

Judy Carlson



My cancer journey began in August 2007. I felt a lump one morning in the shower. I told my husband, Charlie, and he said , "I want you to call the Doctor today." The next day, I had a mammogram, followed by a biopsy, and within 3 days, learning I had stage III breast cancer. I was only 39 years old, so I had never had a mammogram, and with no family history, this was quite a shock. One week later, during my lumpectomy surgery, we found the cancer had already moved through my lymph nodes, so chemotherapy would be needed. After 6 weeks of recovery from the surgery, I began 6 months of chemo, every 2 weeks, followed by 45 radiation treatments.

It was a very rough road, but thanks to my husband, Charlie, my sons, C.J. and Cole, the rest of my family, neighbors, co-workers at Walmart, and of course all the wonderful Doctors, nurses, and staff along the way, I pulled through.

I continued with check ups every 6 months, all was going good until November 2011. I was not feeling good, so I went to see my Doctor. He did an immediate biopsy, which showed the cancer was now in my ovaries. I had a complete hysterectomy the following week. By catching it early enough this time, no further treatment was needed.

I just graduated to yearly check ups instead of every 6 months. I feel good these days and appreciate every day God gives me to spend with family and friends.

I want to thank the Heart & Sole Committee for this honor and all their hard work.