

Dr Susan Love Breast Book 4th Edition

A guide for men whose wives contract breast cancer offers emotional support and advice every husband needs, including guidance from breast cancer doctors and the shared experiences of those who have gone through the same ordeal. Original. 30,000 first printing.

For a woman faced with a diagnosis of breast cancer, the information available today is vast, uneven, and confusing. For more than two decades, readers have relied on Dr. Susan Love's Breast Book to guide them through this frightening thicket of research and opinion to find the best possible options for their particular situations. This sixth edition explains exciting advances in targeted treatments, hormonal therapies, safer chemotherapy, and immunologic approaches as well as new forms of surgery and radiation. There is extensive guidance for the increasing number of women living for years with metastatic breast cancer. With Dr. Love's warm support, readers can sort the facts from the fads, ask the right questions, and recognize when a second opinion might be wise. This successful breast cancer resource has empowered thousands of women and their families all the way through diagnosis, treatment, and recovery. It contains 150 color photos and graphics to convey complex concepts along with other much-needed information.

A comprehensive guide to life during and after breast cancer shares practical advice on how to plan a life after diagnosis, covering topics ranging from intimacy and hair loss to working and managing the profound emotions that accompany the disease and its treatments.

Breast Cancer: Real Questions, Real Answers

Every Woman's Guide to Reducing Cancer Risk, Making Treatment Choices, and Optimizing Outcomes

Dr. Susan Love's Breast Book Floor Display

A Memoir of Survival

The Complete Guide to Breast Cancer

How Hormone Balance Can Help Save Your Life

A Supportive and Insightful Guide to Breast Cancer

An investigative journalist offers a report on the current research, politics, and economics behind breast cancer, from the heights of the nation's capital to the labs of genetic researchers to the private dramas of individual patients

An absorbing and unsettling history of breast cancer told through the stories of women who have confronted it from ancient times to the present. A Los Angeles Times Best Book of the Year In 1967, an Italian surgeon touring Amsterdam's Rijks museum stopped in front of Rembrandt's Bathsheba at Her Bath and noticed an asymmetry to Bathsheba's left breast; it seemed distended, swollen near the armpit, discolored, and marked with a distinctive pitting. The physician learned that Rembrandt's model, Hendrickje Stoffels, later died after a long illness. He conjectured that the cause of her death was almost certainly breast cancer. In Bathsheba's Breast, James S. Olson traces the history of breast cancer through women's experiences of the disease across epochs and continents. The stories range from the sixth-century Byzantine empress Theodora, who chose to die rather than lose her breast to Dr. Jerri Nielson, who was evacuated from the South Pole in 1999 after performing a biopsy on her own breast and self-administering chemotherapy. Olson explores every facet of the disease: medicine's evolving understanding of its pathology and treatment options; its cultural significance; the political and economic logic that has dictated the terms of a war on a "woman's disease"; and the rise of patient activism. "An invaluable aid to those breast cancer survivors with an interest in taking the long view of their illness." —Nick Owchar Los Angeles Times

This open access book gives an overview of the sessions, panel discussions, and outcomes of the Advancing the Science of Cancer in Latinos conference, held in February 2018 in San Antonio, Texas, USA, and hosted by the Mays Cancer Center and the Institute for Health Promotion Research at UT Health San Antonio. Latinos - the largest, youngest, and fastest-growing minority group in the United States - are expected to face a 142% rise in cancer cases in coming years. Although there has been substantial advancement in cancer prevention, screening, diagnosis, and treatment over the past few decades, addressing Latino cancer health disparities has not nearly kept pace with progress. The diverse and dynamic group of speakers and panelists brought together at the Advancing the Science of Cancer in Latinos conference provided in-depth insights as well as progress and actionable goals for Latino-focused basic science research, clinical best practices, community interventions, and what can be done by way of prevention, screening, diagnosis, and treatment of cancer in Latinos. These insights have been translated into the chapters included in this compendium; the chapters summarize the presentations and include current knowledge in the specific topic areas, identified gaps, and top priority areas for future cancer research in Latinos. Topics included among the chapters: Colorectal cancer disparities in Latinos: Genes vs. Environment Breast cancer risk and mortality in women of Latin American origin Differential cancer risk in Latinos: The role of diet Overcoming barriers for Latinos on cancer clinical trials Es tiempo: Engaging Latinas in cervical cancer research Emerging policies in U.S. health care Advancing the Science of Cancer in Latinos proves to be an indispensable resource offering key insights into actionable targets for basic science research, suggestions for clinical best practices and community interventions, and novel strategies and advocacy opportunities to reduce health disparities in Latino communities. It will find an engaged audience among researchers, academics, physicians and other healthcare professionals, patient advocates, students, and others with an interest in the broad field of Latino cancer.

With clarity and compassion, Dr. Love helps the 40 million women entering menopause sort through all the choices they face. She explains how to cope with short-term symptoms (hot flashes, night sweats, mood swings, etc.) and addresses such long-term concerns as osteoporosis, heart disease, breast cancer, and endometrial cancer. Dr. Love also discusses: lifestyle changes (diet, exercise, stress management), alternatives (including herbs and homeopathic remedies), other medications, and the pros and cons of hormone therapy. A new Introduction discusses the controversies raised by the hardcover publication.

Breast Cancer Husband

The Breast Life Guide to the Bra Zone

Dr. Susan Love's Menopause and Hormone Book

A Doctor Breaks Ranks About Being Sick in America

Breast Cancer For Dummies Had I Known

The New Generation Breast Cancer Book

A NEW YORK TIMES BESTSELLER As a healthy, happy thirty-nine-year-old mother with no family history of breast cancer, being diagnosed with the disease rocked Hollye Jacobs' world. Having worked as a nurse, social worker, and child development specialist for fifteen years, she suddenly found herself in the position of moving into the hospital bed. She was trained as a clinician to heal. In her role as patient, the healing process became personal. Exquisitely illustrated with full-color photographs by Hollye's close friend, award-winning photographer Elizabeth Messina, *The Silver Lining* is both Hollye's memoir and a practical, supportive resource for anyone whose life has been touched by breast cancer. In the first section of each chapter, she describes with humor and wisdom her personal experience and gives details about her diagnosis, treatment, side effects, and recovery. The second section of each chapter is told from Hollye's point of view as a medical expert. In addition to providing a glossary of important terms and resources, she addresses the physical and emotional aspects of treatment, highlights what patients can expect, and provides action steps, including: What to do when facing a diagnosis How to find the best and most supportive medical team What questions to ask What to expect at medical tests How to talk with and support children How to relieve or avoid side effects How to be a supportive friend or family member How to find Silver Linings Looking for and finding Silver Linings buoyed Hollye from the time of her diagnosis throughout her double mastectomy, chemotherapy, radiation, and recovery. They gave her the balance and perspective to get her through the worst days, and they compose the soul of the book. *The Silver Lining* of Hollye's illness is that she can now use the knowledge gleaned from her experience to try to make it better for those who have to follow her down this difficult path. This is why she is sharing her story. Hollye is the experienced girlfriend who wants to help shed some light in the darkness, provide guidance through the confusion, and hold your hand every step of the way. At once comforting and instructive, realistic and inspiring, *The Silver Lining* is a visually beautiful, poignant must-read for everyone who has been touched by cancer.

The landscape of breast cancer has changed. New, non-invasive diagnostic techniques, new knowledge about prevention, new genetics, new treatments, new alternative and complementary resources are beginning to turn breast cancer into a chronic and perhaps preventable disease. Dr. Susan Love, whose earlier work has won the trust of women all over this country and abroad, has entirely revised her indispensable guide to reflect the very latest information. Readers of Dr. Susan Love's *Breast Book* will learn of the recent breakthroughs in genetic research, of Dr. Love's own work in developing a less invasive and highly accurate diagnostic technique, of the latest studies into preventive measures such as tamoxifen and dietary strategies, and of promising outcomes from new treatments for metastatic cancer. In the same warm, supportive, and often delightfully candid tone that has brought confidence to millions of women, Dr. Love helps each reader plan her own path through diagnosis, treatment options, and the changing world of HMO's and insurance. She also offers sound advice about combining alternative self-care with topnotch medical help.

A 2012 New York Times Notable Book A 2013 Los Angeles Times Book Award Winner in the Science & Technology category An engaging narrative about an incredible, life-giving organ and its imperiled modern fate. Did you know that breast milk contains substances similar to cannabis? Or that it's sold on the Internet for 262 times the price of oil? Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving earlier, and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer, even among men. What makes breasts so mercurial—and so vulnerable? In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from puberty to pregnancy to menopause, taking her from a plastic surgeon's office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from, where they have ended up, and what we can do to save them.

Will help you decide for yourself how you want to move through menopause. Here's the information to answer your most pressing concerns: what are your options for coping with hot flashes, night sweats & other symptoms?; how likely is it that you will end up with osteoporosis?; how does hormone replacement therapy work, what can & can't it do, & is it safe?; do you need to take anything if your symptoms don't bother you?; what choices will work for you if you've had breast cancer or heart disease?; & what are possible lifestyle changes or alternative approaches to medication? Emphasizes that menopause is not a disease that needs to be cured; it's a natural life stage.

Breasts: A Natural and Unnatural History

The Breast Cancer Book

Help Me Live

The Breast Cancer Survival Manual, Sixth Edition

The Story You Need to Tell

20 Things People With Cancer Want You to Know

Plus Badass Cancer Resources

A breast cancer survivor chronicles her experiences dealing with the disease, recounting real-life medical practices and her courage in the face of death

The book you can trust to support you at every stage of your treatment - and beyond Winner of best 'Popular Medicine' book, BMA Medical Book Awards 2019 Professor Trisha Greenhalgh, an academic GP, and Dr Liz O'Riordan, a Consultant Breast Cancer Surgeon, are not only outstanding doctors, but they have also experienced breast cancer first-hand. The Complete Guide to Breast Cancer brings together all the knowledge they have gathered as patients and as doctors to give you and your family a trusted, thorough and up-to-date source of information. Designed to empower you during your breast cancer treatment, it covers: -Simple explanations of every breast cancer treatment -Coping with the emotional burden of breast cancer -Frank advice about sex and relationships -Staying healthy during and after treatment -Dealing with the fear of recurrence -Living with secondary breast cancer Packed full of all the things the authors wished they'd known when they were diagnosed, and tips on how to cope with surgery, radiotherapy, chemotherapy and beyond, this is the only book you need to read to guide you through your breast cancer diagnosis. 'A much needed guide which is both humane and based on robust evidence.' – Macmillan Cancer Support

A beautiful collection of handwritten letters that offer strength and comfort to women living with breast cancer. Written by compassionate strangers—many of whom have gone through their own health battles—these heartfelt letters contain empathy, inspiration, and humor to help you overcome difficult moments. They were gathered by Girls Love Mail, an organization that provides support to people diagnosed with breast cancer. Also including beautiful illustrations, this is a book that can bring light to dark moments and make readers feel less alone during stressful and hard times.

"Providing comprehensive, current, and reliable information on breast cancer, this book, written by an experienced oncologist, a surgeon, and a breast cancer survivor, informs and inspires readers, wherever they are in the breast cancer experience. Patient stories, essays from medical specialists, and illustrations add clarity and insight"--

Writing to Heal from Trauma, Illness, or Loss

Letters of Encouragement, Humor, and Love for Women with Breast Cancer

The New War on Breast Cancer

How to Find Your Ideal Size, Style, and Support

The Upside to Everything, Even Breast Cancer

3rd Edition

Making Informed Choices

Each year, over 40,000 women in the U.S. die from breast cancer. With statistics rising, conventional methods of treatment are simply not working, and in some cases may even be harmful. Now, Drs. Lee and Zava explain the potentially life-saving facts, such as: likely sources for the increase in breast cancer, including environment, excessive estrogen, progesterone imbalance, diet, and the dangers associated with traditional hormone replacement methods. Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program. "Excellent . . . Highly recommended for anyone involved in the fight against breast cancer—patients, doctors, family members, and researchers included." –Publishers Weekly (starred review) Whether you are facing a cancer diagnosis and the challenges of treatment; wish to prevent the disease if you're at high risk; or are caring for someone going through the experience, this book brings you the most accurate, reliable and up-to-date information available. You'll discover a story rich in hope, with accounts of women who've successfully confronted this difficult disease. The knowledge you'll gain will help you be a more informed patient or caregiver—in communicating with doctors and selecting among treatment options. In this thorough book, the Mayo Clinic brings you critical knowledge in many key facets of breast cancer. Prevention: What can you do to decrease your risk? While there's still no guaranteed way to prevent breast cancer, several lifestyle factors can be modified to reduce your risk, especially if you are in a high-risk category. Treatment: After diagnosis comes a flurry of questions: Now what? How do I deal with this? Do I have options? What's my prognosis? The good news is that breast cancer is now considered a highly treatable disease with good results and increasing survival rates. The book reviews the full range of treatment options, and the pros and cons of each. Care and Coping: Life goes on after diagnosis. Doctors share their best options for dealing with emotions, coping with treatment side effects, and considering complementary therapies. A separate chapter offers helpful guidance to the patient's partner. Living With Hope: It bears repeating: Breast cancer is highly treatable. You have every reason to live with hope. This book offers key support for every woman. "Medically sound . . . An empowering tool that soothes the sting and shock of a cancer diagnosis with up-to-date information and physician-supported advice." –Kirkus Reviews

How does a beautiful and intelligent young girl coming from an Australian back-water where she has been raised in a strict and repressive family, make a bid for freedom, leave home and cope with life, sex, and love in England, the land of her birth during the swinging sixties, and on into the seventies and eighties? At first her naive dreams are shattered by the reality of life in England and she experiences rejection, danger and tragedy. But also great friendship, the love and support of an eccentric aunt and the joy of a shared adventure with a lover. However she is forced to learn how to be independent of others as she capitalises on her innate talents and, at last, finds contentment and happiness through a chance encounter.

A practical and inspiring guide to transformational personal storytelling, The Story You Need to Tell is the product of Sandra Marinella's pioneering work with veterans and cancer patients, her years of teaching writing, and her research into its profound healing properties. Riveting true stories illustrate Marinella's methods for understanding, telling, and editing personal stories in ways that foster resilience and renewal. She also shares her own experience of using journaling and expressive writing to navigate challenges including breast cancer and postpartum depression. Each of the techniques, prompts, and exercises she presents helps us "to unravel the knot inside and to make sense of loss."

Making Informed Choices about Menopause

How to Feel Empowered and Take Control

How a Sister's Love Launched the Global Movement to End Breast Cancer

Dr. Susan Love's Breast Book

Live a Little!

A Trusted Guide for You and Your Loved Ones

Advancing the Science of Cancer in Latinos

From an expert in the field comes the definitive guide to managing breast cancer in the information age—a comprehensive resource for diagnosis, treatment, and peace of mind. The breast cancer cure rate is at an all-time high, and so is the information, to say nothing of the misinformation, available to patients and their families. Online searches can lead to unreliable sources, leaving even the most resilient patient feeling uneasy and uncertain about her diagnosis, treatment options, doctors, side effects, and recovery. Adding to a patient's anxiety is input from well-meaning friends and family, with stories, worries, and opinions to share, sometimes without knowing the details of her particular case, when in reality breast cancer treatment has gone well beyond a "one size fits all" approach. Elisa Port, MD, FACS, chief of breast surgery at The Mount Sinai Hospital and co-director of the Dubin Breast Center in Manhattan, offers an optimistic antidote to the ocean of Web data on screening, diagnosis, prognosis, and treatment. Inside you'll discover • the various scenarios when mammograms indicate the need for a biopsy • the questions to ask about surgery, chemotherapy, radiation, and breast reconstruction • the important things to look for when deciding where to get care • the key to deciphering complicated pathology reports and avoiding confusion • the facts on genetic testing and the breast cancer genes: BRCA-1 and BRCA-2 • the best resources and advice for those supporting someone with breast cancer From innovations in breast cancer screening and evaluating results to post-treatment medications and living as a breast cancer survivor, Dr. Elisa Port describes every possible test and every type of doctor

visit, providing a comprehensive, empathetic guide that every newly diagnosed woman (and her family) will want to have at her side. Praise for *The New Generation Breast Cancer Book* "One book you need . . . If you're considering your options for treatment or know someone who is, this step-by-step guide, *The New Generation Breast Cancer Book*, is essential reading."—*InStyle* "Elisa Port, M.D., is the doctor every patient deserves: brilliant and compassionate. Her book will be a sanity saver and, quite possibly, a life saver."—Geraldyn Lucas, author of *Why I Wore Lipstick to My Mastectomy* "As up-to-date as one can get, with lots to offer people facing a cancer diagnosis or hoping to support someone with the disease."—*Library Journal* (starred review) "The *New Generation Breast Cancer Book* helps you sort through all the information you've gathered, clarify the terminology, consider the options, and make the right decisions for your unique case."—Edie Falco "A lifeline for many women in need of today's most up-to-date choices for treatment . . . Everyone should read this book for themselves, their mothers, grandmothers, daughters, and friends."—Kara DioGuardi, Grammy-nominated songwriter, music executive, and Arthouse Entertainment co-founder "The book is teeming with easy-to-understand medical explanations, tips, takeaways, and pro-and-con discussions of various courses of action. Port also includes two extremely useful appendices that respectively take on common myths and answer questions frequently asked by friends and family. This is a vital read that will empower men and women alike."—*Publishers Weekly* A good mind knows the right answers...but a great mind knows the right questions. And never are the Best Questions more important than after a diagnosis of breast cancer. Drawing on cutting-edge research and original interviews -- including with former surgeon general C. Everett Koop, bestselling author Dr. Susan Love, well-known breast cancer survivors like Betty Rollin, and experts at the top cancer-care centers in the world -- *The 10 Best Questions™ for Surviving Breast Cancer* is a guide you'll take with you into your doctor's office and keep close to you through every step of your treatment and recovery. In addition to the medical questions, you'll also learn what you need to ask your friends, colleagues, and loved ones so that the rest of your life doesn't take a backseat to your diagnosis: "How many days I can afford to be out?" (p. 211) "What questions are my children likely to ask?" (p. 261) "When will I be comfortable being intimate again with my partner?" (p. 234) With a wealth of resources and up-to-the-minute information, *The 10 Best Questions™ for Surviving Breast Cancer* shows you how to move past a scary diagnosis and use the power of questions to become your own best advocate for your emotional, mental, physical, and financial health.

If you or someone you love has been diagnosed with breast cancer, you're probably confused, afraid, shocked, or even angry. Or you may be all of the above. Let this book become your trusted manual. Discover more about the cancer, explore treatment options, find ways to make this part of your life easier. Let shared experiences serve as your knowledgeable guide and anchor to help you make wise and confident choices. Think of breast cancer as a journey and this book as your roadmap. Have you already been diagnosed? In that case, this book can help you explore these important truths: Breast cancer is not a death sentence. Most women diagnosed with early stage breast cancer can look forward to enjoying a healthy, full life. Not only are you unique as a person, but so, too, is your particular form of cancer, your treatment options, and your prognosis. Every day more is discovered about how to prevent, detect earlier, and more effectively treat breast cancer. You are not alone. More than two million women in the United States today are breast cancer survivors. Thousands of groups and programs across the country offer support, and chances are, one is close to your neighborhood. All the information in this book is based on the most recent research findings, the clinical expertise of oncologists, and the invaluable experiences of the women who have walked this road before. *Breast Cancer For Dummies* covers all of the following topics and more in simple, easy-to-understand terms: Coming to grips with breast cancer Decoding your pathology report Finding the right treatment for you Rekindling intimacy after treatment Health Insurance and money woes Talking to children about breast cancer This book can help you feel like you have a sister who's a doctor, a sister who tells you what to expect every step of the way, who gives you the best advice she can, and guides you along the way. (Of course, there is absolutely no replacement for advice about you from your own doctor.) You'll feel empowered to know and understand what's going on in your body, so that you can become a part of your own treatment team and make decisions along with your doctors and your family.

Breast Cancer: Real Questions, Real Answers is an outgrowth of Dr. David Chan's more than 20 years in private oncology practice. Inspired by his patients—who courageously face their illness but often feel fearful, confused about their options, and full of questions—Dr. Chan's book is uniquely structured as a Question and Answer between patient and doctor. It provides readers with an easily navigated, completely current resource for all of their queries. Poised to become the new must-read for breast cancer patients, this book offers easily digestible information by reviewing and exploring the causes of breast cancer, outlining the core basics of breast cancer therapy, explaining how breast cancer survival is influenced by lifestyle, and much more. Dr. Chan's surefooted, compassionate tone offers reassurance throughout, as do the stories of his many patients, which give readers a firsthand glimpse at what they may face down the road, all from a survivor's point of view. Complete with a glossary of important terms and an appendix of useful resources, *Breast Cancer: Real Questions, Real Answers* is a must for every breast cancer patient seeking information that will guide her through her struggle toward a triumphant recovery.

Bathsheba's Breast

Making Informed Choices About Menopause

My Breast

Dr. Susan Love's Hormone Book

How to Navigate Your Diagnosis and Treatment Options-and Remain Optimistic-in an Age of Information Overload

Promise Me

How We Do Harm exposes the underbelly of healthcare today—the overtreatment of the rich, the

under treatment of the poor, the financial conflicts of interest that determine the care that physicians' provide, insurance companies that don't demand the best (or even the least expensive) care, and pharmaceutical companies concerned with selling drugs, regardless of whether they improve health or do harm. Dr. Otis Brawley is the chief medical and scientific officer of The American Cancer Society, an oncologist with a dazzling clinical, research, and policy career. How We Do Harm pulls back the curtain on how medicine is really practiced in America. Brawley tells of doctors who select treatment based on payment they will receive, rather than on demonstrated scientific results; hospitals and pharmaceutical companies that seek out patients to treat even if they are not actually ill (but as long as their insurance will pay); a public primed to swallow the latest pill, no matter the cost; and rising healthcare costs for unnecessary—and often unproven—treatments that we all pay for. Brawley calls for rational healthcare, healthcare drawn from results-based, scientifically justifiable treatments, and not just the peddling of hot new drugs. Brawley's personal history – from a childhood in the gang-ridden streets of black Detroit, to the green hallways of Grady Memorial Hospital, the largest public hospital in the U.S., to the boardrooms of The American Cancer Society—results in a passionate view of medicine and the politics of illness in America – and a deep understanding of healthcare today. How We Do Harm is his well-reasoned manifesto for change.

Examines the scientific evidence for and against hormone therapy for women past menopause, reviews the alternatives to it, and discusses its risks and limitations.

Includes section on: breast feeding; plastic surgery; and the causes, diagnosis, and treatment of breast cancer.

"Provides the most valuable and appropriate words and actions needed by cancer patients during diagnosis and treatment, based on a new 20 question survey circulated to 600 cancer survivors"--One Way Ticket

Women, Cancer, and History

Dr. Susan Love's Breast Book, Second Edition, Special Edition For Cgss

Prevention, Treatment, Care, Coping, Living with Hope

The Script You Need to Take Control of Your Health

What Your Doctor May Not Tell You About(TM): Breast Cancer

Breast Fitness

"Updated with images and a new introduction on recent controversies"--Cover.

A lighthearted primer for women establishes a redefinition of health and well-being that focuses on living a relaxed and full life while not suffering undue stress for alleged failures to follow strict health guidelines, in a reference that addresses nutrition, exercise, preventive care and more. Reprint. A best-selling book.

Buying a bra can be stressful, even if you've done it a thousand times. The way bras are made, sized, and sold is hard to understand. You even wear more than one size, depending on style and brand. The Breast Life(TM) Guide to The Bra Zone gives you the tools you need to find bras that fit your body, personal style, and budget.

So, it's official. You've been diagnosed with cancer. And from this moment on your life will never be the same. No matter how much others may wish to help, you alone must initiate the journey. This is the first step. From This Moment On offers its hand to anyone dealing with cancer. Following a positive cancer diagnosis, you may feel overwhelmed and uncertain about the future. From This Moment On walks you through the stages of illness, treatment, and recovery. It shows you how to accept and move through your anxiety or pain; to gain a sense of control; to find people who can help; and, most important, to decide how you want to live the rest of your life. Open the book to any page and find something of value. Soak up its wisdom in an hour. Or return to it again and again for encouragement and solace. From This Moment On will prove a calm and forthright companion on one of life's most challenging journeys. Cancer is an ordeal, but it is also an opportunity. Exactly what kind of opportunity will be up to you.

Breasts: The Owner's Manual

Dear Friend

Be a Survivor

The Silver Lining

An Optimal Exercise and Health Plan for Reducing Your Risk of Breast Cancer

Pink Ribbon Blues

To Dance with the Devil

A national bestseller! Breast cancer surgeon Dr. Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk, and open your eyes to interventions and treatments. Most women don't want to hear about breast cancer unless they have it and need to make some decisions, but these days news about breast cancer—the number one killer of women ages twenty to fifty-nine—is everywhere. Chances are you know someone who has had it. But did you know that choices you make every day bring you closer to breast cancer—or move you farther away? That there are ways to reduce your risk factors? And that many of the things you've heard regarding the causes of breast cancer are flat-out false? Based on Dr. Kristi Funk's experience as a board-certified breast cancer surgeon, she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways. Many women believe that family history and genetics determine who gets breast cancer, but that's not true for most people. In fact, 87 percent of women diagnosed with breast cancer do not have a single first-degree relative with breast cancer. This book will help you: Learn the breast-health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your

medical choices if you're at elevated risk for or are already navigating life with breast cancer. There have been few solid guidelines on how to improve your breast health, lower your risk of getting cancer, and make informed medical choices after treatment—until now. With her book available in 10 languages and in more than 30 countries, Dr. Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts. Praise for *Breasts: The Owner's Manual*: "Dr. Funk writes *Breasts: The Owner's Manual* just like she talks: with conviction, passion, and a laser focus on you."—Dr. Mehmet Oz, Host of *The Dr. Oz Show* "*Breasts: The Owner's Manual* will become an indispensable and valued guide for women looking to optimize health and minimize breast illness."—Debu Tripathy, MD, Professor and Chair, Department of Breast Medical Oncology, University of Texas MD Anderson Cancer Center "*Breasts: The Owner's Manual* not only provides a clear path to breast health, but a road that leads straight to your healthiest self. As someone who has faced breast cancer, I suggest you follow it."—Robin Roberts, Co-anchor, *Good Morning America*

The founder and CEO of Susan G. Komen for the Cure shares the inspirational story of her late sister's battle with breast cancer and the author's contributions to establishing one of the world's most influential health advocacy organizations. Reprint. A best-selling book.

In this brave and deeply personal memoir, one of America's most beloved journalists, mother, and New York Times bestselling author speaks candidly about her battle against breast cancer, her quest to learn about it and teach others, and the transformative effect it's had on her life. When former *Good Morning America* host Joan Lunden was diagnosed with breast cancer, she set out to learn everything about it to help her survive. With seven children counting on her, giving up was not an option. After announcing her diagnosis on *Good Morning America*, people all over the country rallied around Joan as she went into Warrior mode. Within a few months, after losing her hair, Joan appeared on the cover of *People* magazine bald, showing the world she could, and would, beat the disease. Determined to remain upbeat—to look in the mirror with a brave face—her resolve empowered women everywhere. The *Today* show quickly recruited Joan as a special correspondent and continues to follow her progress. A deeply personal and powerful story of pain, persistence, and perseverance, *Had I Known* is a chronicle of Joan's experience and the plan she formulated and followed to battle with her disease and treatment. As Joan reveals, while her journey was not easy, it profoundly changed her in unexpected ways. Her odyssey helped Joan redefine herself, her values, and most of all, her health. Following a new clean way of eating, Joan lost thirty pounds, became more aware of the food she was eating, and avoided many of the debilitating side effects of chemotherapy. Dealing with the cancer also changed her perception of true beauty. Being attractive isn't about the hair on your head—it's about the strength and character you bring to everything you do. Positive yet down-to-earth, told with piercing honesty leavened with warmth and humor, *Had I Known* offers unforgettable, inspirational lessons for us all.

Never before has a book so clearly detailed how exercise can reduce the risk for and recurrence of breast cancer, and how women can incorporate a safe and effective exercise program into their lives to fight against the disease. In clear, accessible language, the expert authors explain: *How to ascertain your breast cancer risk factors *What you can do NOW to prevent Breast Cancer *Detailed diet and exercise programs that will keep you healthy and can save your life *How to detect breast cancer early *Your best lifestyle choices for surviving--and thriving--after diagnosis, and practical steps to maximize your chances of the cancer never coming back. Want to prevent breast cancer or keep it from coming back? With *Breast Fitness*, Dr. Anne McTiernan, Dr. Julie Gralow, and Dr. Lisa Talbott present the only comprehensive, illustrated guide to the new-found connection between exercise and fighting breast cancer, and what you can do to maximize your chances of living your life breast cancer-free.

How We Do Harm

Dr. Susan Loves Hormone Book

A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer

A Guide for Those Recently Diagnosed with Cancer

Breaking the Rules Won't Break Your Health

The 10 Best Questions for Surviving Breast Cancer

Your Guide to Breast Cancer Treatment

Dr. Susan Love's Breast Book **Dr. Susan Love's Breast Book** **Da Capo Lifelong Books**

One of the most comprehensive and bestselling books on breast cancer treatment and survival, completely revised and updated. The sixth edition of Breast Cancer Survival Manual provides essential updates on treatment and care, enhancing the basic information that has made this the most trusted guide for women diagnosed with breast cancer for the past two decades. This edition includes the most current advice on: · The new genomic classification of breast cancer and its importance in treatment planning · Cancer gene testing, which determines if a woman will benefit from chemotherapy · New developments in breast cancer treatments with new targeted agents · The continued importance of getting a second opinion: why it's important, what questions to ask, and how to decide which team of doctors is best for you. Conscious of the rapidly evolving spectrum of treatment options, Dr. John Link outlines the latest findings and professional wisdom for patients in pursuit of the most effective treatment plan for them. The Breast Cancer Survival Manual continues to be a must-have for any woman seeking accurate and accessible information about managing breast cancer today.

A Breast Cancer Alphabet

From This Moment On

How to Help Your Wife (and Yourself) During Diagnosis, Treatment and Beyond

The Mayo Clinic Breast Cancer Book