

Nikki Osborn:

I have been at Ephraim McDowell for 18-and-a-half years. I was diagnosed with breast cancer in October of 2016. I was 36. I was doing a self breast exam, and I found a lump myself. When I first heard that I had, when it was confirmed that I had breast cancer, I was in shock and just, I cried for hours and hours. I was confused because I felt totally normal. Couldn't understand how you can say that someone has cancer and you feel, just fine. I have two sons, and they were third grade and kindergarten.

Nikki Osborn:

I actually did a mammogram the year before, so in 2015, just for reaccreditation purposes, and the tumor was not there in 2015. I decided to stay at Ephraim McDowell for all of my treatments. So I had my surgery here, my reconstruction here, my radiation, my chemotherapy, everything was done here locally. The Cancer Center, none of the employees there knew who I was. I work at the hospital, so they had no clue who I was, and they treated me just exactly like they treated the person sitting next to me or who was across the room.

Nikki Osborn:

I didn't want to live my life and let my kids see me sick. So I was bound and determined that everything that I did and I was not going to ... I did not want them to remember their mom as being sick. Sorry.

Nikki Osborn:

I suggest everyone do a self examination once a month, or if not, every two months. You know your body better than anyone. You absolutely need to go have a mammogram. The earlier you find it, the better off you are. I believe it is important because women just think that, "It's okay. I don't need to do a mammogram. I'll just wait until next year." Well, next year may be too late. It does give you hope when you talk to other people, and the friendships I've made through the Cancer Center with people that have just basically just sat down next to me to have my chemo treatments. I've made really good friends. You need to take every day, day by day. Don't look two weeks ahead, three weeks ahead, a month ahead. You just need to take it day by day.