



*truth about*

B R E A S T  
I M P L A N T S

[www.truthaboutbreastimplants.net](http://www.truthaboutbreastimplants.net)



**“The only thing necessary for the triumph of evil  
is for good men to do nothing.”  
Edmund Burke**

The information provided in this Guide is not intended to diagnose, treat, prevent or cure any disease or condition. It is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional nor to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes.

Renee Kacz and Ricci Jess do not provide a second opinion or in any way attempt to alter the treatment plans or therapeutic goals/recommendations of your personal physician. This Guide provides personal stories and accounts of the authors’ journeys with breast implant illness.

For the avoidance of doubt, this Guide is provided in the authors’ personal capacity. At no time is medical or legal advice provided.

Before undertaking changes to your health or health care regime it is important that you educate yourself and consult with your health care professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. Seek immediate medical attention if you experience any unanticipated changes to your physical condition at any time. You must consult a qualified medical professional if you have any questions concerning your medical condition or breast implants.

By reading this Guide you acknowledge that it is an information service only, and that you are solely responsible for (at your own discretion) deciding (or not deciding) to take action about your breast implants.

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# Get Connected

Hello!

Thanks for downloading this guide – Truth About Breast Implants.

We're Renee & Ricci, survivors of breast implant illness (BII). We created this support resource for people with breast implants that might be wondering if they have BII, and if they do, the next steps to take.

Look, we're not doctors or medical professionals, we're not here to treat or diagnose anything. Our intention with creating this guide is to help women just like you to make your BII journey easier.

When we first learned about BII we were so sick, foggy-headed and completely overwhelmed and didn't know the next best step to take (or what other women were doing to help themselves).

We had to learn all this information the hard way and we don't want you to have to go through that same fear and frustration that we did.

Please know that if you feel you have BII, there is a lot of support out there and you can absolutely get better. Please do not feel scared. Tens of thousands of women have walked the path you're on, and you can get the right support.

A photograph of two women standing in a field of sunflowers. They are both wearing light-colored, flowing dresses and have their heads bowed and hands clasped together in front of them, suggesting a moment of shared prayer or support. The background is a bright, sunlit field of yellow sunflowers.

**You're invited to join our supportive and dynamic Facebook group if you want more help or to connect with other women on this journey**

**<https://www.facebook.com/groups/truthaboutbreastimplants/>**

# Get Connected



Follow us on Instagram, as we share stories from thousands of other women (click on the icon to the left to connect)  
[http://instagram.com/truth\\_about\\_breast\\_implants/](http://instagram.com/truth_about_breast_implants/)



Join our community of supportive women who have been through or are going through the BII journey (click on the icon to the left to connect)  
<https://www.facebook.com/groups/truthaboutbreastimplants/>



Follow our Facebook page for updates, and to be able to learn from a distance without being involved in a community (click on the icon to the left to connect)  
<https://www.facebook.com/toxicitits/>

## Our Stories: Renee



**Pre-implants at age 20**

I first implanted in 2005 right before my 21st birthday – at the time I thought it would be an amazing birthday present to myself... little did I know at the time that decision would cost me dearly for the next 13 years.

When I saw my surgeon he explained that breast implants were perfectly safe and that officially he was meant to tell me that I'd need to replace them every 10-15 years, the reality with these 'new' ones was that they could last a lifetime.

I didn't realise that at the time the US Food and Drug Administration (FDA) had a ban on silicone breast implants due to safety concerns.

And as it turned out, my implants were the defective PIP implants, which were made by a dodgy French company that filled them with all kinds of extra nasty ingredients, like industrial grade silicone and more.

In 2012 I heard about the PIP recall, the implants were found to have a high rupture rate (this is where they burst) and I had a Perth surgeon remove my old PIP implants and replace them with smaller, more natural textured silicone implants.

The surgeon confirmed that these new implants were safe and of course I believed him. He said they would likely be life-long devices...

I was self-conscious about people noticing I had implants. I get it, a lot of girls love that implant look, I didn't. I was very private about my implants, most of family didn't even know I had them, and my friends sure didn't! When I had my implants replaced I went smaller just so they would look even more natural.

In 2012 I did consider removing them altogether... but to be honest, I was too scared. I was working as a lawyer at the time, and I didn't want to be talked about or judged by my colleagues. In hindsight, I'm sure they would have been more than supportive, but I was so private about my boobs that I just didn't want anyone to know that I had fake breasts.



**Post-implants at age 21**

## Our Stories: Renee

In December 2017 I explanted – had my breast implants removed, for good! What led me to that decision was because I had been so unwell since 2007, and I only continued to get worse. I had tried everything and was doing everything. I mean EVERYTHING to get better, and nothing worked.

Over the years I had breast implants my symptoms were:



**Adult Acne**



**Eczema**

- Medically diagnosed heavy metal toxicity (twice) – turns out silicone implants aren't just made of silicone! Mine were filled with over 40 different heavy metals and toxicants
- Eczema – it was beyond painful, what the photo doesn't show is the micro blisters that covered the area that constantly oozed pus
- Inflammatory disorders
- Medically diagnosed low level chronic inflammation – this makes sense (now!) because the body always fights to push out foreign objects, anyone with implants will have inflammatory issues because the immune system is constantly fighting to push the implants out of their body. It's not physically possible to not have that reaction
- Medically diagnosed gluten intolerance
- Distended gut and severe bloating – I looked like I was six months pregnant, no matter what I ate or didn't eat or how much exercise I did
- Anxiety – medically diagnosed
- Depression – medically diagnosed
- Ongoing parasite infections – my research has shown me that as the silicone from the implants breaks down in the body and produces a bio film, it causes a fungal overload making the gut susceptible to parasite infections. From 2011 until 2017 I suffered from ongoing parasite infections, I would get the problem treated and it would continually recur. This stopped after I did a final treatment after explanting, now I'm parasite free
- Medically diagnosed stage three adrenal fatigue

- Adult acne
- Hormonal imbalances
- Chronic thirst – I would wake every morning extremely thirsty and unable to quench my thirst no matter how much pure, clean water I drank
- Headaches every morning – which I now know was from the toxic load my body was under from the implants. As soon as I explanted the headaches stopped
- Inability to tolerate alcohol
- Mood swings
- Irritability

## Our Stories: Renee

- Medically diagnosed inability to produce serotonin and dopamine – these are your feel good, happy hormones! And I had none. Hence the depression and anxiety. This was from the parasites and the impact they had on my gut
- Chronic low energy
- Inability to exercise – for the year before I explanted I couldn't physically exercise. I love to keep fit and be active, but my body felt like it just couldn't get the energy from my cells into my limbs to move. When I did push myself I would be so tired I'd have to sleep immediately afterwards and would be wiped out for days. Now I no longer have that problem and chronic back pain is finally going away!!
- Memory loss
- Medically diagnosed IBS
- Medically diagnosed PCOS
- Inability to string sentences together and forgetting words
- Chronic low iron levels – turns out this is common when you have heavy metal toxicity because the metals prevent the absorption of iron into the body
- Severe period pain – it was so bad that I would have to take a day off work, I would be physically ill, curled up in a ball in the bathroom in so much pain
- Medically diagnosed endometriosis
- Arthritis precursors
- Night sweats
- Cold extremities, even in the middle of summer
- Hair loss – I lost nearly half my hair over the years. Since explanting my hair dresser has been shocked, when I last saw her she noted all the new hair growth and said "wow, it's like this is the hair of a completely different person! It's so much thicker and healthier than I've ever seen it"



**Eczema**

## *Our Stories: Renee*

Throughout 2017 my health kept getting worse and worse. But I was doing EVERYTHING right. I mean everything!! I didn't drink, didn't smoke, didn't party, dang, I was in bed by 9pm most nights. Wouldn't drink coffee, would eat a strict organic wholefood diet (nothing from a packet, tin or processed). Still, I was getting more and more sick and tired.

I'd drink freakin spring water and occasionally some kombucha for crying out loud! It's not like I was living it large.

I didn't get it. I was doing soooooo much, but getting sicker and sicker. But because BII symptoms are chronic illness symptoms, it's not typically something you can see. So as much as my friends and family loved me, they didn't get what I was going through.

I saw countless doctors, naturopaths, anyone and everyone that I thought might be able to help. And they seemed to think I was "okay". But I wasn't. It's not okay for a 33 year old who looks after themselves so well to need one to two naps a day just to function!

It's not okay for a woman in her prime to be racked with depression and anxiety. It's not okay for a woman that looks after herself that much to physically be unable to exercise.

I'm not religious, but throughout 2017 I literally prayed every day. I was scared I had cancer or something really sinister. I was praying, "please help me find out what's wrong with me. Please guide me to be well again."

I knew what it felt like to not just feel well, but to be thriving. And I knew I could get there again but there was a missing piece...

And then I stumbled on an article... it was about a woman who had breast implant illness. To be honest, if I hadn't tried literally everything else then I probably wouldn't have believed it. But it was the only stone left unturned.

As I read her symptoms it was then that I knew I had to get my implants out ASAP because they were destroying my life, destroying my health and I couldn't live like that a minute longer.

I researched more and more about BII, and it was hard because I was so foggy headed, overwhelmed and scared. I didn't want my implants to be making me ill... but I had to find out.

I saw my GP for a referral to my plastic surgeon so I could explant. Well, wasn't that a laugh! The doctor I went to wasn't educated on breast implant illness. Instead of telling me she hadn't researched it and would need to look into it, instead, she diagnosed me with endometriosis.

No, she didn't run any tests. But she did diagnose me and then prescribe medication that she told me I'd need to be on for the rest of my life...

That's not all. She went on to diagnose me with an autoimmune disorder – again, no

## *Our Stories: Renee*

testing done! She did push to refer me on to a GI specialist to which I responded “I think you’re missing the issue. I have breast implant illness and all my symptoms are explainable by that. Why don’t we reassess the situation say 3-6 months after I explant, if I still have those issues then sure, let’s see what else needs to be done.” The dang doctor disagreed with me!

Thankfully I did not take her advice. Immediately after explant my “endometriosis” cured itself! In the 6 months since explant 95% of my symptoms have resolved. And no, I do not have an autoimmune disorder.

I saw my surgeon, Dr Tim Cooper, and he was incredibly supportive of helping me explant, and doing it en bloc (the only method you should use to remove your implants), and he said he would do whatever I wanted to help me feel better again and if that meant explanting and doing it a certain way, he would do that because he just wanted me to feel 100% happy with my body again.

So that’s my story in a nutshell.

At the time of writing this I’m 8.5 months post explant. The only symptom I have left is that my energy levels are still recovering. I do not need naps in the day anymore! And every single day I feel my brain power improving and my energy levels increase. All my other symptoms have disappeared.

I’m sure some people will question whether implants were the cause of my illness. Well, the only thing I’ve done differently is to remove those toxic bags of rubbish, and my health and mindset are better than ever!



# Our Stories: Ricci



**Pre-implants Age 18**

At the age of 18 I was still very flat chested a 10AA and after being teased by boys at high school for my petite chest I was always self-conscious and thought by that age I was fully developed.

After researching for over a year I decided I wanted breast implants.

I wanted to feel like a woman, not being embarrassed to wear anything but padded bras, bikinis and I even got padded cups sewn onto my tops and dresses!

The pressure we are made to feel if we don't have the perfect body is ridiculous, what IS the perfect body and who defines it?!

At that age sadly I didn't even have it in my mind as an option to love my healthy young body the way it was! (And it was pretty damn fine tiny boobies and all).



**Post-implants Age 19**

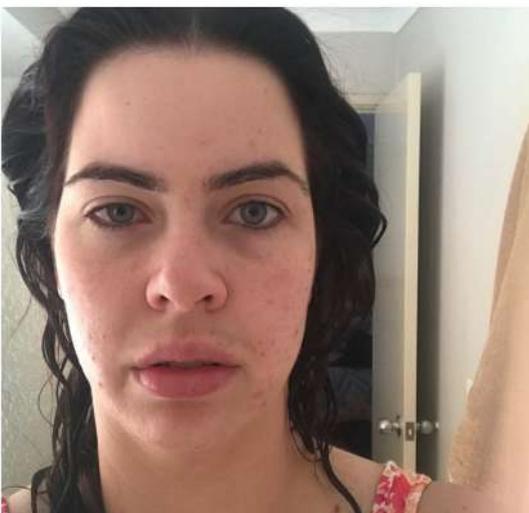
After an "embarrassing" experience at a modelling job for popular surf brand that I was doing showings for failing to fill out 90% of the swimwear range I was encouraged by the company that if I went ahead with my desire to get breast implants they would be able to continue using me for work.

It only concreted my decision and I went for a consult with a highly recommended surgeon in Perth. I went in assuming I would have saline implants as silicone to my knowledge was banned for being unsafe.

He told me he had a brand-new generation of silicone implant that had just arrived back to market.

He told me Saline rippled and needed to be changed every 10 years. This new silicone implant was a lifetime device and was basically indestructible and was impossible to leak due to the newly more cohesive filling.

He showed me an implant cut in half, my friend and I tried very hard to pull a piece of silicone out and we could not.



**Adult Acne**

## *Our Stories: Ricci*

I believed what the surgeon assured me, that they were safe.

I went ahead with the surgery and chose small implants, I wanted a "natural" looking chest.

Two weeks later in May 2003 I had Mentor cohesive gel highly textured 270cc implants inserted into my chest.

Surgery went well and I was back at work 2 weeks later.

My fitness modelling career took off but funnily enough it was where my fashion modelling days ended.

I went on for 14 years blissfully unaware of the havoc these devices were causing on my previous healthy young body.

I started developing anxiety, muscle pain, weight gain, inflammation and many other mild symptoms that could have been passed off as other things. Though after 4 years of fighting the foreign objects my immune system started to turn on itself developing an autoimmune inflammatory disorder.

After an acute injury and a particularly torn ACL which should have healed itself my knee not only didn't repair it got worse.

After finding what radiologists thought were cysts in the back of my right knee they decided to do an arthroscopy to remove them. When they got in there they found it was not cysts but my knee lining that had shrivelled up into balls due to the extreme inflammation, they proceeded to do a full synovectomy.

After surgery my knee could not heal, it was 100 times worse. It kept filling up with blood and fluid. The surgeons were stumped and did not know what to do with me. After 3 cortisone injections failed to help I was referred on to a top Rheumatologist that was also dumbfounded especially after my blood work came back perfect, except for an elevated ANA factor suggesting an autoimmune response to something but no Rheumatoid factor.

She shrugged off the mention of my breast implants and sent me off for Radiation treatment where a Neurological professor injected a radioactive isotope into my knee to burn out my knee lining over 4 days in an isolated room on the oncology ward.

This professor was also puzzled by my symptoms and lack of blood work to support them.

Upon returning to my Rheumatologist she said 'we don't know what to do with you but it looks like a duck and walks like a duck so we are going to call it a duck' and put me on an aggressive long term treatment plan of immunosuppressive drugs such as Methotrexate, plaquinol, sulphasalazine, oral steroids, anti inflammatories as well as countless aspirations and steroid injections plus monthly blood tests. This went on for ten years. I also tried every alternative treatment I could think of.

## *Our Stories: Ricci*

Over the years multiple joints got affected, my anxiety got worse, I was diagnosed with Hashimoto's thyroid, lupus, I also experienced fibromyalgia type symptoms, cold extremities, extreme chronic fatigue, chronic pain, chronic inflammation, tinnitus, recurring infections, vision disturbances, vertigo, extreme muscle pain and tension, memory loss, brain fog, headaches, bone and nerve pain, insomnia, chronic sinusitis, choking feeling, excessive bruising.

At the 8 year mark I saw my implanting surgeon for a check-up prior to having children, he assumed I was only there because I wanted bigger breasts and was puzzled when I asked only for a check-up and questioned some scar tissue that was becoming visible. He didn't even examine them or ask me how my health was... remembering I was unknowingly part of a study to see if the new generation of implants made women sick like the old ones did.

He sent me on my way and told me to come back after having my children.

3 years later after finishing breast feeding my second child I developed capsular contracture, when I rang my implanting surgeon he had retired and closed his practice. I saw two different well recommended surgeons in Perth who both told me it was safe to leave as long as I had an ultrasound every 2 years to make sure there was no rupture.

Again they never mentioned anything about a my autoimmune issues being connected.

At this same time my anxiety went from bad to worse and I was put on medication. What was happening is there was actually tiny holes in my implant shell which was not detected on ultrasound as the scar capsule squeezed tighter and tighter around the implant more and more neurotoxins and endocrine disrupting chemicals were overloading my already overwhelmed endocrine system.



**Knee Reconstruction**



**Medical Images**

## Our Stories: Ricci

In fact, medication only added to this and made the symptoms worse... as with every other medication I was put on over the years it did not work and the doctors would only increase the dose. Eventually I ended up on 4 times my original dose and was still getting worse, I was having panic attacks to the point I couldn't breathe which scares me and my children, I felt like I was going crazy.

After 14 months the pain of the capsular contracture got unbearable and the implant was literally poking out of my skin. Although we did not have the funds the implants had to come out. We got a credit card to fund the surgery.

I had consultations with 3 different surgeons and asked every one of them about just taking them out and not replacing. At this point I had no idea about Breast Implant Illness, it was just a gut feeling, a voice in my head screaming at me to get these things OUT. Every surgeon talked me out of it and told me I would be extremely unhappy. At no point did any surgeons ask me if I was experiencing any of the health complications that these devices were previously banned for.

In the end I apprehensively decided to take the advice of the surgeons and replace the implants after the capsular contracture was corrected.

6 nights before my surgery I was researching the new found risks of ALCL a comment under the article lead me to an Australian support page for breast implants illnesses.

Straight away it all made sense... the only stone left unturned in my pursuit to regain my health. In my gut I never accepted the diagnosis of Rheumatoid Arthritis, I wasn't sure if I was in denial but my gut proved right.



**Evidence of Healed Arthritis**



**Glowing Again  
4-weeks Post Explant**

## *Our Stories: Ricci*

That night I cancelled my surgery via email booked in with Perth Explant specialist Dr Mark Lee, he managed to squeeze me into a cancellation and I had explant surgery that week.

The night of surgery I regained full range of movement in my knees and knelt down on to my knees for the first time in 10-years to my hospital bag.

All of the other symptoms started to disappear and over the next few months I slowly weaned myself off all of my medication. 3 months later I was completely medication and symptom free.

All I take now is 50mg of Thyroxine to assist my slightly underactive thyroid which is heredity, the Hashimotos is in remission.

Unfortunately my issues didn't completely end there.

After not being able to extend or bend my knee for 10-years the muscles around my knee that protect the knee from hyperextension had severe dystrophy.

4 months later being silly I jumped and my knee completely hyper extended backwards and snapped my ACL... this knee that previously could not straighten let alone straighten so much so that it could hyper extend backwards.

During knee reconstruction surgery, only five months after explant, my surgeon said my knee joint was completely healthy and had zero arthritis... a knee that had previously been treated aggressively for 10 years for "rheumatoid arthritis" and he gave me photographic evidence.

If I was told there was even a 5% chance the implants were even contributing to my autoimmune illnesses I would have taken them out 10 years ago. Instead I was sent on a wild goose chase and left to eventually diagnose myself and heal.

Someone gave me the gift of putting me in front of the information, I can't even remember her name but I feel like I owe her my life. I feel it is my duty to share this information with as many people as I can. Any woman I can help from going through what I have or help put the pieces together on the reason behind their health issues makes my journey worth something more than an uneducated mistake.

Still not convinced about breast implant illness? That's okay... you can scroll through the stories of dozens of other women we've included at the back of this Guide. And if you want more stories, simple go to our Instagram page for hundreds of women's encounters with  
BII: [https://www.instagram.com/truth\\_about\\_breast\\_implants/](https://www.instagram.com/truth_about_breast_implants/)

# What Is Breast Implant Illness

People suffering from Breast Implant Illness, or BII, appear to exhibit a remarkably similar constellation of symptoms, often vague but can be very severe.

Commonly, they have been too many doctors, gone through numerous tests or tried various treatments without a resolution. From the tens of thousands of women we have connected with through the BII support community, they all have one thing in common. When they remove their implants most if not all of their BII symptoms disappear.

We're not doctors or scientists, but from the information we've been given, it's our honest and reasonable belief that there's two factors that cause BII:

1. toxic load from implant ingredients; and
2. the impact of constant chronic inflammation caused by the immune system response to the implants.

## Toxic Load

We were sold implants as being safe and inert. We were told they are strong and rarely rupture.

Silicone is not in fact "inert" and is accompanied by over 40 toxic chemicals used to make the silicone into a cohesive gel and the outer shell of the implant.

Did you know even saline implants have a silicone shell?

The full list of all ingredients contained in breast implants is protected under trade secret law and is not required to be disclosed to patients or even doctors. Which means that people who elect to have breast implants are never fully informed about what is going into their body and the multi-billion dollar companies are protected so that they can keep the implant ingredients top secret and keep making money while we get sicker and sicker.

From what we've seen from removed implants, they all leak from the moment they are put in. They sweat, bead and bleed. Even brand new one not yet inserted.

Many saline implants become mouldy inside and pose a serious health risk, especially if ruptured. Often, explanting surgeons elect to release the "saline" water (which has become mouldy) into the patient before removal - as no prior testing is done of the implant contents this can be fatal or cause severe ongoing health issues.

The rupture rate is higher than ever and the cohesive gel turns into a chemical sludge being in a warm environment for years upon years.

These chemicals are directly being leached into our cells and blood stream via the tiny blood vessels in the scar capsule our body creates around the foreign object.

As with any toxin our body will try and eliminate it though as the implants provide a constant stream of toxins the body can simply not keep up.

# What Is Breast Implant Illness

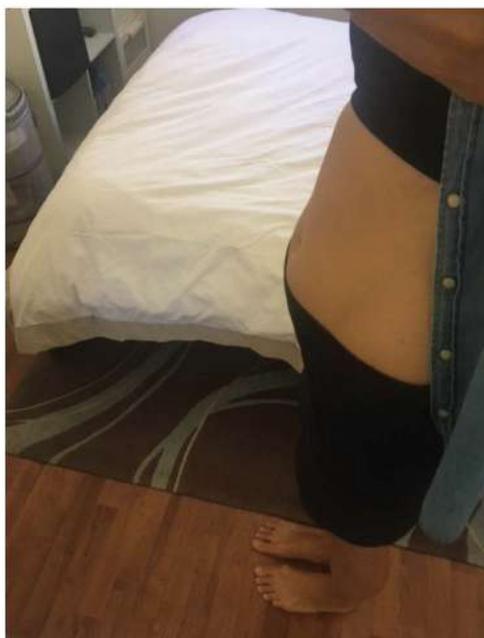
## Chronic Inflammation

If you or a loved one have breast implants and you think you feel fine – the truth is, you are affected by your implants. It's physically impossible not to be. If you feel good, that's great. But think about how much better you'd feel without the constant stress they're putting on your immune system.

Our immune systems start fighting any foreign object from the moment of entry. It will create and autoimmune inflammatory reaction setting off a fight or flight response which will put load on all parts of our body by putting it in a panicked state.

This causes major stress to the endocrine system, creating adrenal problems, thyroid issues, hormone imbalances, anxiety, fatigue, insulin and blood sugar levels to change and inflammation to name a few.

After years and years of the immune system fighting it will eventually turn on itself and start fighting good cells creating many autoimmune symptoms. We feel this is why many women with breast implants are diagnosed with auto-immune disorders, in fact, both Renee and Ricci were diagnosed with these and 100% recovered after having their breast implants removed.



**Gut Inflammation**



**Gut Inflammation**

# Breast Implant Illness Symptoms

Tens of thousands of women with breast implants and BII have confirmed that breast implants cause an array of symptoms. From minor to debilitating. Some may suffer from most while others only a few. It is important to remember everyone is different and this illness can present itself in many different ways.

It should also be noted that these symptoms arise from ALL types of breast implants. No "type" is considered safe, be it Saline, Silicone or "gummy bears" aka cohesive gel. As with the smooth and textured surfaces. They are all capable of making women ill.

- Autoimmune issues
- Chronic inflammation
- Anxiety, Depression, Panic Attacks
- Adrenal fatigue
- Chronic Fatigue
- Joint, muscle and bone pain
- Fibromyalgia symptoms
- Raynauds symptoms (cold extremities)
- Connective Tissue disorder
- Stomach pain
- Bowel and Bladder issues
- Insomnia
- Brain fog
- Difficulty word finding
- Trouble communicating
- Poor Concentration
- Chronic Sinusitis
- Yeast and Bacterial infections
- Skin rashes and sensitivity
- Vision Disturbances
- Ringing in ears (tinnitus)
- Headaches and tension
- Sharp pains in breasts and down arms
- Unexplained Weight gain or loss
- Food intolerances
- Nausea
- Metallic taste in mouth
- Swollen/painful lymph nodes
- Heart palpitations
- Shortness of breath
- Night sweats
- Hormonal issues
- Vertigo
- Fever/Chills
- Poor Body Temp Regulation
- Muscle weakness
- Sensitivity to light and sound
- Difficulty swallowing
- Choking feeling
- Hair loss
- Dry Skin and Hair
- Acne
- Slow Healing
- Recurring Illness
- Dark puffy inflamed eyes
- Feeling of constant dehydration
- Limb numbness
- Pins and needles
- Memory loss
- Suicide

The following is an excerpt from breast implant manufacturer "Allergan" in their 'Patient Labelling' document, found on the FDA website here:

<https://www.fda.gov/downloads/MedicalDevices/ProductsandMedicalProcedures/ImplantsandProsthetics/BreastImplants/UCM245622.pdf>

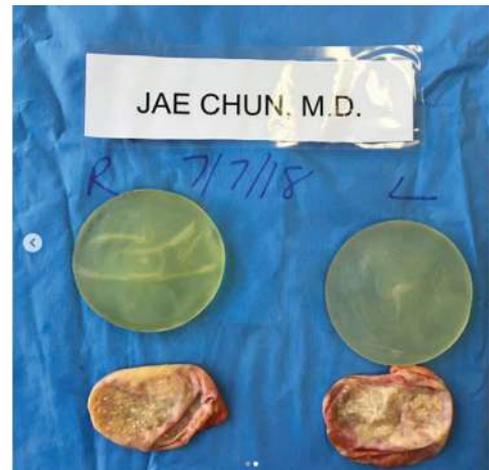
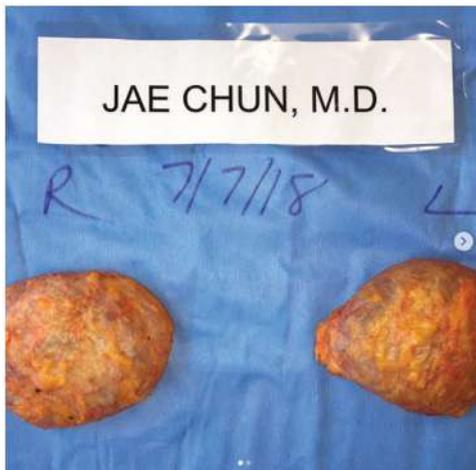
*"In several studies, a higher incidence of suicide was observed in women with breast implants. The reason for the observed increase is unknown, but it was found that women with breast implants had higher rates of hospital admission due to psychiatric causes prior to surgery, as compared with women who had breast reduction or in the general population of Danish women."*

Further, the manufacturer also confirms that breast implants do leak from intact implants. Meaning, breast implants do not need to be ruptured to be leaking silicone and other toxic compounds into the body.

*"Small quantities of low molecular weight (LMW) silicone compounds, as well as platinum (in zero oxidation state), have been found to diffuse (bleed) through an intact implant shell."*

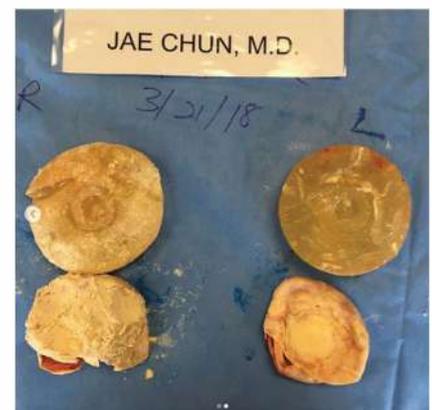
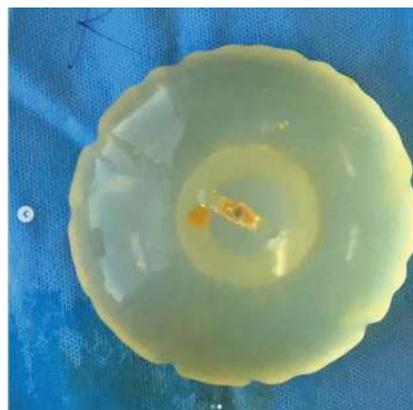
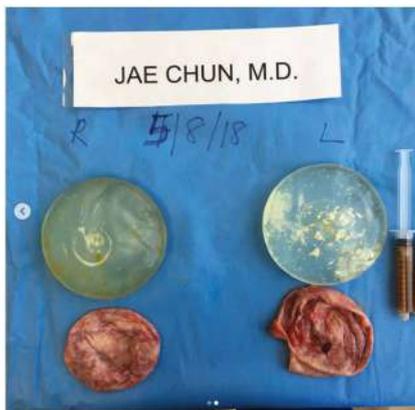
# Breast Implant Illness Symptoms

With special thanks to  
Dr Jae Chun M.D.



"En-bloc total capsulectomy and removal of intact silicone implants. Probably polyurethane implants with **noticeable silicone bleeding** (microscopic silicone leak even with intact implant shell). Also heavy calcifications seen in parts of capsules. 7/7/2018. There is a Facebook Live video of this case."

Dr Chun is a leading plastic surgeon and specialises in the removal of breast implants. Check out his Instagram feed for the shocking impact of breast implants, @jchunmd1



"Total capsulectomy and removal of intact submuscular saline implants. 5/8/2018. Significant fluid buildup around left implant and contaminated left implant fluid. Probable sterile empyema (remnant of old infection) Pending lab test results. There is a Facebook Live video at H Jae Chun MD page."

"En-bloc total capsulectomy and removal of intact saline implants. 6/19/2018. **Right implant with "things" floating inside.** There is a Facebook Live video at H Jae Chun MD page."

"En-bloc total capsulectomy and removal of ruptured (right) silicone implants. 3/21/2018. Heavy calcification seen on both implants but the right side was really bad. Right ruptured implant with a large visible rip."

# Breast Implant Illness Testing

If you think you might have breast implant illness, here's some of the tests we and women from the BII community have had done to diagnose the symptoms that many of us experience from our breast implants, and that subsequently mostly heal after explantation.

- ANA (Antinuclear Antibodies)
- 25 OHD (vitamin D)
- Homocysteine
- Red cell folate
- Iron studies (including free, ferritin etc.)
- Lipid Studies (including HDL, LDL)
- Triglycerides
- Leptin
- Blood glucose
- Blood insulin
- Hair Tissue Mineral Analysis (HTMA) or an Oligoscan (heavy metal testing)
- HbA1c
- FBC (full Blood Count)
- LFT (Liver function test)
- Plasma zinc
- Serum copper
- Ceruloplasmin
- Thyroid antibodies
- Thyroid receptor antibodies
- TSH, T3, T4
- rT3
- Whole Blood histamine

# Breast Implant Ingredients

Please note that the full ingredient list is protected under trade secret law and is not required to be disclosed to patients or even doctors.

This means that people who elect to have breast implants are never fully informed about what is going into their body and the multi-billion dollar companies are protected so that they can keep the implant ingredients top secret and keep making money while we get sicker and sicker.

- Methyl Ethyl Ketone (neurotoxin)
- Cyclohexanone (neurotoxin)
- Isopropyl alcohol
- Denatured alcohol
- Acetone (neurotoxin)
- Urethane
- Polyvinyl Chloride (neurotoxin)
- Amine
- Toluene (neurotoxin/carcinogen)
- Dichloromethane (carcinogen)
- Chloromethane
- Ethyl Acetate (neurotoxin)
- Silicone
- Sodium fluoride
- Lead based solder
- Formaldehyde
- Talcum Powder
- Oakite (cleaning solvent)
- Methyl 2-cyanoacrylate
- Hexon
- 2-Hexanone
- Thixon-OSN-2
- Stearic acid
- Zinc Oxide
- Naptha (ruber solvent)
- Phenol (neurotoxin)
- Benzene (Carcinogen)
- Lacquer Thinner
- Epoxy Resin
- Epoxy hardener 10 & 11
- Printing ink
- Metal cleaning acid
- Colour Pigments
- Heavy metals
- Silica
- Ethylene oxide (carcinogen)
- Xylene (neurotoxin)

# *BIA-ALCL: The Breast Implant Cancer*

Breast Implant Associated Anaplastic Large Cell Lymphoma (BIA-ALCL) is a man-made cancer caused only from breast implants more commonly seen with textured implants. The fact is, women are dying because of breast implants.

It is a type of lymphoma that develops in between the implant and the surrounding scar capsule.

At 28 Nov 2019 there had been 76 cases reported to the Therapeutic Goods Administration (TGA) in Australia alone, and this number continues to rise. At least 4 women in Australia have died from this illness.

However, this number is grossly under representative of the true number of women who are or have suffered from BIA-ALCL because many plastic surgeons are unaware of this illness and women are not being properly diagnosed.

For both Renee and Ricci, they had been seeing medical practitioners for over a decade each, both suffering with BII, and not one practitioner ever noted that their implants could be the cause. Further, most women we see in the BII community only find out about BIA-ALCL through being educated by other women in the community and it's only through pushing their medical professional to test for the illness that they finally get a diagnosis.

In Australia, the rate of BIA-ALCL is as high as 1 in 1,000 women with implants. Yes. Think about that for a second. Up to 1 in 1,000 women with implants get BIA-ALCL... That's huge.

## **Symptoms**

If you develop swelling of an implanted breast it would be helpful to urge your doctor to send you for an ultrasound to see if this is due to a fluid collection. If fluid is present, request that it is aspirated and tested for cd30.

Mammograms are not helpful for diagnosing BIA-ALCL.

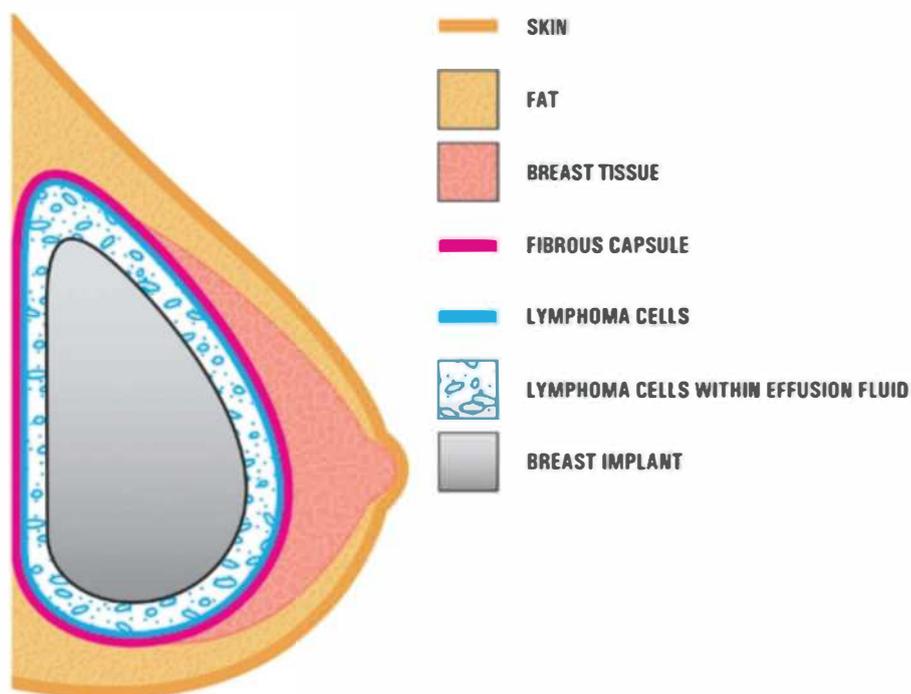
Other investigations such as MRI and CT-scans would typically be done if the laboratory analysis of the fluid confirms a diagnosis of ALCL.

The following information is from the TGA website:

- Breast implant-associated ALCL is a rare type of cancer.
- It usually involves a swelling of the breast, typically 3 to 14 years after the operation to insert the breast implant. This swelling is due to an accumulation of fluid. Breast implant-associated ALCL has been known to occur as soon as 1 year after the operation and as late as 37 years after the operation.
- Less commonly, breast implant-associated ALCL can take the form of a lump in the breast or a lump in the armpit.

# BIA-ALCL: The Breast Implant Cancer

- If you notice any of these problems (swelling or a lump), or have any other concerns with your implants, you should seek medical attention.
- Most cases of breast implant-associated ALCL are cured by removal of the implant and the capsule surrounding the implant.
- To date, no Australian cases have been reported in women who have only had smooth implants.
- All Australian cases have occurred in women who have had textured or polyurethane implants.
- Based on the currently available data:
- It is uncertain whether textured (either micro or macro) and polyurethane implants carry different risks.
- It is uncertain whether different brands of textured and polyurethane implants carry different risks.
- It is not possible to predict which women with textured or polyurethane implants will develop breast implant-associated ALCL.



## Cure

Most cases are cured by removal of the implant and capsule surrounding the implant. Usually your doctor will remove both implants, even if breast implant-associated ALCL has only occurred in one breast. This is because there is a small but real risk that breast implant-associated ALCL can develop in the opposite breast.

Sometimes there is a solid lump (not just fluid). In these cases, chemotherapy or radiotherapy may be suggested by your physician.

# Deciding to Explant: Step-by-Step

## What's the Process?

If you think you might have BII and are considering explanting, please do your research first because not all surgeons are as supportive or understanding. First and foremost – it's YOUR body and YOUR choice!!

### Step 1:

If you want to know more information about BII or explanting you could start by accessing local BII support groups (join ours here: <https://www.facebook.com/groups/truthaboutbreastimplants/>) and get recommendations for explant surgeons in your area.

### Step 2:

You will then need to go to your GP and ask for a referral to see your chosen surgeons. It may come down to getting a couple of referrals, consults and quotes to see which surgeon is the right fit for you.

At this time you may also like to request the testing mentioned above.

## Selecting the Right Surgeon

### Step 3:

Make sure they are a board certified plastic surgeon not a cosmetic surgeon.

Most importantly you need to find a surgeon that will agree to an enbloc capsulectomy. A surgeon that is understanding of Breast Implant Illness and experienced in explant is important too and will make a very big difference to the end result of your surgery.

## Why You Must Explant Via En Bloc Capsulectomy

Removing implants via enbloc capsulectomy is an absolute MUST! This means that the implant is removed with the fleshy capsule that your body grows around the implant, still in tact.

This helps prevent further contamination leaking from the implant. Many ruptures are not found until explant.

The scar capsule is full of toxins and chemicals from the implants and may be calcified. The body also sees the scar capsule as a foreign object due to the high levels of foreign matter in it. If the capsule is left inside the body it will continue to grow which means:

1. you can still contract BIA-ALCL even with your implants removed; and
2. as the capsule grows it can constrict other organs, such as your heart and lungs.

Renee and Ricci have both met many women in the BII community who have had ultrasounds that "confirmed" their implants were intact, but upon enbloc explantation, when their surgeon opened the capsule they found the implant had ruptured. One of Renee's friends' had her implants removed and after the surgeon removed the capsule the implant exploded in front of him!

# Deciding to Explant: Step-by-Step

## Questions to Ask Your Surgeon At Pre-Surgical Consult

### Step 4:

When you see your surgeon, ensure you print this guide and take these questions with you when you see your surgeon. If your surgeon questions you, your decision or tells you that "you need to replace" your implants - walk out of that office IMMEDIATELY!!

If you have any indication that your surgeon does not support your decision they may not follow your requirement to have the procedure done via en bloc capsulectomy - which will likely result in further surgeries and you will still have a risk of contracting BIA-ALCL.

Are they a board certified plastic surgeon? \_\_\_\_\_

How many enbloc capsulectomy explants have you done? \_\_\_\_\_

Are they committed to removing all scar capsule from your chest? \_\_\_\_\_

Will they send your capsules off for testing? ) \_\_\_\_\_

Can you keep your implants? \_\_\_\_\_

(Note that in Australia it's up to the hospital as to whether you can take your implants home after surgery. The hospital is not permitted to decline your request to keep your implants. At most, they may require that they are sent to pathology after surgery to be held securely and you collect them from pathology. Breast implants are your property. The hospital/ surgeon are not permitted to withhold them from you.

If you do want to retain your implants for possible legal action, it's best you do not ever have them in your custody and instead they are stored with a pathology or similar lab for safe keeping - you will need to arrange this and pay a storage fee. Ensure you explain clearly that they are to be kept there to avoid a break in the chain of command.)

What medication will be used during and after explant surgery? \_\_\_\_\_

(Many women have found they are able to avoid using pain medication altogether, or only mild pain relief the day after surgery.)

Will the stitches be dissolvable or do they have to be removed? \_\_\_\_\_

Will any foreign materials be used such as staples, permanent stitches? \_\_\_\_\_

Do they swab your chest pocket during surgery to check for bacteria/ microorganisms that may be growing there? \_\_\_\_\_

What are the signs of infection after explant? \_\_\_\_\_

Under what circumstances will insurance and medicare cover an explant? \_\_\_\_\_



# Deciding to Explant: Step-by-Step

## What To Do Before Explant

If you think you might have BII, or are considering explanting, many women in the BII community have found that switching to a wholefoods diet makes a massive difference to their symptoms.

Due to the chronic inflammation caused by the implants, we start to develop inflammatory disorders and often food allergies and intolerances.

Switching to a wholefoods diet can help to reduce the impact of this. A wholefoods diet is pretty simple. It's eating food as it came from the earth or animals.

So that means, no packet food, tinned food or anything processed at all. Ideally, eating organic as well, to cut out exposure from pesticides, fungicides and herbicides.

We both embraced detoxing with things like zeolites, chlorella, activated charcoal and bentonite clay to help remove toxicity from the body. As well as supplementing with medicinal mushrooms, superfoods and apoptogenic herbs.

We're not legally permitted to prescribe any of the above, but feel free to do your own research and seek the support of a well-educated health care practitioner that understands the health issues caused by ongoing heavy metal and other toxicity exposure and inflammatory load caused by breast implants.

Our Facebook community is an amazing resource for connecting with other women local to you who can recommend health care professionals that have helped on their healing journey.

Another hot tip is to limit sun, heat exposure and avoid saunas prior to explanting - exposure to heat encourages the further release of toxins and can make you feel worse.



# Cost of Explant

The cost of explant differs depending on which country you're in.

In Australia, provided that you have a referral from your GP to your plastic surgeon for health concerns that you believe are caused by your implants, and those health concerns are causing you mental anguish, your GP will provide a Medicare item number because the matter is medical, not cosmetic.

This means that when you see your plastic surgeon, part of the fees are covered by Medicare and provided you have private health cover, your health fund may cover part of the cost also. Explants are now also being done in the public system for those that qualify.

Some factors that will gain at least some contributions from your private health insurance, medicare and or implant manufacturers are Stage 4 Capsular contracture, Rupture and BIA-ALCL.

Clearly stating your symptoms, e.g. persistent burning pain around the breast and shooting pain down the arm, if you experience this may help you case too, be sure to tell the surgeon all of the symptoms you are experiencing.

Cost of explant is dependant on many factors especially the length of stay in hospital if you do not have hospital cover for your procedure. Some women stay in 2-3 nights, some over-night, some day surgery. I have even heard of two women in the US have the enbloc capsulectomy explant surgery in the doctor's rooms under twilight and local!

We recommend getting three quotes as fees vary greatly from surgeon to surgeon.

## Funding and Support Options

In Australia, due to the out of pocket cost of explant many women access early release of superannuation (compassionate release). Your surgeon will need to fill out this form for you. Importantly, you must apply for this release before you have the surgery, you cannot apply for the release to cover surgery you have already undertaken.

# FAQs & Common Myths

Here we have noted some of the common myths or misconceptions people have when they learn about breast implant illness...

## "I have implants and I'm fine"

Unfortunately, that's not true... If you have breast implants it's not physically possible to be okay as you have a chronic inflammatory overload. This is a documented scientific fact.

If you don't notice symptoms that's fantastic, but imagine how much better you'd feel without that constant overload on your immune system. BII is a chronic illness and that means it takes time to notice symptoms and they can build up slowly over time (for some women those symptoms are more obvious immediately).

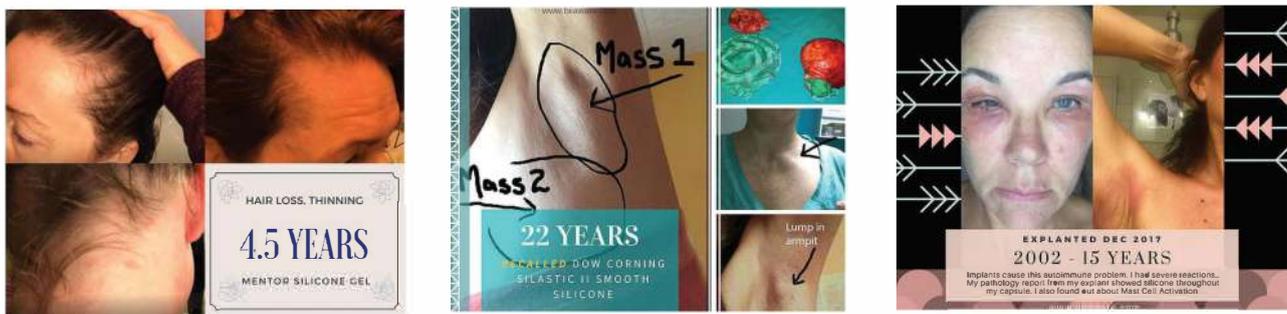


Image source: [www.biiawareness.com](http://www.biiawareness.com)

## "How do I know if my implants are leaking?"

Due to the nature of implants, they leak from the moment they are put in. They sweat, bead and bleed. Even brand new ones not yet inserted. Please refer to page 18 of this Guide for confirmation of known ongoing leakage of implants by implant manufacturer Allergan.

You can have an ultrasound or MRI to detect a full-blown rupture though more than 50% of ruptures are not detected until explant, even ones that are ripped open.

Ultra sounds have a high false negative, which means that they often say that the implant hasn't ruptured, but in fact, the data provided is inaccurate.

The scar tissue (known as a "capsule") that the body forms around the implant keeps them in place and in shape somewhat. Most people are shocked to find that their implants are ruptured.

## "The scar capsule will stop the chemicals going through my body"

Scar capsules are made of our own cells and attached to the rest of cells in close proximity to major organs and lymph nodes. The scar capsules have tiny blood vessels in them which acts like a delivery system pumping the toxins all over our body.

## "I have saline implants so I'm safe"

All Implants have a silicone shell which the body breaks down. Air eventually gets in the tiny holes in the shell creating the perfect environment for mould and biotoxins to grow which is then leached into the body the same way the air got in. Not to mention the autoimmune inflammatory response to the foreign object. Just as many people get sick from saline implants as they do from silicone implants.

Further, many saline implants become mouldy or grow other interesting looking things in them and this poses an additional health risk to women with saline implants, especially if they rupture or their surgeon releases the saline into their body prior to explant (which some surgeons do, under the false assumption that the water in the implant is sterile).

Please refer to the images from Dr Jae Chun's explants on page 19 above and note the contents of the saline implants.



**Mouldy Explanted Saline Breast Implant**

## "Is there any science that supports breast implant illness?"

Yes! In fact, the science behind breast implant illness is robust as it has been primarily conducted as independent (i.e. not funded by a company that pays for a specific result of that study).

There's so much science supporting BII we've dedicated an entire chapter of this book to share that information with you.

# Science Supporting Breast Implant Illness

The following is with special thanks to Nicole Daruda and is taken from a post dated 29 May 2018 from the Facebook BII support group, Breast Implant Illness and Healing by Nicole, <https://www.facebook.com/groups/Healingbreastimplantillness/> which has over 50,000 members.

*"The Science of Breast Implant Illness and Saline/ Silicone Implants*

*There is an important point to distinguish in regard to the science around silicone and breast implant safety. We get questioned about and asked for the science in regard to what we say as if there is a lack science that proves what we say however there is no lack of science to prove what we say.*

*The science that is actually lacking is the science that proves that breast implants are safe. This lack of safety science and specifically the long term safety of silicone and breast implants such as up to ten years has already been acknowledged by the FDA when they conducted their meetings discussing bringing silicone implants back on the market prior to 2006. At that time the FDA was discussing bringing silicone implants back onto the market and Dr Diana Zuckerman analyzed the so called safety studies that are regularly quoted by plastic surgeons and manufacturers and in her analysis it became clear and obvious that the the so called safety studies were too short, too small and included women who had implants for only a few months and these studies could not be considered as accurate and reliable studies for the long term safety of implants. In other words the so called safety studies quoted by manufacturers and plastic surgeons selling implants are junk science bought and paid for by manufacturers trying to dupe us into buying breast implants.*

*So the FDA decided that longterm safety studies should be done as part of the pre-market approval process when they approved silicone breast implants back onto the market in 2006. The manufacturers were supposed to do long term studies but they did not follow through with them and the FDA did not follow up on the manufacturers to ensure those studies were done. Now over ten years later since 2006, we still have no longterm safety studies regarding silicone and breast implants in the body. The science that is really lacking is the science that proves that breast implants are safe. It's obvious as to why these studies are never followed through on because they show the truth which is that silicone and breast implants cause profound negative health consequences.*

*In contrast, there is tons of science that shows silicone and breast implants are NOT SAFE and shows what we say is happening to us and here is some of that science:*

*[http://www.nyjism.com/.../Rheumatology/Silicone\\_Syndrome\\_Frank..](http://www.nyjism.com/.../Rheumatology/Silicone_Syndrome_Frank..)*

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## Other Ladies Stories

The following BII stories are from our Instagram page:  
[https://www.instagram.com/truth\\_about\\_breast\\_implants/](https://www.instagram.com/truth_about_breast_implants/)



RepostBy @dre.king.4.ifbbpro:

*"I'm not going to lie. It stings to see that. It stings more to see it naked. But it doesn't sting nearly as bad as the pain and loneliness to the unknown chronic symptoms I've had for years.*

*Being lost in this world. Hiding in my pain every day. The personal lonely fight and struggle to push myself and not give in every single day of my life. The endless tears and frustration. The pain I've put my family through.*

*Not being my best self for my people. Reaching a point where I've questioned giving up on myself.*

*That flat chest doesn't sting nearly as much as the continued lingering illness that I still have and will have for months or years to come. Nope. Not even f\*ckin close. I will always remind myself of this when my heart hurts when I see what I see.*

*Time will heal.*

*I am 6 days post explant on the right. The left picture was two months ago. That's a pic line in my arm for the weeks of antibiotics I needed to give myself daily for the double blood infection and intestinal infection I had going on.*

*Thanks #bii. Thanks #fakeboobs. Thanks doctors for saying they are safe for everyone. Thanks FDA for hardly spending and thoroughly testing for years before giving doctors the freedom to put them just anyone. Thanks western medicine for failing me over the years. Thanks doctors for blaming it on me being a tired mother a tired athlete. Or a mentally ill person. Thanks for not taking me seriously.*

*Hell, after all I've learned, I don't think anyone is safe. I lost years, precious moments, vacations, dates, reaching goals, excelling in work, my love life, enjoying people, enjoying mother f\*ckin life. My brain was always preoccupied to whatever was going on at the moment. #bii ran rampant in my brain emotionally for years. And I'm kinda angry about it. Continue the movement we shall. Changes are in order."*

# Other Ladies Stories

#RepostBy @breast\_implant\_fraud:

"Deep pockets of the pharmaceutical companies who run the medical industry. Connie Chung brought this forward years ago. It eventually got swept under the rug.

<https://www.nytimes.com/1993/03/20/us/breast-implants-found-to-irritate-immune-system.html>"

ARCHIVES | 1993

## Breast Implants Found to Irritate Immune System

By PHILIP J. HILTS



RepostBy @karissapukas:

"These don't make me any more of a woman... and that's something that I wish I had really, truly thought long and hard about"



RepostBy @sheaolay:

"SO DONE with these autoimmune rashes from the implants ☹️☹️My right implant bulge (got bigger near the end ☹️.)

The picture says it all ~ it was a sh\*t storm in my body !!!!!

3 months post explant & 95% better☹️#AMEN☹️☹️

Comment from @darlingtruel: "broke out with a rash exactly like that! It was horrible! I'm glad you are feeling better... Explant is a life saver!"



## Other Ladies Stories

RepostBy @dr\_corinavidgen:

"EXPLANT Three weeks ago I had my breast implants removed with their capsules. Hardly anyone even knew I had implants. Or maybe it was glaringly obvious 🙄🙄🙄.

I got them inserted 5.5 years ago at a time in my life where I mistakenly believed that I needed boobs to look and feel feminine.

These implants survived several half marathons, a few full marathons, one half Ironman & an ultra Marathon! They've survived CrossFit and being squished doing pull-ups & heavy chest press in the gym.

The decision to remove them had been weighing on my mind for a while but became a no brainer after some enlarged axillary lymph nodes, an inflammatory mass, increased risk of Breast implant associated ALCL with this type of implant and pain when I run.

In addition the TGA banned this implant type from being used in Australia in 2016 🙄🙄🙄 feel so much lighter in mind and body. And it's been a radical step in self-love and appreciation of my body and soul as a woman. I am completely flat chested and owning it 🙄🙄🙄



<https://www.mindbodygreen.com/articles/breast-implant-illness-symptoms-treatments-one-womans-story>



**I Wouldn't Have Gotten Breast Implants If I'd Known This Would Happen**  
Removing them saved my life.

## Other Ladies Stories

RepostBy @fitness\_ministry\_\_: FREEDOM  
FRIDAY

"☐☐ Today I'm free not only of my implants but I'm free of trying to morph into what the world says the ideal is.

☐☐ I'm free to fully be the woman God has called me to be.

☐☐ I'm free to raise two beautiful daughters and teach them what real beauty is, and now I can lead by example.

☐☐ I'm free of sickness, I've got my health back! Praise God!

*I feel fully alive, I feel beautiful and confident knowing God's always got my back and always leads me back to truth and the truth has set me free!*

*The last 3 years I have not been myself, and afraid to be myself, I was sick from the implants and also my mind was so warped with what the truth was about who I was and who I am. It's like my eyes have been opened for the first time in a long time!*

*I've learned the more I let God work in me the more self-acceptance I have for myself and the more confident I become in his plan for my life."*

RepostBy @allisonsnopek:  
@breast\_implant\_illness

"Three weeks ago I had my implants removed after discovering I was suffering from #breastimplantillness.

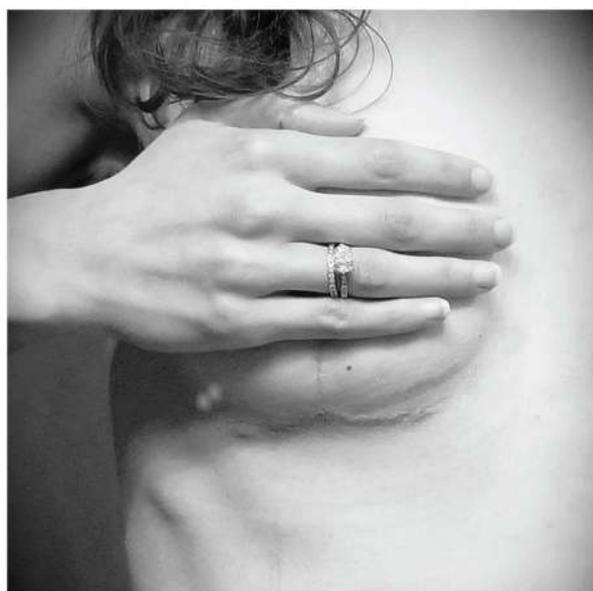
*Symptoms began 6 months after my procedure. I was becoming agitated, aggressive, inflamed and bloated.*

*I developed insomnia, cystic acne & red irritated eyes.*

*I had chronic fatigue, brain fog & trouble talking.*

*I had body aches that had me laying on the floor or in bed for hours.*

*I had unexplainable body odor, my husband would ask why I smelled so bad when I was still wet from just taking a shower.*



## Other Ladies Stories

*I was suffering from daily rashes & intense hives.*

*My mother told me repeatedly that I looked ill.*

*I was scared, embarrassed and crawling in my own skin.*

*I was having panic attacks at work & extreme anxiety.*

*I was uncertain if I would be able to keep my job if I didn't figure out what was happening to me.*

*I saw 3 doctors, I had blood work that kept coming back perfect. I had allergy testing done. When the doctor told me I was not allergic to anything I broke down. My relationship with my family and peers at work with suffering. I had no energy to work out or enjoy my family.*

*After months of searching for answers one of my clients sent me an email on BII. After reading a short bit I knew I had found my answer to my daily agony. I was overwhelmed by what I discovered.*

*I had most of the symptoms that hundreds of thousands of women were also suffering from.*

*I was realistic about my findings and blame no one. It was always my intention on getting breast implants, especially after children. I had one of the best surgeons in the country perform my implant surgery.*

*Just shy of 2 years I had that same surgeon perform my explant and capsulectomy.*

*It is important to me to share my story just as the other women have shared theirs in hopes this reaches someone suffering. I have regained nearly 100% of my life back.*

*I'm present and full of gratitude for my discoveries and thankful for the internet for allowing us to have the conversation and pass it along to someone else looking for answers.*

*Please reference The Cutting Edge on Netflix to see how the FDA approves implants and other medical devices."*

*RepostBy @justa\_bain:*

*"BII? 2 years and 3 months ago I thought breast implants would make me happier, more confident.*

*I have started feeling terrible just few months after the surgery:*

- \* Muscle pain*
- \* Fatigue, all day every day*
- \* Joint pain (hip, hands, wrist)*
- \* Memory loss/forgetfulness, tripping on words, concentration problems*
- \* Dry mouth, skin*
- \* Hormone imbalance*
- \* Inflammation*
- \* Tiredness*
- \* Weakness*
- \* Acne*



## Other Ladies Stories

- \* Back pain
- \* Dry skin
- \* Loss of libido
- \* Heat/cold
- \* Headaches
- \* Cold hand and feet

And the worse of all I developed:

- \* Hashimoto's thyroiditis
- \* Leaky gut
- \* tons of food intolerances (dairy, potatoes, soy, egg whites, nut, seeds, paprika, eggplant...)

*I have tears in my eyes, as I am extremely happy to make this decision and have implants removed. I can't wait!*

*It's 26 days until my breast explant surgery.*

*I've learned that having "foreign object" in your body can cause autoimmune reaction can attack our body, causing in my case autoimmune disease and a lot of pain."*

RepostBy @the\_lchf\_lifestyle:

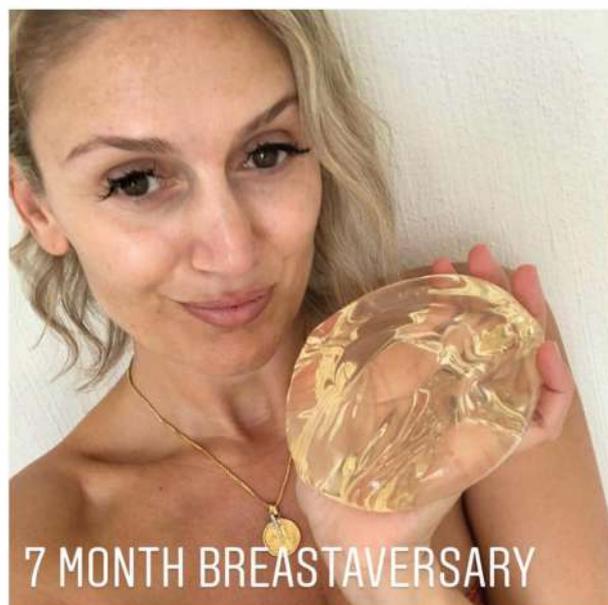
*"I had someone say to me that it's only a small group of women who are affected by #breastimplantillness & I wanted to speak to that today..."*

*I think what people need to understand is that Breast Implant Illness is not medically recognised which means there are a lot more women who have yet to be properly diagnosed because we don't get diagnosed by our doctors when we're constantly in & out of their rooms trying to find answers to why we're sick.*

*In the 7-years of trying to find out what was going on with my body not one of those doctors ask me if I had a foreign object in my body or if I had breast implants because it's not even on their radar.*

*Instead when they couldn't find any answers for me they offered me antidepressants implying my health issues were physiological.*

*The only way we can be diagnosed is via self-diagnosis. Then we have to trust our instincts with no guarantee it will help & invest thousands of dollars (my surgery was \$17k) to get them out without any relief from health insurance because the explant procedure is considered cosmetic...*



## Other Ladies Stories

*not a necessity like it should be because it 100% healed me.*

*And then the other piece of the equation is that because it's not medically recognised when it comes to healing our bodies we have no support, protocol or guidelines.*

*We are literally on our own in our community trying to figure it out!*

*The truth is I didn't have a cold this week... I'm positive I had a flare up!*

*So WTF is a flare up... it's a term we #biisurvivor use to explain when our symptoms just return & your bodies are full of pain & fatigue again.*

*Here's the thing we don't really know why they happen other than it's the healing process or how long we can expect this to keep happening for.*

*So because we're forced to self-diagnose [scroll below for the symptoms]. If you have implants and feel healthy this isn't intended for you... you're one of the lucky ones. This is for all the implanted women out there who are constantly unwell & searching for answers.*

*Maybe after more women are diagnosed this will become medically recognised & then ALL women will be immediately diagnosed"*



# Breast Implant Illness In the News



perth now  
Sunday Times

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- As part of a deal** Labor pushes Dutton for another inquiry
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**Health**

## Explants: breast implant removal surgery grows among Perth women

Regina Titellus | PerthNow  
April 1, 2018 4:00PM

**TOPICS** Health & Wellbeing

WOMEN having breast implant removal surgery, or explants, is a growing trend, according to one of Perth's most renowned plastic surgeons.

Performing about 400 cosmetic and reconstruction augmentations a year, Dr Mark Lee said his explant procedures had rapidly increased in the past two years from five cases a year to about 100.

Dr Lee said there were various reasons women wanted explants, including lifestyle changes and implant complications such as ruptures and capsular contractures where scar tissue deformed implants.

There was also a growing number of women concerned about breast implant illness, or BII, with some travelling from interstate.

perth now  
Sunday Times

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**Health**

## Perth mum Ricci Jess reveals painful truth behind fake boobs

Regina Titellus | PerthNow  
April 1, 2018 12:01AM

**TOPICS** Health & Wellbeing WA News

WHEN Ricci Jess was 19, the then fashion model decided to boost her curves with the help of breast implants.

Little did she know her cosmetic enhancement in 2003 would lead to what she believes was a decade of suffering caused by the implants she eventually had removed six months ago.

Their removal, or explant surgery, put an immediate end to Ms Jess's trauma, with the 35-year-old now free of medication and pain.

## BREAST IMPLANT WARNING

IMPLANT WARNING

4:00 AM

Dr Mark Lee, a plastic surgeon, says a growing number of women are removing breast implants and being diagnosed with BII. The new breast health warning is a BII.

Herald Sun

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- Australia should be gearing up for a 'dire' bushfire season: former RFS commissioner (2h 05:46)

**Health**

## Breast implants linked to surge in cancer

A surge in cancers has been linked back to breast implants, according to a study from Macquarie University. The research found women who underwent the procedure had a 56 per cent increase in developing the disease over 18 months, with rough-textured devices linked to an even greater risk, NewsCorp has reported.

# Breast Implant Illness In the News



## Implant illness

Like Comment Share ...

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In the last few years, there's been a growing number of women convinced their breast implants are making them sick - not because of any rupture but simply by having the implant itself.



## PLASTIC PROBLEMS

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Ten Eyewitness News Perth [Follow](#)

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WATCH: A Perth plastic surgeon is on a mission to try to find out what's causing unexplained medical problems in women with breast implants. #TenNews

## *Further Support*

Want further support?

Want to connect with a whole tribe of women who are going through or have been through this same ordeal and have got your back to help you heal and get back to vibrant health?

You're invited to join our Facebook group, Truth About Breast Implants Angels:  
<https://www.facebook.com/groups/truthaboutbreastimplants/>