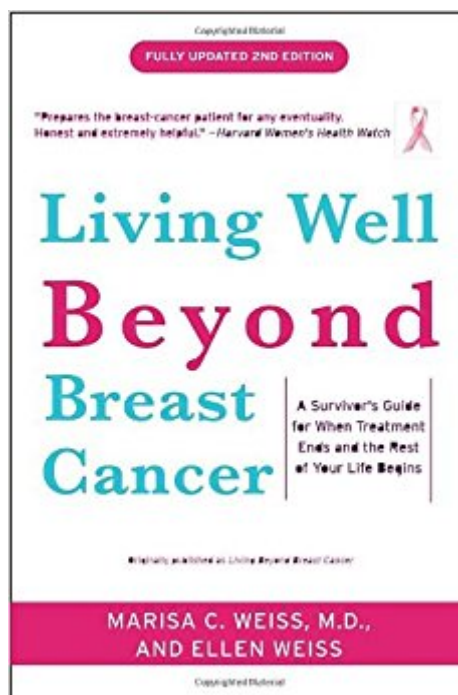




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# Living Well Beyond Breast Cancer: A Survivor's Guide For When Treatment Ends And The Rest Of Your Life Begins



## Synopsis

What do I do now? Why am I still so tired? Am I really cured? How do I reduce my risk of recurrence? Is it safe for me to get pregnant? How do I get rid of the hot flashes so I can sleep? This fully revised and updated second edition contains crucial information about these issues and moreâincluding the revolutionary medical advances in follow-up testing, ongoing treatments, and recovery. With answers for everything from how to deal with hair loss and weight gain to finding online support groups and understanding healthy foods and supplements, *Living Well Beyond Breast Cancer* contains a greater depth and breadth of information in its enhanced chaptersâplus all-new chapters that cover current treatment options and preventative tips for those at high risk for developing breast cancer.

**Enhanced Chapters:**

- Tests: Peer, Poke, and Prod
- After Mastectomy: Re-creating a Breast with or Without Surgery
- Intimacy, Sex, and Your Love Life: Relieving Discomfort and Increasing Libido
- A Child in Your Future: Fertility, Pregnancy, and Adoption
- Reducing Your Risk: Living Well

**All-New Information:**

- Pre-Survivors: Risks and Prevention
- Thinking and Remembering: Clearing the Fog and Sharpening Your Mind
- Bone Health: Weakness Explained and Strengthening Exercises
- Sleep: Restoration and Renewal

With this book as your guide, youâll have the tools not just to live beyond breast cancer, but to live well and well beyond this challenge in your life!

## Book Information

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## Customer Reviews

This expanded second edition includes updated information reflecting advances in breast cancer

treatment made in the past decade. Weiss, a physician specializing in breast cancer and founder of Breastcancer.org, and her mother, a writer and breast cancer survivor, have included new chapters on mind-fog, bone health, intimacy and sex, as well as the latest on hormone therapies, drugs and other treatments, and diagnostic technology. The text also covers topics that seem more suited to those who have been recently diagnosed or are still undergoing treatment (i.e., choosing a physician, hair loss, breast reconstruction and traveling the maze of scans and tests). Some survivors may prefer to race to the later chapters, which focus on life style choices, environmental concerns and genetic factors, homing in and preventing and managing recurrence. The authors explain that while several of the most influential risk factors (family history, being a woman and getting older) can't be controlled, women have the power to modify such other risks as weight gain (a hazard for recurrence as well as lymphedema), exercise, diet, smoking and use of alcohol. Women at any stage of the breast cancer journey, including those grappling with emotional issues surrounding the chance of recurrence, will benefit from the Weisses' up-to-date and uplifting outlook. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

• Women at any stage of the breast cancer journey, including those grappling with emotional issues surrounding the chance of recurrence, will benefit from the Weisses' up-to-date and uplifting outlook. • Publishers Weekly

This book has been helpful in making me feel less alone. I am not a "group" person it was nice to hear about others experiences with out having to sit uncomfortably in a group setting.

Anybody ne who is having a tough time during cancer treatment or after should read this book. You are not alone. Excellent book!!

This book really helped me as I deal with the future after having breast cancer. It helped me understand depression and worry are not unusual.

I found this to be a very good informative book. Offered good thoughts and guidance to help me through such tough times.

Excellent, informative, a must-read.

This book is wonderful . I did a whole lot of research and this book was the cherry on top of all of my personal research.

I purchased this book two years after my diagnosis based on a friend's recommendation. I wish I had it a year ago. It clarified a lot for me and has helped with ongoing questions that crop up.

Very informative!

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