

Curves

Miss August 2009 Calendar Girl



Angela Foley

On the 5th March 2009 I first learned about Curves at my local hairdressers. I had just returned from a holiday in France and found a breast lump- a visit to the GP put me in the system for the breast cancer care service at Portsmouth Hospitals and I was to stop my HRT at once.

The resulting stiffness that the HRT had kept at bay because of osteoarthritis and not knowing the outcome of the consultant's appointment was a testing time.

However, as a retired District Nurse who had dealt with many patients with similar conditions and guessing that I would probably need surgery if the lump proved malignant I wanted to become as fit as possible before I attended hospital.

The diagnosis of malignant breast cancer required me to have surgery followed by radiotherapy to reach a state of remission and I pursued my membership at Curves as a challenge and a goal to become fitter together with some weight loss if possible. The membership fee was a bag of groceries at the time which made it easy to join for the short-term if I was not well enough to continue post surgery and radiotherapy. Also, being able to pay monthly has helped me as we are often away for 3 week holidays when a direct debit would not be cost effective and if the treatment had been longer and more complicated I would not have wanted to pay for an annual membership I would not be able to use.

The team have made me very welcome and listened to my current medical problem. They accommodated to my questions about how appropriate exercise would be post surgery. In fact I worked out a month before surgery, then had a month off to recuperate before commencing my radiotherapy and still attending the gym and the body weight management course.

I am now finished with treatment and await a follow-up appointment in September when I will join other women having regular checks and mammograms to ensure any further problems are found in good time.

I was lucky to win the Easter Egg raffle at Curves and there was a breast cancer awareness pack- quite appropriate that it came to me- I shall use it in the future to keep an eye on myself for certain.

Curves is a very friendly gym where women can go for a quick chat, work-out and time out to keep in trim with a smile. Keep up the good work.