

SURVIVING BREAST CANCER WITH COURAGE

**Essentials For Coping With
Breast Cancer Diagnosis**

DR. JULIA LOUIS

Surviving Breast Cancer

Barbara Stevens



Surviving Breast Cancer:

How I Survived Breast Cancer: Wayne Dornan PhD, 2015-11-11 Every three minutes a woman in the United States is diagnosed with breast cancer. Although more and more men and women are surviving breast cancer, it is still a very frightening diagnosis and your life is absolutely turned upside down when you are told you have breast cancer. This is a book of hope and inspiration. I wrote it for both men and women and I believe that thousands of women and men will be helped by all the information in this book. As you will see throughout the book, each inspirational chapter, which is a documentation of my specific journey with breast cancer, is followed by a factual account that contains up-to-date information regarding breast cancer and treatment in both men and women. In addition to its inspirational chapters, I hope that the factual information in this book will help both men and women make informed decisions regarding their treatment options and help them understand that there is quality of life after being diagnosed with breast cancer. In this book, you will read that almost from the beginning, I decided that I would embrace my diagnosis and not be intimidated by it. As you will read, I would take this diagnosis head-on. I wanted to feel empowered and not helpless. I want both men and women who read this book to understand that although it's not easy, you have to maintain a positive attitude about your diagnosis, treatment, and prognosis and fight it every day. You can never give up. Lastly, although our lives will never be the same as you will read in this book, there are tons of breast cancer survivors out there. So my advice is to live your life to the fullest and become an inspiration to other breast cancer survivors.

Celebrating Life Decades After Breast Cancer Beverly McKee, 2015-10-01 Imagine the hope and comfort you will feel surrounded by forty inspiring breast cancer survivors as they share stories of celebrating life twenty, forty, even fifty years after diagnosis. You'll be welcomed into an inner circle of support as each woman shares her personal journey through breast cancer and insight about why she believes she has thrived for decades beyond diagnosis. Whether you are a survivor, caregiver, family friend, or part of an oncology team, this book will help quiet fear, calm anxiety, and offer the priceless gift of hope. Beverly McKee, MSW, LCSW, is a mental health therapist and Stage III breast cancer survivor. She was inspired to compile this powerful collection of stories after planning a party set for October 17, 2052, exactly forty years in the future from the date of her own diagnosis. You are invited to meet these unforgettable women during a worldwide book tour. For details and to learn how you can join an exclusive online book club, visit www.BeverlyMcKee.com.

The Black Woman's Breast Cancer Survival Guide Cheryl D. Holloway, 2017-07-14 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. This what-you-need-to-know guide is unique in its common-sense, laywoman's approach and particular relevance to women of color. Its premise is simple: ignorance and lack of education about breast cancer signs and symptoms are still all-too-prevalent among black women. Many women are not informed about resources available for early detection screening and are not referred for mammography screening. They may also receive significantly

delayed treatment especially black women For those reasons and more black women with or at risk for breast cancer need an advocate who speaks for them and tells them the truth They have that advocate in Cheryl Holloway PhD and in this book A breast cancer survivor and cancer researcher Dr Holloway draws on her personal experience and research to offer something far different than the usual medical oncological works Her book provides support current information and practical advice for confronting and beating the disease The book is divided into four parts Dealing with the Basics explains how breast cancer hits black women harder and discusses the types of breast cancer they may develop with an emphasis on the most dangerous The second section offers practical information such as how screenings work and the meaning of various breast cancer tests Part three describes treatments including surgery radiation therapy chemotherapy hormone therapy combined therapy and other options The final section describes how to stay vigilant after the cancer is gone and also discusses other forms of cancer for which black women are at risk such as lung cancer colon cancer and cervical cancer

After the Cure Emily K. Abel, Saskia K. Subramanian, 2010-08-30 From the book jacket Chemo Brain Fatigue Chronic Pain Insomnia Depression These are just a few of the ongoing debilitating symptoms that plague some breast cancer survivors long after their treatments have officially ended *After The Cure* is a compelling read filled with fascinating portraits of women who are living with the aftermath of breast cancer Having heard repeatedly that the problems are all in your head many don't know where to turn for help The doctors who now refuse to validate their symptoms are often the very ones they depended on to provide life saving treatments Sometimes family members who provided essential support through months of chemotherapy and radiation don't believe them Their work lives already disrupted by both cancer and its treatment are further undermined by the lingering symptoms And every symptom is a constant reminder of the trauma of diagnosis the ordeal of treatment and the specter of recurrence Most narratives about surviving breast cancer end with the conclusion of chemotherapy and radiation painting stereotypical portraits of triumphantly healthy survivors women who not only survive but emerge better and stronger than before *After The Cure* allows us to hear the voices of those who are silenced by the optimistic breast cancer culture women who live with a broad array of health problems long after therapy ends Here at last survivors step out of the shadows and speak compellingly about their real stories giving voice to the complicated often bittersweet realities of life after the cure

You Can Do This! Elisha Daniels, Kelley Tuthill, Ann Partridge, 2022-05-24 Two breast cancer survivors share inspiring advice on looking and feeling your best during treatment in this guide cowritten with a prominent oncologist Kelley Tuthill and Elisha Daniels have both experienced breast cancer and refused to sit on the sidelines while life passed them by In this supportive guide they discuss how they continued to enjoy their family friends and careers while fighting the fight of their lives They also share which strategies worked and what didn't and what they wish they'd known at the time of diagnosis about Sending a message to the world that you are healing not dying Surrounding yourself with people who know how to make you feel better The benefits of sticking to your regular routine when possible Having a plan for what you'll do at

2 00 a m if you can t sleep Wearing makeup and high heels because you don t have to look and feel like a patient all the time Picking out wigs and penciling in eyebrows Trying to maintain humor and positivity without putting undue pressure on yourself Believing that you can beat this With the help of Dr Ann Partridge an oncologist at the renowned Dana Farber Cancer Institute in Boston who helped both of the authors through their own cancer journeys this book can help the newly diagnosed patient work through the initial shock and move forward to face the coming challenges emphasizing that you can continue to lead an active life and that it s perfectly acceptable to research chemotherapy alongside the latest offerings from Chanel

Not Just One in Eight Barbara Stevens, 2000-10-01 The words you have breast cancer have the power to terrify a woman and the people who love her irrevocably changing their lives forever The underlying premise of *Not Just One in Eight* is that breast cancer like other life threatening diseases is not a one person disease It is above all a family disease one that tests the mettle of each family member *Not Just One in Eight* is the culmination of the author s five year odyssey to understand the physical and emotional ramifications of a breast cancer diagnosis from the moment of its pronouncement to how a woman and her family experience the disease *Not Just One in Eight* focuses on nineteen breast cancer survivors eighteen women and one man Each story chronicles one survivor and their support team By weaving together the survivor and the support team s perceptions the true picture is revealed in one coherent story How did each person handle the diagnosis What medical decisions were made How and why did they reach those decisions What fears did they confront Were relationships strengthened or weakened How did children cope Did the fear of dying increase or decrease with time Each story ends with a postscript Where are they today Patricia A Ganz M D a renowned oncologist and researcher explains the latest breast cancer research Janis Raynak a malpractice attorney with an emphasis on breast cancer cases reveals how women can prevent a misdiagnosis and offers recourse if a misdiagnosis is made Lastly the survivor and her partner candidly discuss their views on sex and sexuality How did and how does a breast cancer diagnosis affect this very important part of our lives As a survivor and the daughter of a mother who had breast cancer Stevens provides a compassionate informative and provocative look at how a woman and her family can survive a breast cancer diagnosis

Uplift Barbara Delinsky, 2003-05-20 5th Anniversary Edition Featuring a new Foreword by the author as well as an additional chapter that follows up on the lives of the original contributors With *Uplift* bestselling author Barbara Delinsky whose life has been shaped by her mother s breast cancer as well as her own created a resource she wished she d had for herself during her own treatment one that is filled with all the helpful advice that only the women who have already been there can tell us about from tips on even the smallest details of daily life to inspiring personal anecdotes that amuse comfort and instruct Here readers can find answers to all the questions they were afraid to or never even knew how to ask What kind of deodorant can I use during radiation Are there certain foods that really satisfy on treatment days How do I address my surgery with my coworkers Will I still feel feminine And what about a sex life Practical warm often funny always reassuring *Uplift* arms

readers with the various means by which countless women diagnosed with breast cancer have faced their fears survived their illness and bravely gotten on with life and love career and family *The 10 Best Questions for Surviving Breast Cancer* Dede Bonner,2008-09-30 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 *A Cup of Comfort for Breast Cancer Survivors* Colleen Sell,2008-08-17 If stories are medicine then this collection will help keep hopes up and spirits alive on the road to recovery Readers will applaud the bravery of 50 exceptional survivors as they tell their unique experiences with breast cancer Every breast cancer survivor has a different story but they all have one thing in common courage From dealing with diagnosis to undergoing chemotherapy facing hair loss and possibly the loss of a breast these fearless women undergo more than anyone ever should These stories pay tribute to these women and their battles and celebrate their victories In this stunning new collection readers will find compelling inspiring and uplifting personal essays about the experiences and emotions of living with and after breast cancer 50 of every copy will be donated to Susan G Komen for the Cure *Gracie's Story* Grace A. Wilson-thompson,2015-05-20 Brave Breast Cancer Survivor Reveals Her True Inspiring Story In A Personal Memoir Learn to Beat all the Odds and Never Give Up Hope Like Gracie Did Despite the fact that breast cancer has a better survival rate than many other forms of the disease being diagnosed with it is utterly terrifying There are no guarantees for what lies ahead in the short or long term aside from the fact that it will be painful and difficult Gracie s Story *Fighting to Survive Breast Cancer* is the story of one woman s survival from the shock of diagnosis to the joy and relief of becoming a cancer survivor Living and Laughing through Treatment and Recovery Three cornerstones held Gracie up through her experience of diagnosis a double mastectomy reconstructive surgery chemotherapy and radiation treatments love support and a positive attitude For Gracie staying positive became part of staying alive She credits her ability to focus on things that brought happiness and laughter into her life with helping her come through cancer Gracie s Story *Fighting to Survive Breast Cancer* can offer hope encouragement and a sense of community to anyone who has been diagnosed with cancer and their friends and family The

road ahead is so scary because it is unknown Walking along it with a positive and determined survivor can give strength and courage to those reeling from the shock of being diagnosed with cancer No two people experience this disease the same way but learning about how others have stayed positive through surgery and treatment makes the road ahead less frightening Support from loved ones is important but reading the words of someone else who has been through the diagnosis and treatment and come out the other side as a survivor offers a deep sense of hope and encouragement Gracie s Story Fighting to Survive Breast Cancer is not just optimistic get well wishes it is one woman s real life survival guide In other words it is an important read for anyone who has been recently diagnosed with cancer and those close to them

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