

The Truth About Breast Cancer

Breast cancer is reaching epidemic levels, especially among black women. This survival guide provides tools that women—black women in particular—can use to identify and combat this all-too-common threat. • Speaks from the perspective of a black woman who has had breast cancer and is also an academic who researched breast cancer • Provides current information and practical advice for beating breast cancer • Explains tests and treatment options • Includes information on research studies and outcomes for black women with breast cancer • Explores why black women are more likely than women of any other race or ethnicity to develop aggressive and fast-growing breast tumors during their childbearing years

"Taking Charge of Breast Cancer incorporates many components of the experience of breast cancer, from personal illness to political economic factors. Based on her very extensive data from interviews and content analysis, Ericksen's fine writing offers a powerful narrative approach that focuses on stages of awareness and action. In the process she eloquently addresses the physical and emotional consequences of breast surgery, changes in body and sexuality, and activism. This is a major contribution to understanding the politics and experience of breast cancer."—Phil Brown, Brown University

If you've been diagnosed with breast cancer, know your options. It could mean the difference between life and death. What the mainstream media and your physician have told you about breast cancer may not be the entire truth. This book is a curated selection of news articles, physicians' advice, and research papers that illustrate breast cancer from different perspectives. Chapters include: Chapter 1: What to do if you're diagnosed with breast cancer Chapter 2: Diagnosis of breast cancer Chapter 3: Introduction to breast cancer Chapter 4: The causes of breast cancer Chapter 5: The food supply Chapter 6: Environmental causes Chapter 7: Psychological causes Chapter 8: Spiritual causes Chapter 9: The prime cause of cancer Chapter 10: Prognosis of breast cancer Chapter 11: Conventional breast cancer treatments Chapter 12: Alternative breast cancer treatments Chapter 13: Personal stories

"Six out of every one hundred American women will develop breast cancer ... at least one of them will die of it. Today, breast cancer is the most common cause of death in women between the ages of 37 and 55. And to many women the conventional treatment--radical mastectomy--is as frightening as the disease itself. This important and long-needed book presents the facts you need to know about breast cancer and about the alternative

methods of treatment already used by most surgeons in England, Scandinavia, Canada, France and other nations to avoid radical mastectomy whenever possible."--Publisher's description.

Straight Talk about Breast Cancer

Facts About--women and Breast Cancer

Facts for Women with Breast Cancer

What Women Should Know about the Breast Cancer Controversy

Breast Cancer

One Journey Through the Maze of Breast Cancer

One out of eight women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their life time. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of hours of research, study, soul-searching and prayer. It all came together as The 7 Essentials - 7 basic steps that are necessary for preventing and healing cancer, or any dis-ease for that matter. Chapter 1 - Why Do I Have Breast Cancer? Scientists have come to the conclusion that cancer is a preventable dis-ease that requires major lifestyle changes. Discover how to avoid the 7 Cancer Triggers that could possibly create cancer in your body. Chapter 2 - Essential # 1 - Let Food Be Your Medicine Stop feeding the cancer by avoiding the foods that "feed" the cancer. Increasing your consumption of specific vegetables, oils and low glycemic fruits can reduce your Breast Cancer risk by 60-70%. Find out which foods lead to inflammation and dis-ease while others turn on protective, anti-cancer genes. Experiment with a sample 7 day anti-cancer meal plan. Chapter 3 - Essential # 2 - Reduce Your Toxic Exposure Is it possible to escape the effects of the thousands of chemicals that you may be exposed to every day? There are clearly environmental links to Breast Cancer but there are specific steps that you can take to reduce your toxic exposure. Learn how to make conscious choices about the products you keep in your home, the cosmetics you apply and the internal toxins that are affecting your body. Chapter 4 - Essential # 3 - Balance Your Energy Our body is 1 billionth physical matter and the rest is all energy. Our body runs on an energetic and electrical system that can be measured with instrumentation. There are specific healing arts and therapeutic tools that can help bring the body to balance, ultimately strengthening and boosting the Immune System. Proper hormone balance and revitalizing sleep can activate cancer-protective genes and boost the Immune System. Chapter 5 - Essential # 4 - Heal Your Emotional Wounds In order to truly heal your body, you must heal your emotional wounds. Do you have the "Cancer Personality"? If so, your responses to stress and how you cope with it are often learned behaviors. You can change those learned behaviors and the bio-chemistry of your body with your attitude and your thought patterns. Strengthen your "happiness muscle" with 8 specific steps. Chapter 6 - Essential # 5 - Embrace Biological Dentistry Metals in your teeth

have the potential to increase estrogen signaling in the breast tissue. These metallo-estrogens have been found in Breast Cancer tissue biopsies. Toxicities from root canals have been associated with most cancers. Learn how to take steps to detox these poisonous materials that may be compromising your Immune System and Meridian System. Chapter 7 - Essential # 6 - Repair Your Body with Therapeutic Plants The United States National Library of Medicine has a data base of hundreds of thousands of citations and abstracts of bio-medical literature and journals giving evidence of the benefits of Natural Medicine. There are specific plant compounds that have been shown to kill cancer cells without harming healthy cells. Others boost the Immune System and support the body's ability to heal. Enjoy foods that detoxify carcinogens, inhibit tumor growth and even reduce the unpleasant side effects of chemotherapy. Chapter 8 - Essential # 7 - Adopt Very Early Detection Would you be interested in technology and blood work that could potentially discover cancer on a small cellular level before it had a chance to develop into a large tumor? Mammography has not decreased Breast Cancer mortality rate. Breast Cancer: The Facts provides essential, easy to follow information on all aspects of the diagnosis and management of breast cancer. It provides essential background information on the disease, from the ways breast problems are investigated, through treatment options and new therapies, to follow-up processes after remission. Fully updated to cover new and emerging therapies in breast cancer, this second edition also features new chapters on treating special or unusual types of breast cancer; surviving and thriving post-treatment; and coping and support strategies for the partners, families, friends, and colleagues of the person diagnosed with breast cancer. Each chapter is enriched with resources such as websites, links to videos, and care plans so the reader can explore relevant topics in greater detail. Written by specialists in breast cancer, the focus is on the whole patient, their family, and social networks, to make this book a holistic guide to better health at and after diagnosis with the disease, equipping patients affected by breast cancer and their families to be able to ask their health care team the questions they need to have answered to make informed decisions about their treatment.

This book provides the reader with up-to-date information on important advances in the understanding of breast cancer and innovative approaches to its management. Current and emerging perspectives on genetics, biology, and prevention are first discussed in depth, and individual sections are then devoted to pathology, imaging, oncological surgery, plastic and reconstructive surgery, medical oncology, and radiotherapy. In each case the focus is on the most recent progress and/or state of the art therapies and techniques. Further topics to receive detailed consideration include particular conditions requiring multidisciplinary approaches, the investigation of new drugs and immunological agents, lifestyle and psychological aspects, and biostatistics and informatics. The book will be an excellent reference for practitioners, interns and

residents in medical oncology, oncologic surgery, radiotherapy, pathology, and human genetics, researchers, and advanced medical students.

There is no other book like this that gives you a comprehensive plan to prevent breast cancer. This book is based on the latest research available from medical science. In this book you will learn the risk factors for breast cancer - and what you can do to greatly reduce your risk. This book also provides information for women who currently have breast cancer; how to improve the odds of survival and reduce the risk of recurrence. One in eight Australian and American women develop breast cancer during their lifetime. Most women feel powerless when it comes to preventing breast cancer; they believe genetics and bad luck determine who develops the disease. The truth is that only five to ten percent of breast cancer cases are due to genetics. In this book you will learn about the real risk factors for breast cancer and what you can do to greatly reduce your risk. In *The Breast Cancer Prevention Guide* you will learn: Mammograms are not the best method for detecting breast cancer in all women. Your body can make good estrogen and bad estrogen. Learn how to increase your body's production of beneficial estrogen. The importance of progesterone in protecting against breast cancer. The chemicals you come in contact with each day that are strongly implicated in causing breast cancer and how to reduce your exposure to them. Foods, herbs and nutrients with powerful anti cancer effects. Recipes and tips on how to incorporate powerful anti cancer foods into your diet.

The Truth About Cancer

The Truth about Breast Cancer Risk Assessment

Conspiracy of Hope

The Unplanned Journey

Breast Cancer Facts & Figures 2011-2012

The Science, Culture, and History of Breast Cancer in America

After losing several family members to cancer, Ty Bollinger refused to accept the notion that chemotherapy, radiation and surgery were the most effective treatments available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry. What he uncovered was shocking. There is ample evidence to support the allegation that the "war on cancer" is largely a fraud and that multinational pharmaceutical companies are "running the show"

This book, written for the layperson, provides evidence-based material explaining the complex and evolving evidence of the benefits and limitations of breast cancer screening and the advances in breast cancer treatment. A diagnosis of breast cancer is one of the most emotionally charged statements a woman can hear from her doctor. Understanding the rapid changes in breast cancer diagnosis and treatment is challenging, especially for those without a medical background. This book will help explain the strengths and weaknesses of breast cancer screening, breast cancer treatment, and ways of coping with the disease (for oneself or a loved one). Written for the layperson, this text explains the history of disease prevention with a specific emphasis on breast cancer detection and treatment. The main chapters weigh the pros and cons of well-known but often mystifying screening tests, such as mammograms; discuss the benefits and side effects of targeted hormone therapies; consider holistic regimens that

complement traditional medicine; and explore the mental, physical, and emotional strain caused by breast cancer. Concluding with the current breast cancer screening guidelines recommended by leading organizations in disease prevention, Breast Cancer Facts, Myths, and Controversies not only engages with the history of breast cancer screening, diagnosis, and treatment, it looks ahead to a brighter future for survivors. Includes reader-friendly descriptions of screening tests and treatments, along with their benefits and risks Addresses the debate surrounding modern biomarker and genetic tests and whether or not testing is excessive Includes a list of support groups and organizations, as well as a summary of screening guidelines Includes a glossary of breast disease terms and terms used in testing and treatment Written by an expert epidemiologist known internationally whose career has focused on women's health

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 Unplanned Journey relates the adventures of my walk on the Cancer road. It stresses the lessons that Cancer taught me. It tells the reader about my fears and my struggles in dealing with Cancer - the acceptance of having the disease, the surgeries, and its treatments. This book is written in an effort to assure any woman or man with Cancer that there is an end to the long journey. My readers should be assured that they are not alone. Today most Cancers are curable if they can be found early. Happiness and normal life will return again at the end of the journey.

Book Review: Breast Cancer The Unplanned Journey Lessons Learned By Beverly Stacy Dittmer Reviewed by Mary Ann Noonan Breast Cancer The Unplanned Journey Lessons Learned, is the very personal journal of Beverly Stacy Dittmer's passage from finding a lump in her breast, through her anxious wait for the confirmed diagnosis of breast cancer that every woman dreads to hear, through her one step at a time trek from surgery through treatment and complications, and, finally, to a realization that life goes on and can become normal again. Beverly as a daughter, a sister, a wife, a mother, a grandmother, a friend, and a professional woman shares critical, yet sensitive, information about her diagnosis of breast cancer and its treatment. She makes it quite clear in the copyright page that "the medical statements in this book are only what I understood and are not to be taken as true medical facts," continuing that her knowledge about breast cancer was obtained in years 2003 and 2004. In addition, she includes a personal touch to her 222 page manuscript describing many relationships and human interest stories about life with her husband, her family, her friends, her personal activities, and travels. The reader follows Beverly as she relates her cancer journey one step at a time-the good times and the bad. In a detailed, remarkably sensitive, casual, almost speaking to the audience style, Dittmer writes about everyday life while facing a life threatening condition. She shares words of advice and reminders about living each day with confidence and courage that there is light at the end of the tunnel while including "lessons learned" in the last four pages. Encouragement is granted to the reader by the author's constructive council that "there is an end to this long journey." Through her direct and candid accounts it was obvious that she was not alone in this walk. As a professional nurse practitioner and retired professor of nursing, reading Beverly Stacy Dittmer's personal story reinforces the importance for health care providers to listen and to be present to all individuals for whom they care. For the person with a life-threatening illness, this read will provide a source of strength and encouragement. For the student of nursing and medicine it is a must read.

Adjuvant Therapy

Breast Cancer Facts, Myths, and Controversies: Understanding Current Screenings and Treatments

Taking Charge of Breast Cancer

Busting Breast Cancer

Mothers, Prevent Your Daughters from Getting Breast Cancer

Breast Cancer NOTES

My Experience of Truth is powerful in all aspects. Written in the now, the author expresses herself through the journey of breast cancer as it unfolds. A courageous, explicit, moving narrative that not only allows the reader to understand the deepest levels of the journey but also relate to fundamental life questions. The author crosses the boundaries of illness, spirituality, life, living, values and what being a woman, a living being and a soul is to her. The portrait of My Experience of Truth is not shy about pain however it is a story of triumph and daring. The power of the images alone communicates the experience on an intuitive level. Combined with the verse and poetry it is exceptional. To see a preview visit www.prestonbooks.net

The Dow Corning case raised serious questions about the safety of silicone breast implants and about larger issues of medical device testing and patient education. Safety of Silicone Breast Implants presents a well-documented, thoughtful exploration of the safety of these devices, drawing conclusions from the available research base and suggesting

further questions to be answered. This book also examines the sensitive issues surrounding women's decisions about implants. In reaching conclusions, the committee reviews: The history of the silicone breast implant and the development of its chemistry. The wide variety of U.S.-made implants and their regulation by the Food and Drug Administration. Frequency and consequences of local complications from implants. The evidence for and against links between implants and autoimmune disorders, connective tissue disease, neurological problems, silicone in breast milk, or a proposed new syndrome. Evidence that implants may be associated with lower frequencies of breast cancer. Safety of Silicone Breast Implants provides a comprehensive, well-organized review of the science behind one of the most significant medical controversies of our time. "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"--

Assesses the extent of the problem, discusses cancer research, and looks at risk factors, politics, and government policy towards medical research

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

A Photo Collection of Breast Cancer Survivors' Lumpectomies, Mastectomies, Breast Reconstructions and Thoughts on Body Image

Fast Facts: Early Breast Cancer

Understanding and Fighting a Deadly Disease

Breast Cancer: the Facts

Myths and Facts

Avoid mammograms. Switch off birth control drugs-and progestin menopausal drugs, too. Lose your excess fat NOW! Stop holding onto those highly stressful jobs and relationships. Counterintuitive as these may seem, each is among Busting Breast Cancer's Five Simple Steps, documented to effectively prevent breast cancer, thanks to recent developments in our metabolic understanding of cancer. Each reduces your risk of breast cancer by 30 to 80 percent! Dr. Susan Wadia-Ells' shocking new book questions the presumed wisdom of most so-called authorities: National Academy of Medicine, American Cancer Society, Susan Komen, and mainstream cancer centers. And why wouldn't we question their wisdom? At least 30 percent of women treated for early-stage breast cancer go on to develop metastatic breast cancer-practically guaranteeing their early death. Physicians must report each recurrence to state registries. But you may be surprised to learn the industry and its federal partners keep these numbers hidden. Perhaps they're just too embarrassing to share. Dr. Wadia-Ells does not pussyfoot around. A journalist with graduate degrees in political economy and women's studies, she aims to change US culture on women's behalf. Reviewing thousands of studies while researching this book, she discovered the 2012 landmark text, Cancer as a Metabolic Disease, by Boston College biologist Thomas Seyfried, PhD who lays out the complete biological explanation of how a person's first cancer cell develops. Effective prevention is now possible! Take off the pink ribbons. Stop running for the cure. Keep vitamin D3 above 60 ng/ml. Get rid of the carbs. Practice meditation.

Stop suffocating your breast cells' "batteries"-your fragile mitochondria. Take charge; stop that first breast cancer cell before it's ever born. Busting Breast Cancer also proposes political actions: demand the FDA allow affordable \$30 hormone-free IUDs; promote breast self-exams; mandate equal insurance coverage for ultrasound screenings and early-prevention thermography. Against a multibillion-dollar industry with too much financial incentive to abandon its failing direction, who can change the course of breast cancer prevention and treatment? YOU can! Only women have the self-interest to do it. And now, with Busting Breast Cancer, you'll have the knowledge, too. 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

BREAST CANCER IS NOT YOUR LIFE. You hear the words of your diagnosis, "You have breast cancer." Your anxiety is now reality. Your world seems suddenly overwhelmed, unpredictable. With the jolting label you did not seek, breast cancer is now a part of your life. Yet breast cancer is not your life. **MAKE SENSE OF YOUR DIAGNOSIS.** Call upon the strength of your femininity to gain information strength over the words you just heard. **TURN TO INTELLIGENCE.** Based upon decades of patient treatment and medical expertise--for the first time in a how-to source co-authored by patient and physician--The Breast Cancer Answers Book offers you wisdom into how "breast cancer" is in fact a variety of diseases, insight into your specific form of breast cancer, why time is your friend, your treatment choices, the roles of each doctor and professional on your medical team, and the power you possess in treating your disease and your body. Answer your unasked question. Just as you may be treated so that your breast is surgically reconstructed--how may you achieve Emotional Reconstruction(R) over breast cancer? Here for the first time is your answer.

'Fast Facts: Early Breast Cancer' provides a comprehensive overview of stage 0, I, II and IIIA disease, including the latest thinking on the risk of developing breast cancer and the value (or not) of screening, alongside the importance of clinical staging and triple assessment. Using clear diagnostic and management pathways, this practical resource covers: · the risks and benefits of neoadjuvant treatment · surgical and reconstruction options · the latest approach to radiotherapy · when and how to select

the correct adjuvant therapy · guidelines for follow-up and rehabilitation. 'Fast Facts: Early Breast Cancer' is an invaluable resource that draws on current evidence to assist everyone working in breast cancer care improve patient outcomes.

Safety of Silicone Breast Implants

The Breast Cancer Book

Bathsheba's Breast

The Truth About Prostate Health and Prostate Cancer

The Myths and the Facts

7 Essential Steps to Beating Breast Cancer

A collection of photographs and personal narratives

concentrating on survivors' lumpectomies, mastectomies, and reconstructions, and how they felt about their bodies.

"Examines the deadly disease cancer, including a history of the disease, diagnosis and treatment, coping with cancer, and the fight against it around the world"--Provided by publisher.

The Truth about Breast Cancer Stoddart Pub

Distills the latest research and soundest medical advice into a comprehensive guide to the prevention, detection, and treatment of breast cancer, including a guide to the Internet. By the authors of Listening to Your Body. Reprint.

Radical

The Truth about Cancer

Your Guide to Achieving Emotional Reconstruction(r)

From Diagnosis to Recovery

Five Simple Steps to Keep Breast Cancer Out of Your Body

The Black Woman's Breast Cancer Survival Guide: Understanding and Healing in the Face of a Nationwide Crisis

This medical handbook serves as an accessible resource for answering the questions of women with breast cancer as well as easing the concerns of their spouses and family members. Drawing on the personal experiences of a breast-cancer survivor and the professional expertise of breast-cancer specialists, this guide outlines the various treatment options for cancer patients—including lumpectomy and mastectomy surgeries, radiation treatment, and chemotherapy—both in terms of how they work and the toll they take on a patient's life. Updated information and photographs on breast reconstruction are included along with a complete list of resources and an open discussion of hereditary and reoccurrence risks.

For decades, women have been told that mammograms save lives. Yet many scientists say that this is in fact not true. Conspiracy of Hope reveals how breast cancer screening was introduced in the US before there was any good evidence it made any difference, and an unfounded belief in early detection caught on quickly in Canada and other developed countries. Today the evidence is starkly clear. Screening does more harm than good. Still women, and their doctors, continue to buy into a myth perpetuated by greed, fear, and wishful thinking. Conspiracy of Hope illustrates how a vortex of interests came together to make breast screening standard medical practice and why

it's so hard to persuade them they are wrong. The radiologists, the imaging machinery manufacturers, and the pink ribbon charities are all part of that story. It is a tale of back-stabbing and intrigue, of exploiting fear and hope, while distorting and misrepresenting the evidence. Or simply ignoring it. By age 30, 10% of men have benign prostatic hyperplasia (BPH), by age 60, 50%, by age 80, 90% causing symptoms and cancer risk. One in six develop prostate cancer. Those with prostate cancer today live no longer than those who had it in 1920. Treatments produce the same length of life, but when you modify your lifestyle, you may live longer. Dr. Simone reviews how prostate health can be yours. Since genetics cause only 7% of cases, you have control. Dr. Simone, a world renowned cancer specialist, is brave enough to share with you the truth about BPH and prostate cancer without emotion or influence from the medical establishment, pharmaceutical industry, national organizations, special interest groups or government agencies. Be your own advocate. Don't leave it to others. You can virtually control the destiny of your health. By following this easy Ten Point Plan, you can minimize BPH, reduce the risk for prostate cancer, or, if you have prostate cancer, you can help extend your life. The choice is yours. In this guide for women of all ages, the author demystifies the risk factors identified by current research, clarifies the areas where lifestyle changes can make a real difference, and delineates essential strategies for preventing breast cancer. He advocates seven practices for better health, including following the revised American diet, eating organic foods, drinking only purified water, avoiding alcohol, getting regular exercise, and meditating. Annotation copyrighted by Book News, Inc., Portland, OR

The Truth about Breast Cancer

The Breast Cancer Answers Book

A Trusted Guide for You and Your Loved Ones

Everything You Need to Know About Breast Cancer

Show Me

General Facts

The author of Hormone Heresy exposes the truth behind the spiralling incidence of breast cancer, particularly amongst young women.

The Key Facts on Breast Cancer provides readers with essential, easy-to-read information on the life-threatening disease. Compiled in a simplified manner, this guide helps patients navigate this painful process without enduring the complicated nature of medical terminology. By making a patient-friendly manual to the causes, treatment, and ongoing research of breast cancer, one can easily determine what they are facing and how to live their life to the fullest.

Publishers of Onocology, Primary care and Cancer.

Why this book? Previous books have covered risk factors, but' now you can learn how these risks are assembled into a personal profile, and: Learn why the most popular model for risk assessment can often be the most misleading. Realize that women without known risk factors are still at a significant risk for developing breast cancer. Understand how important your personal risk profile becomes when you begin to make other health care decisions. Appreciate how media-reported studies of risk factors

frequently become distorted. Discover that there are protective factors that can offset risk factors, as well as the option of chemoprevention. And, gaze into the crystal ball and realize visualize the future of risk assessment.

Prevention and Cancer Life Extension

Breasts: The Owner's Manual

What You Need to Know about Cancer's History, Treatment, and Prevention

Women, Cancer, and History

The Key Facts on Breast Cancer

In this "powerful and unflinching page-turner" (New York Times), a healthcare journalist examines the science, history, and culture of breast cancer. As a healthcare journalist, Kate Pickert knew the emotional highs and lows of medical treatment well -- but always from a distance, through the stories of her subjects. That is, until she was unexpectedly diagnosed with an aggressive type of breast cancer at the age of 35. As she underwent more than a year of treatment, Pickert realized that the popular understanding of breast care in America bears little resemblance to the experiences of today's patients and the rapidly changing science designed to save their lives. After using her journalistic skills to navigate her own care, Pickert embarked on a quest to understand the cultural, scientific and historical forces shaping the lives of breast-cancer patients in the modern age. Breast cancer is one of history's most prolific killers. Despite billions spent on research and treatments, it remains one of the deadliest diseases facing women today. From the forests of the Pacific Northwest to an operating suite in Los Angeles to the epicenter of pink-ribbon advocacy in Dallas, Pickert reports on the turning points and people responsible for the progress that has been made against breast cancer and documents the challenges of defeating a disease that strikes one in eight American women and has helped shape the country's medical culture. Drawing on interviews with doctors, economists, researchers, advocates and patients, as well as on journal entries and recordings collected over the author's treatment, Radical puts the story of breast cancer into context, and shows how modern treatments represent a long overdue shift in the way doctors approach cancer -- and disease -- itself.

Breast Cancer Prevention Guide

Its Link to Abortion and the Birth Control Pill

Innovations in Research and Management

Heal Breast Cancer Naturally

Breast Cancer Facts & Figures

A 7-step Prevention Plan