

**No Breasts, No Regrets: Local Breast Cancer Survivors ‘Go Flat’ after Mastectomy
Rally to Educate and Inspire for Breast Cancer Awareness Month (BCAM)**

Los Angeles, CA: 1 in 8 -- the sobering statistics of breast cancer. For many women, losing one or both breasts will be part of their treatment or a profound choice for prevention. Half of mastectomy patients do not undergo breast mound reconstruction and instead choose an Aesthetic Flat Closure (AFC) -- a smooth, flat chest. Past generations of breast cancer survivors felt compelled to wear prostheses to appear “normal” but, today, many women reject that outdated notion and instead embrace “going flat” and live proudly as breastless or one-breasted women.

This October, teams of survivors with AFC will attend Breast Cancer Awareness Month events around the world, participating as part of the Stand Tall AFC campaign for flat visibility. Their goal: To share the benefits of AFC and insist that all women facing mastectomy are presented with this as an equal option to breast mound reconstruction. Local Stand Tall AFC teams began participating in Stockholm, Sweden on 10/3/21 and are rallying at events all over the U.S. throughout the month.

(<https://youtu.be/rGfUistSYTM>)

“Aesthetic Flat Closure is a healthy, body positive choice that allows women to take control of their bodies during a traumatic time,” says Renee Ridgeley co-founder of the Stand Tall AFC campaign. “Two years ago, there was no medical term to define ‘going flat’ so a woman’s body was left looking like whatever her surgeon decided was ‘no reconstruction’ -- often that was quite different from the patient’s aesthetic goal of a smooth, flat chest.”

That changed in 2020 when the [National Cancer Institute defined AFC](#), giving tens of thousands of women each year the language to communicate to surgeons exactly what they want for their bodies. This BCAM, hundreds of flat women are standing tall at events all over the U.S., defying cultural norms that women with less than two breasts should hide or be forced to conform to what a woman is ‘supposed to look like’.

“Often our breast cancer sisters are denied information they need to make the best decision for them”, says Stacey Sigman co-founder of the Stand Tall AFC campaign. “Our flat visibility is key to their understanding of the breast cancer journey. We are here to support a sister if she wants to go flat”

Ridgeley, a flat breast cancer survivor herself, consulted with The Simpsons television series for the groundbreaking premiere of a one-breasted character Dr. Wendy Sage. “There has never been a better time to publicly step out with these beautiful bodies altered by breast cancer treatment and celebrate the fact that we are alive. Because at the end of the day... at the end of cancer treatment, nothing looks as good as healthy feels.”

Dr. Wendy Sage can be seen normalizing flat in a body positivity-themed Simpsons episode premiering on October 24th.

About Stand Tall AFC: Stand Tall AFC is a flat visibility campaign created by [Flat Retreat](#) and [Less Than Two Breasts](#) for flat women and AFC supporters to participate in breast cancer awareness events during the month of October. Our mission is to Put Flat on the Map as an equal option to breast mound reconstruction, to embrace body positivity and celebrate survivorship.

###