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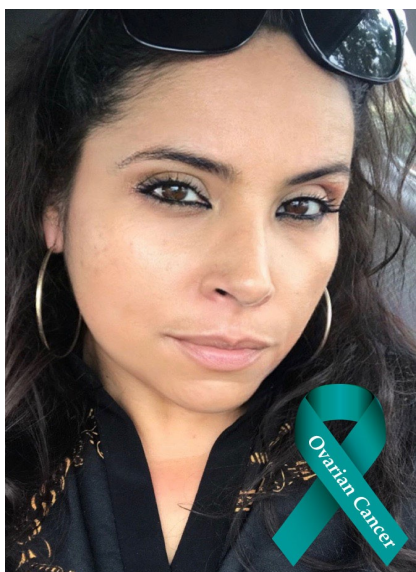
Ria Mali
Cervical/Ovarian Survivor



Celebrating KUOMagazine's Ribbons of Survivors 365

with Maria "Ria Mali" Mixon

January is Cervical Health Awareness Month. This issue Maria "Ria Mali" Mixon shares her testimony of being pregnant and now a survivor of Cervix Cancer.



Maria is a Native New Yorker from Bushwick, Brooklyn. Her descent is Puerto Rican. Maria is a wife, mom and entrepreneur. She has been in the Fitness, Talent, Fashion, Entertainment and a Makeup Artist Profession since 1990. Her website is www.riamali.com. Ria has her own skin care /cosmetic line. Ria started out in the business as a dancer. She danced at Numerous concerts. She has worked with several R & B Artist. Ria started to choreograph for numerous groups and artists during that time.

Ria studied Fitness & Nutrition and became a group instructor and personal trainer. She currently still holds those credentials along with Personal Trainer, Wellness & Nutrition coach and has studied holistic medicine. She renews her credentials every 1-2 years. She has great knowledge of supplements and herbs as well. Ria also has her own herbal tea products at Beauty & Wellness Maters. There was a time in Ria's life that her health became a challenge. She had several diseases that made her life difficult. Some she was born with and some which she acquired during her thirties and forties. She is a Cervical & Ovarian Cancer Survivor.

Hearing that I was pregnant with my 4th child was so exciting. I always wanted a big family. Hearing that I had cervical cancer while pregnant though was a shocker. To be honest, I only cared about having a healthy baby. I wasn't scared for me. When I was younger, I didn't take care of myself like I should have. I didn't think pap smears were important and I always made an excuse not to get one. I only took care of myself while I was pregnant. I never missed my Dr appointments when I was pregnant with all of my children. I loved being a mom. When I was 18 years old I woke up one day with a terrible stomach pain. I couldn't even straighten up. I went to the hospital and was told that I had a pelvic inflammatory disease. That's when some of my issues began.

Test were done and I was being treated for several days. Dr told me that it was so severe that I will most likely be infertile because of the scarring that took place in my Fallopian tubes. My tubes were blocked. At 18 and hearing that news, I wasn't as upset as I thought I would be, but that was because I already had a child. My first child I was pregnant at 16 and I had my first son at 17 years old. Well, I became pregnant at 19 years old and I remember telling the doctor, Um what happened lol. He said, "You're lucky." I said, no, my child is supposed to be here." After I had my second child, I developed endometriosis. Again, I was told that my chances were very slim in getting pregnant. I had my third child, 5 years after that diagnosis.

Then the big whopper happened when I was 29 years old. Was told I was pregnant, and I had cervical cancer. I had my 4th baby at 30 years old and I was treated several weeks after he was born. I had a tubal and Many leap and freezing procedures and medication. My body, hair and skin were changing. I did go through severe depression and later I had a partial hysterectomy and then full. The full hysterectomy is another story because I was diagnosed with ovarian cancer years later. Pap tests (or Pap smears) look for cancers and precancers in the cervix.

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Precancers are cell changes that can be caused by the human papillomavirus (HPV). If not treated, these abnormal cells could lead to cervical cancer. An HPV test looks for HPV in cervical cells.

I still believe I could have prevented my cervical cancer if I would have taken better care of myself. If you haven't learned anything from my story, I pray to God that you learned that scheduling doctor appointments are very important. Educating yourself about your body ladies is very important. Ask questions and listen to those that can give you helpful advice on taking care of you so that you won't have a domino effect, like I did. I live with autoimmune diseases and side effects from them, but I will not let that defeat me. I learned how to quiet my flares the natural way with good nutrition, water, exercise, and herbs.

The story ends well. I grew up to be a wellness coach. Many years of health, fitness and wellness paid off because I coach many. I have my own company called Wellness Matters & So Do You LLC. I was given a Minority & Woman owned certificate from the State of Florida.

Ria Wellness Matters & So Do You, LLC," business and Wellness Seminar events is part of her passion to educate us all back into Wellness! Her Wellness Matters & So Do You, LLC & The Tea Company, is a cup of wellness by Ria Mali. Ria has written several articles for magazines and blogs as a contributing writer and has a gift of mentoring. She is an author and wrote a fitness journal called "Becoming Well" by Ria Mali. Ria completed her Cancer Exercise Training Course and is passionate about Coaching ALL people to Wellness. She wants you to become the best wellness version of #YOU.

This is a great honor to share my testimony. I survived my worse season and now I live my life coaching and mentoring others by assisting them with a wellness lifestyle.

*Living my **#LIVE** to the **#FULLEST** with no **#REGRETS***

Written by Maria "Ria Mali" Mixon, KUOMagazine's Beauty 411/Fitness Journalist
2019 KUOMagazine's Ribbons of Survivors 365 "Cervix/Ovarian Cancer" Ambassador
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Ria want you all to become the Best Wellness Version of #YOU. Stay connected with me on my following platforms below.

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