# Duchess of York Reveals Health Updates and Insights on Royal Family on Morning Shows



Sarah Ferguson, the Duchess of York, appeared on "Good Morning Britain" and provided updates on her own health and that of King Charles and the Princess of Wales, Kate Middleton. Ferguson revealed that she underwent a mastectomy and was diagnosed with malignant melanoma. She emphasized the importance of regular mammograms, noting that many are missed.

Discussing King Charles and Kate Middleton, Ferguson expressed pride in their public discussions regarding their health. King Charles has become a patron of Cancer Research UK, and Kate Middleton shared a video message addressing the public.

Ferguson also touched on rumors regarding King Charles' request for Prince Andrew to downsize from the Royal Lodge to Frogmore Cottage, stating she does not involve herself in such discussions. Finally, she shared a private conversation with the late Queen Elizabeth II, who encouraged her to be confident in herself.

Ferguson also appeared on ITV’s "Loose Women," where she humorously considered participating in shows like "Love Island" and "Coronation Street," reflecting on her ventures, her daughters, and promoting her new book.