symptoms began and how they have progressed. You will learn and then you will know—is it BII? Or can I rule out BII?

My breast implants were absolutely making me sick. I know I suffered from BII.

For 20 years I had breast implants. While I had the first set, my health changed very little. I did start having some issues, but they were minor problems (in comparison to where they would go). It was when I had the revision or second set of breast implants that the health problems really got worse and did so quickly.

When the surgeon replaced the first set of breast implants, he told me that one was ruptured. He also told me that he had done a total capsulectomy but only a small amount of tissue was removed. It

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was returned to me in a urine collection container. He also told me that he did not get all the silicone that had leaked from the capsule out of me.

After this surgery I progressively got sicker. My health rapidly deteriorated and went to the worst-case scenario really fast, with no explanation as to why. I could not figure out what was going on. I felt like an old person in really bad health. My many ailments were so persistent, but I felt like a hypochondriac. Every day I woke up with something else wrong. How could this be?

The last three years (before I explanted) were the worst – I was extremely sick. I have always been a Type-A person – a real go-getter. But during these years I was stopped in my tracks. I had to push myself harder than ever just to get through each day. It sucked!

I missed out on a lot – trips, my kiddo’s ball games, doing things with family, etc. The worst part? I did not even care – at all. I just wanted to sleep! I was so miserable! My symptoms were ridiculous! And I had so many symptoms -- I thought maybe I could just sleep them away. That obviously did not happen.

Nothing I did seemed to help. I just kept getting worse. My body was fighting so hard to get me to homeostasis (i.e., in balance), but it was just too whacked out. I am just going to give you an idea of the symptoms I was suffering from – so many of us women have the same symptoms — there are just too many of them to describe them all.

I had horrible, debilitating migraine headaches, brain fog so bad that I could not think clearly at all, and terrible forgetfulness. I mean, I could hardly finish my sentences. I would forget what I was saying, often coming to a complete blank mid-sentence. And I could not retain information. I would forget within seconds. Other times, I would just space out and not remember my words. I found it very disturbing to find myself being asked, “Are you okay?” by others

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more and more often. I did not know how to answer that question. I mean, I was NOT okay—and whatever had just happened was a reminder that I am NOT okay.

The brain fog and memory issues REALLY scared me! I was so concerned that I saw multiple doctors and had an M.R.I./Brain scan, just to be told that everything was normal. How could I possibly be normal? Nothing felt normal. It felt like I was dying a slow and painful death.

I had extreme hormonal imbalances. I felt totally depleted after horrific hot flashes—and I had night sweats too. I got severe cystic acne for the first time in my life. I felt dizzy a lot. I had nearly constant earaches and there was a strange numbness around my mouth and nose. My blood sugar was hard to stabilize – it was just all over the place!

One of my worst symptoms was fatigue. It was just relentless. But I also had joint pain, particularly bad in my hands. I was diagnosed with Degenerative Disease Disorder (DDD), which causes pain and inflammation up and down the back. I became sensitive to medications. And I also tested positive for “high levels of autoimmune disease.” I was just miserable. I knew this was not my normal. I was truly desperate to find out what was causing my health to decline at such a rapid pace. I had to keep digging to find the underlying cause of it all. However, I did not have health coverage. Over about two years, I spent more than \$12,000 on doctor appointments and tests that were all normal. Normal? How could that be true? I felt just miserable! And I was really scared!

A friend casually suggested I consider Breast Implant Illness as a possible cause to my health problems. I had never heard of BII. So, I began to investigate it. I stumbled upon a Facebook Group that really helped me understand more about BII (*Breast Implant Illness and Healing by Nicole*). Thank God for this group!! I read the many files Nicole (and others) had created and shared publicly with us all. This was a wonderful place to start gathering information.

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I also read testimony after testimony of women suffering -- like I was suffering. The more I read the clearer it became that my breast implants were a problem. I could not believe what I was reading. I had not understood that these were toxic bags that can terrorize your body!

There are so many women suffering – suffering tremendously — and we have one thing in common: breast implants!

Some may say, “Oh, no! Those are just the symptoms of aging. We all get some of these symptoms at some point in life.” I do understand the signs and symptoms of aging. But I cannot explain the rate at which my symptoms progressed. It was like I aged a decade every year—and each was also filled with terrible health surprises. After reading so many testimonials, it is clear that not all women experience the same symptoms or have the same rapid on-set of symptoms. I am only explaining how my body reacted to the fight.

It is heart-breaking to learn about all the women suffering from BII. It is especially difficult to hear the many stories of women who cannot afford to explant. The chemical soup these implants are made of, silicone or saline, is just unbelievable! I had no idea. I was told these implants were safe for our bodies! I had not heard different, or even considered my implants to be a problem before I heard about BII. Now, I know I was lied to.

I explanted those sickening, toxic bags, about 4 years ago. I could not be happier with my choice. It was the right decision for me. I have noticed a huge positive difference in most of my health issues. I still have healing to do but I am on my way to better health and have been since explant. I regularly engage in detoxes to flush toxins out of my body. I am taking better care of my body now than I did in the past.

The fatigue is not gone, but it is far better. I would say that it is at least 80% better than it was when the BII was the worst. During the

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last visit with my rheumatologist, my autoimmune numbers were all within normal range. And the joint pain in my hands is gone! I also have my DDD under control with C.B.D. products (super great for many symptoms). I still struggle with hormonal imbalances, but the cystic acne is gone.

The brain fog, forgetfulness, and not finishing my sentences – all better. These were the scariest symptoms to me—forgetting my words scared me so deeply! I am so relieved that these symptoms have improved. Also, I am able to get out and do things with my family and friends. My life has quality again!

I knew that an explant would not ‘fix’ me. I also knew that healing does not happen overnight. Healing takes a while. It took me a long time to get so sick, it will take a long time to heal from all the trauma my body experienced.

Further testing shows that I still have silicone in my chest. This is silicone from the first set of implants - from the ruptured implant - the silicone that escaped the capsule. It is deep in my chest. I am not quite sure how to resolve this problem. I don't even know if it can be resolved. Right now, I just live my life knowing I have silicone deep within my chest.

When I was young, I took my body for granted. I was naïve. I had no idea how messed up our bodies become when something goes wrong. Breast implants are foreign objects in our bodies. Our bodies are designed to fight foreign objects. This fight can destroy the body. I am happy I figured out that this fight was going on. Had I not—well, I do not want to think about how much worse my health could have become. I am not fully healed now, but I do have hope and my symptoms continue to improve. I feel lucky to have learned about BII and been able to act upon it.