



# **BIGGEST MISTAKES WOMEN MAKE THAT CAN DELAY BREAST CANCER DETECTION**

hidden symptoms  
that can cost you

**Tenisha Manning**  
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# WELCOME

“ You can’t prevent what you won’t acknowledge — but when you learn to listen, your body will tell you everything you need to know. ”



Hi, I’m Tenisha Manning — author, advocate, and two time breast cancer survivor.

I created this checklist because I learned that early detection isn’t just about mammograms — it’s about awareness. Sometimes the body whispers long before the scans reveal anything, and those whispers deserve to be heard.

Before my diagnosis, I almost ignored that inner voice because the tests said I was fine. That decision nearly cost me everything. I don’t want that for you.

So, I’m sharing the five most overlooked mistakes women — and even doctors — make when symptoms don’t look “typical.” My hope is that this helps you recognize what your body is trying to say sooner, not later.

This isn’t about fear — it’s about power. When your body whispers, I want you to have the tools, language, and confidence to listen.

*Tenisha Manning* Alliance



# Disclaimer

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**This guide is for educational and awareness purposes only. It is not intended to diagnose, treat, or replace professional medical advice. Always consult with a qualified healthcare provider regarding any questions or concerns you may have about your health or symptoms.**

**The experiences and information shared here are designed to help you become more informed and empowered in your healthcare journey. Every individual's situation is unique — trust your body, seek professional guidance, and make the decisions that feel right for you.**

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# BEFORE YOU BEGIN



Awareness saves lives — but it starts long before a diagnosis.

Too often, warning signs are missed not because we don't care, but because they don't look like what we've been told to watch for.

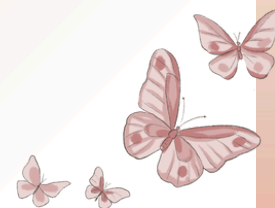
These are the five most common mistakes that delay breast cancer detection — the ones that hide in plain sight. Some are made by women, others by the medical system itself. Either way, knowing them gives you the power to take back control of your health.

As you go through each one, don't just read — reflect.

Ask yourself: Have I noticed this before? Have I ever explained something away that deserved a closer look?

You can't change what you don't see — but once you do, you can protect what matters most.





# MISTAKE #1: ASSUMING ONLY BLOODY DISCHARGE MATTERS

Hidden Symptom: Duct Discharge That Isn't Bloody

Many women think nipple discharge only matters if it's bloody—but brown, clear, milky, or yellow discharge can also be a warning sign.

In my case, it was brown discharge from one breast—and it led to a diagnosis of stage 0 cancer.

Trust your body.

“

*Your body hears everything your mind says.*

*— Naomi Judd*

”



# MISTAKE #2: BELIEVING A 'BENIGN GROWTH' MEANS YOU'RE SAFE

Hidden Symptom: A Papilloma or 'Benign Growth'

What looks harmless can be hiding the truth—and that choice to remove it can save your life.

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In my case, it was brown discharge from one breast—and it led to a diagnosis of stage 0 cancer. Trust your body.

“  
*The wound is the place where the light enters you.*  
— Rumi  
”

# MISTAKE #3: DISMISSING PERSISTENT PAIN MISDIAGNOSED AS SOMETHING ELSE



Hidden Symptom: Persistent Pain Misdiagnosed as Something Else

*That pinch, that pull, that side ache? Don't excuse it. Track it*

*Not all breast cancer stays in the breast. Three years after my Stage 0 treatment, I developed persistent side pain that I thought was stomach-related.*

*Doctors agreed and ordered CT scans of my stomach, performed surgery for "scar tissue," and continued focusing on digestive causes.*

*The real source? Breast cancer that had metastasized to my femur, with bone pain radiating to my stomach area. They were scanning the wrong location entirely, treating the symptom instead of finding the source.*

“  
*There's a voice that doesn't use words.  
Listen.” — Rumi*  
”



# MISTAKE #4: EXPLAINING AWAY FATIGUE AND BOWEL CHANGES THAT GET LABELED AS "STRESS"



Hidden Symptom: Fatigue and Bowel Changes That Get Labeled as "Stress"

When symptoms persist despite treatment, the diagnosis might be wrong, not your body. I worked long hours, so initially I dismissed feeling tired. But this fatigue was different—it didn't improve with rest.

Alongside persistent constipation and digestive changes, doctors ran extensive testing: endoscopy, colonoscopy, the works. Their conclusion? IBS and GERD.

They gave me diagnoses for stress-related conditions while missing that these were actually signs of metastatic breast cancer. Years after being declared "cured," systemic symptoms were dismissed as everything except what they actually were.

“

*Pain is real when you get other people to believe in it. -Naomi Wolf*

”

# MISTAKE #5: TRUSTING RECONSTRUCTION MEANS YOU'RE IN THE CLEAR



Hidden Symptom: Subtle Tissue Changes After Mastectomy  
Reconstruction doesn't erase your right to stay curious about new changes.

Reconstruction surgery can mask symptoms. I almost dismissed a lump under my arm after surgery. It turned out to be a recurrence.

Don't assume—it's okay to check again.

Follow-up appointments can feel overwhelming or exhausting—just **don't ignore** that whisper. You deserve peace of mind.

*“Healing doesn't mean the damage never existed. It means the damage no longer controls you.” — Unknown*

# BONUS MISTAKE: IGNORING YOUR GUT BECAUSE EVERYTHING LOOKS “NORMAL”



Hidden Symptom: Gut Feeling When Everything Looks “Normal”  
It’s not paranoia. It’s your inner wisdom —and it’s smarter than the scan.

Sometimes there's no physical symptom you can point to—just a persistent knowing that something isn't right.

During my Stage 0 diagnosis, I had no lump, no obvious signs. Just an inner voice saying something was wrong.

That instinct, combined with my advocacy, led to catching cancer that hadn't shown up on any scans yet. Trust that voice—it's often your earliest warning system.

It’s your early warning system, not paranoia.

“

*There’s a voice that doesn’t use words.  
Listen.” — Rumis*

”



# REFLECTION & DAILY AFFIRMATION



Reflection Prompt:

When have I felt something was wrong before anyone else believed me?

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How can I honor that voice in me more consistently now?

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**I LEAD MY HEALTH WITH SAME PRECISION I  
LEAD MY LIFE. MY INSTINCTS HAVE VALUE,  
AND MY VOICE DESERVES TO BE HEARD.**





**Early detection  
doesn't start with a  
scan — it starts with  
a woman who trusts  
her own instincts.**

*@CW-Alliance*

A laptop is shown from a slightly elevated angle, displaying a promotional graphic. The graphic has a white top section with blue text and a blue bottom section with white text. There are decorative leaf and butterfly icons. The background of the entire page is a dark, close-up profile of a woman's face.

## 3-DAY LIVE MASTERCLASS:

## UNDIAGNOSED AND UNTREATED



You've just learned the 5 biggest mistakes that cause women to miss warning signs.

Now it's time to go deeper. In my live 3-Day Masterclass, UnDiagnosed and UnTreated: Find Better Care Faster, I'll show you:

- How to document symptoms using my SDI Strategy™
- The exact questions to ask your doctor
- How to prepare for appointments without fear or overwhelm
- And how to get the clarity and confidence you deserve

**Join**

*UnDiagnosed and UnTreated*

**SIGN UP NOW**