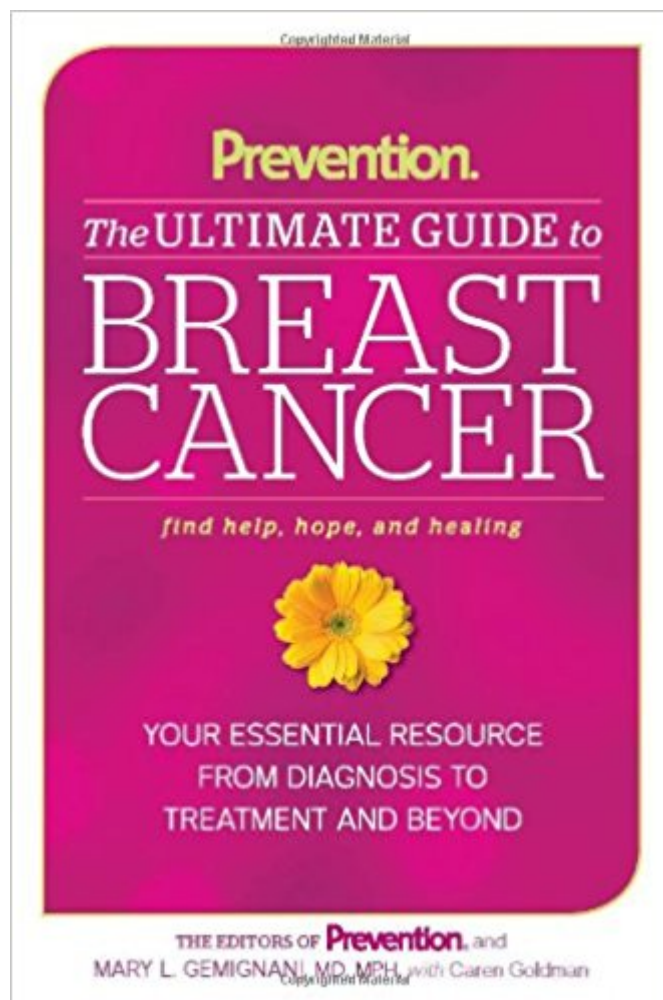




The book was found

Prevention The Ultimate Guide To Breast Cancer: Your Essential Resource From Diagnosis To Treatment And Beyond



Synopsis

We've all heard the statistic: 1 in 8 women will get a breast cancer diagnosis at some point in her lifetime. But there's another just-as-relevant number that isn't as widely broadcast: 76 percent of those women will be alive 10 years later. This guide from America's most trusted health magazine helps women navigate treatment, medical costs, and lifestyle changes and emerge with their physical and mental health intact. Organized to take readers from diagnosis to survival and all the steps in between, *Prevention The Ultimate Guide to Breast Cancer* offers relevant information in technical yet accessible language, including:

- Supplements and recipes that stimulate appetite, ease treatment side effects, promote recovery, and help prevent a recurrence
- Complementary and alternative treatments and medicine that can be beneficial
- Real-life advice from women with breast cancer on issues such as processing the emotions that accompany a diagnosis and what to expect as a cancer survivor

This guide will help any woman who has been diagnosed feel organized, informed, hopeful, reassured, and focused on becoming well, increasing her chances of landing in that healthy 76 percent.

Book Information

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,021,801 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #333 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer](#) #2432 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

“Brought to you by health magazine *Prevention*, this book features an abundance of wisdom interwoven with easy-to-understand medical information and tips that jump off the pages. Author Mary L. Gemignani, MD, PhD, a surgeon specializing in breast cancer at Memorial Sloan-Kettering Cancer Center, holds readers' hands from the moment of diagnosis, when, as she writes,

'your doctor said, "I'm sorry to tell you that you have breast cancer." Gemignani's step-by-step guide aims to get you through that fearful diagnosis to treatment plans with charts and illustrations that help make sense of the science. The book includes complementary and alternative treatments and approaches, like acupuncture and healing touch, that can help relieve symptoms and ease stress; important questions to ask your healthcare team as you work together to make a plan that's right for you. A nutrition guide features recipes and supplements for stimulating appetite, easing treatment side effects, promoting recovery and helping to prevent disease recurrence.

• THE NEW YORK POST "The editors of Prevention Magazine have just come out with a new, easy to follow book The Ultimate Guide to Breast Cancer: Your Essential Resource from Diagnosis to Treatment and Beyond. The book is very accessible, with chapters on dealing with the diagnosis, understanding it, finding the treatment for you and finally living and "thriving--not just surviving" with the disease. The book was written by the editors with Mary L. Gemignani, MD, MPH, an associate attending surgeon specializing in breast cancer diagnosis and treatment at Memorial Sloan-Kettering Cancer Center in New York City.

• AM NEW YORK

PREVENTION is the #1 healthy lifestyle brand and the largest health magazine in the US, with a total readership of more than 9 million. CAREN GOLDMAN is a health journalist and breast cancer survivor. She lives in Florida.

Wonderfully written, informative book. Great seller. Would definitely use them again.

Hard topic, but...this little gem of a book lights many of the dark corners with real info! Thanks for a great book!

Full of important information to help women against the fight against a deadly disease. The survivor essays are encouraging and inspirational. Index is useful to help find most questions and topics.

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