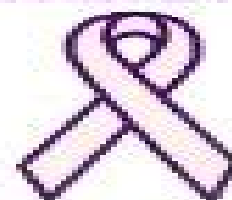


A STEP-BY-STEP GUIDE

"Every breast cancer patient should clutch this book  
as she heads to the doctor's office."

—Dr. Susan Love, author of *Dr. Susan Love's Breast Book*

# The Breast Cancer Handbook



Taking Control After You've Found a Lump

JOAN SWIRSKY &  
BARBARA BALABAN

# The Breast Cancer Handbook Taking Control After Youve Found A Lump

**Trisha Greenhalgh,Liz O'Riordan**



## **The Breast Cancer Handbook Taking Control After Youve Found A Lump:**

**The Breast Cancer Handbook** Joan Swirsky, Barbara Balaban, 1994 The only step by step guide through the process of discovery and treatment of breast cancer by two nationally recognized breast cancer activists Includes lists of important questions to ask doctors mammography facilities and helpful tips on getting the best care and information Breast Cancer Handbook Joan Swirsky, Barbara Balaban, Swirsky, 1998-08 **Coping: A Young Woman's Guide to Breast Cancer**

**Prevention** Bettijane Eisenpreis, 1999-12-15 A guide to understanding breast cancer its cause and its treatment **No Less a Woman** Deborah Hobler Kahane, 1995 Addresses the emotional and psychological issues that face women with breast cancer especially those who lose one of their breasts to the disease Covers femininity sexuality intimacy and more

**Journey Through Cancer** Neroli Duffy, 2011-01-10 One in four people will be faced with cancer during their lifetime No matter what the location or type of tumor the most effective treatment addresses the whole person Journey through Cancer provides a road map for healing at all levels body mind and spirit It shows how to Get the best results from medical treatment Minimize side effects Evaluate and choose from the vast array of alternative therapies Integrate traditional and complementary therapies Work with the mind body connection to fight cancer and strengthen the immune system Maximize the effectiveness of prayer and other spiritual healing techniques Understand the spiritual lessons that illness can teach Integrate physical emotional mental and spiritual techniques for your own healing journey *The Complete Guide to Breast Cancer* Trisha Greenhalgh, Liz O'Riordan, 2018-09-20 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 Breast Cancer: The Complete Guide Yashar Hirshaut, Peter Pressman, 2008-09-30 Written by two renowned authorities who specialize in the treatment of breast cancer a surgeon and an oncologist this lucid step by step guide has established itself as the indispensable book women need to make informed decisions about the care that is right for them Breast cancer will strike one out of every eight women in the United States Because there have been many important changes in the diagnosis and

treatment of breast cancer in the last few years this fully revised Third Edition contains information on the latest developments in the field including new diagnostic procedures changes in the treatment of in situ cancer improved surgical techniques gene testing sequencing radiation and chemotherapy HER 2Neu Herceptin tamoxifen for prevention bone marrow and stem cell transplants and more

*The Complete Idiot's Guide to Living with Breast Cancer* Sharon Sorenson, Suzanne Metger, 2000-09-11 This guide is for breast cancer patients their spouses and children and their families co workers and friends The author hopes to answer the practical everyday life questions that every breast cancer patient or loved one has The book provides information recommendations tips and inspiration for everything from that first biopsy to the five year check up

**Your Best Life - A Doctor's Secret Guide to Radiant Health Over 40** Louise Wiseman, 2020-10-28 Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health In this personal narrative of how she had it all and then nearly lost it she explains how she sought even better health after her recovery

[The Nursing Mother's Quick Reference Guide and Planner](#) Kathleen Huggins, 2020-02-11 This is a shorter version of the best selling book on breastfeeding The Nursing Mother s Companion by Kathleen Huggins This concise easy to use on the fly version of that classic book is ideal for busy time pressed new moms and their helpers and partners It also includes planner pages to help keep track of nursing and pumping sessions and other important details Breastfeeding is natural but it is not always instinctive for either mothers or babies Kathleen Huggins s The Nursing Mother s Companion has been a top selling book on breastfeeding for more than 7 editions over 30 years with more than 1 1 million copies sold It is respected and recommended by professionals including The International Lactation Consultant Association Dr T Berry Brazelton and The American Academy of Pediatrics and it is well loved by new parents for its encouraging and accessible style Now in this shorter quick reference version moms and their partners can get the answers they need in a flash without sacrificing the breadth and accuracy of the original book Plus this edition adds a planner component for scheduling nursing sessions pump rentals and pumping sessions weight and wellness checks anticipated dates for weaning and more Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully This up to date book covers Expressing storing and feeding breast milk How to cope with breastfeeding obstacles and challenges Managing pumping and nursing when you return to work New mom care for the postpartum period Introducing solid foods How to choose a breast pump Deciding when to wean and how to do it

**Coconut Head's Cancer Survival Guide** Holly J. Bertone, 2013-10-05 Holly Bertone was diagnosed with breast cancer on her 39th birthday and was engaged two days later In 48 hours those eight magic words You have breast cancer and Will you marry me converged to change her life forever Follow Holly s year long journey from diagnosis and engagement to being sick and bald on her wedding day This is Holly s story as she battles breast cancer and struggles with overcoming the subsequent self esteem issues The writing is raw you will get an uncensored view of breast cancer treatment and what it s really like She uses humor

and laughter to redefine beauty as she loses part of her breast all of her hair and is launched into early menopause With pop culture references and her quirky sense of humor Holly s heartwarming story of love and strength is encouragement for all women going through cancer treatment A percentage of sales will go to Holly s favorite breast cancer charities The Complete Idiot's Guide to Breastfeeding Anne P. Mark,2000-11-09 If you are an expecting mother you can use this book to educate yourself about the many aspects of breastfeeding including what the benefits are how to do it and what to do when it s not working It will give you what you need to make informed decisions and will provide you the foundation for a successful experience **Diary of a Breast Cancer Husband** J. Scott Lyman,2002 Diary of a Breast Cancer Husband is an extraordinarily intimate and brutally revealing chronicle of one man s personal and psychological journey with his wife down the path of breast cancer diagnosis and treatment Scott is a successful malpractice attorney His beautiful wife Suanne is his office administrator and business manager They live on top of a ravine overlooking the Pacific Ocean They have three sons the youngest still in high school Life has been good to Scott and Suanne Then breast cancer strikes Scott s reaction is one of consuming guilt and fear His fear is not just for his wife He also fears his own reaction to the possible changes he may face in his own life as a result of breast cancer His response is to immerse himself in the world of breast cancer and write about men and breast cancer and about men and breasts **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 Dr. Carol's Guide to Women's Health Carol Peters-Tanksley,2016 Make lifestyle

changes that will impact your health and well being for life Dr Carol s Guide to Women s Health will help women feel like they are talking to a trusted friend who is also an ob gyn physician This guide offers medical science the author s practical experience and a faith perspective to the spectrum of both physical and mental emotional health issues women face throughout the various stages of their lives Topic areas include hormones infertility and pregnancy diseases that especially affect women women s mental health stress anxiety depression etc lifestyle and disease prevention interacting with her doctor and today s healthcare system and slowing down aging With important information that moms can also teach their adolescent girls this book will be a frequent go to for female health questions *American Medical Association Complete Guide to Prevention and Wellness* ,2008-10-01 MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD From America s most trusted source for medical advice a comprehensive guide to preventing illness and promoting wellness If you re one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self care the American Medical Association Complete Guide to Prevention and Wellness is the resource you need This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease stroke type 2 diabetes high blood pressure and some forms of cancer You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy Filled with leading edge information this indispensable reference also describes key risk reducing measures from eating a healthy diet and being more physically active to reducing stress getting a good night s sleep and having all the recommended screening tests You will find the most effective techniques for avoiding food borne illnesses and you ll learn how to minimize specific risks for children adolescents women and men Comprehensive in scope easy to navigate and filled with clear helpful information and illustrations the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life *Complete Guide to Symptoms, Illness & Surgery* H. Winter Griffith,2012-12-04 The most trusted medical resource now updated expanded and revised For almost three decades readers have turned to The Complete Guide to Symptoms Illness Surgery for the most comprehensive and easy to use tool for diagnosing understanding and seeking treatment for any illness from the common cold to life threatening cancer and heart disease With up to date information on new medical therapies drugs and surgeries this authoritative all in one handbook will help sort out the confusing and conflicting information found online and many other places This edition has been completely revised and updated throughout and features More than 20 new illness and disorders topics ranging from Chronic Pain Syndrome to Perimenopause to Silent Stroke and Smoking Addiction Appendix covering diets and other preventive measures An extensive Glossary of medical related words and terminology with easy to understand explanations about medical tests and brief descriptions of certain rare diseases and disorders From signs and symptoms to information on complications and

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