

**paulyshore** 🟦 GUYS PLEASE GO GET A BODY SCAN!

About three months ago, I went in for a preventative scan in Las Vegas at SimonMed, where they scan your body from head to toe. They check for tumors, cancer, aneurysms, Parkinson's, Alzheimer's, you name it. Being in my 50s, I thought it was the right thing to do.

A week later, they called me with the results. They noticed something in my abdominal area. It was a tumor inside my pancreas.

I contacted my doctors in LA, and that's when everything got put into motion. Thankfully, my tumor was benign, it might have been there for 15 to 20 years. It wasn't an emergency, but my doctor felt removing it was the right thing to do.

Mentally, it really messed with me. Knowing there was a tumor inside me... Could it grow? Burst? Turn into something worse? You just don't know.

I've always been on top of my health. Going to the gym, using saunas, massages, having my teeth checked, doing blood work, colonoscopies, chiropractor, etc., but I had never done a full-body scan. I had no symptoms. This was just me following my instincts.

Preventative scans are rare. Most people only get a scan when something is already wrong. People avoid them for different reasons. Maybe they can't afford it (a full body scan costs around \$1,000-\$2,000), or maybe they don't want to know.

I finally booked my surgery for Aug 21 with Dr. Nissen, head of the Liver and Disease Department at Cedars-Sinai. The nurses and staff there, one of the best hospitals in America, were incredible. When I woke up, I got good news: I just needed an enucleation (and not a Whipple). I still have my whole pancreas. I stayed one night in the hospital and then three nights at home with pain medication.

Instinct played a huge role in this. If I hadn't followed mine and gotten that scan, I might have never found out about the tumor.

Please share this message and video with your friends. Maybe I can help save someone's life by encouraging them to get a preventative scan, or even just going to the doctor and talking about prevention. And maybe they can save someone else's life too. You want to find it before it finds you.

I'm all right, and I'm healing every day.

I love you all,  
Pauly