

**Up To Speed**  
**Thursday, October 17, 2024**

Being 31 and having breast cancer, it's really scary.  
I feel like my life is just starting.  
I felt like it was gone and I didn't have anything left and I didn't have a future.  
You have to, like, mourn the person you thought you were going to be  
so that you could accept the person that you are going to end up being after this.  
I'm Neha Luthra. I live in New Jersey, in Jersey City.  
I've been at Verizon for six years now.  
My friend got breast cancer and she's around my age and I was just really shocked about it.  
Everybody always tells you to do self-checks. And when I did, I felt a lump.  
The doctor said you're actually really young. This doesn't make sense. Don't worry about it.  
There's something in me that I was like, I still feel really weird about this.  
I know my body. It doesn't feel right. Let's just do a mammogram.  
And it ended up being breast cancer.  
The doctor told me what she found had a 98% survival rate.  
But obviously I was devastated. Like, it's so scary.  
I actually went to my parents' house immediately.  
They just hugged me and they said everything's going to be okay and we're going to do what we  
need to do to solve this.  
Going through chemo, it was the hardest thing I've ever had to do.  
I couldn't even get out of bed to take a shower.  
As soon as you stand up, you feel like you want to faint.  
Your whole body's changing and you're just, like, losing your hair in like clumps.  
I was scared of losing my breast.  
My care has been more than \$1 million, and I have paid only up to our out-of-pocket max.  
That's when I realized we actually have all those benefits, in case something like this happens.  
You can get, like, a nutritionist, therapy, a wellness coach.  
We actually get a wig every year within our plan.  
To have those kinds of benefits with our company, it just made it so much easier to go through the  
process.  
I have had a clean one-year scan.  
I am a completely different person than I was two years ago for sure.  
My perspective on life is completely changed.  
So lucky to be here. I don't know if I have tomorrow.  
I want to be able to see everything and do everything I can.  
I actually took up sailing while I was going through the recovery, and that really helped me through.  
I know that my body has changed, but look what my body can do.  
Seeing the Statue of Liberty, it's just like, it's all just so magical.  
You could tell yourself you're doing all the right things, but this just happens.  
My recommendation is definitely like taking the extra step and just making sure you're scanning  
and checking yourself all the time because it literally could happen to anyone.  
In case anybody is suffering through this, I got through it.  
You're more resilient than you realize you are.  
I always say you can't control the wind, but you can always adjust your sails.