

Breast Cancer The Complete Guide

This comprehensive guide for mental health practitioners and medical professionals addresses the delicate issues surrounding breast cancer and the processes involved in emotional coping and healing. The book covers concerns of family members as well as women worried about developing breast cancer.

If you're a breast cancer survivor, chances are you have renewed your commitment to maintaining your good health and taking care of your body. As one of the best preventative measures known to doctors and nutritionists today, a robust, cancer-fighting diet is vital to your personal plan for breast cancer prevention. The Whole-Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness. Based on Edward Bauman's groundbreaking Eating for Health model, this highly comprehensive, practical approach can help you reduce the chance of breast cancer recurrence; rebuild your immune system; and enjoy a stronger, healthier body. Reduce the chance of breast cancer recurrence by:
•Incorporating cancer-fighting foods into your diet
•Indulging in safe, nontoxic cosmetics and body care products
•Understanding the role of essential nutrients in maintaining your health
•Managing your weight and balancing your blood sugar
•Nourishing your immune, detoxification, and digestive systems

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

"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"--

The New Generation Breast Cancer Book

The Complete Guide to Breast Cancer

Lymphedema

The Essential Guide to Your Breast ...

Guide to Breast Care for Oncology Nurses

Living with Cancer

A Practical Manual for Understanding, Prevention & Care

Breast Care Certification Review, Second Edition is the ultimate learning package to help prepare oncology nurses become certified in caring for patients with breast cancer. It provides numerous practice questions with answer rationales making it the essential guide for nurses planning to sit for the Certified Breast Care Nurse (CBCN) exam.

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.

From an expert in the field comes the definitive guide to managing breast cancer in the information age—a comprehensive resource for diagnosis, treatment, and peace of mind. The breast cancer cure rate is at an all-time high, and so is the information, to say nothing of the misinformation, available to patients and their families. Online searches can lead to unreliable sources, leaving even the most resilient patient feeling uneasy and uncertain about her diagnosis, treatment options, doctors, side effects, and recovery. Adding to a patient ' s anxiety is input from well-meaning friends and family, with stories, worries, and opinions to share, sometimes without knowing the details of her particular case, when in reality breast cancer treatment has gone well beyond a " one size fits all " approach. Elisa Port, MD, FACS, chief of breast surgery at The Mount Sinai Hospital and co-director of the Dubin Breast Center in Manhattan, offers an optimistic antidote to the ocean of Web data on screening, diagnosis, prognosis, and treatment. Inside you ' ll discover
• the various scenarios when mammograms indicate the need for a biopsy
• the questions to ask about surgery, chemotherapy, radiation, and breast reconstruction
• the important things to look for when deciding where to get care
• the key to deciphering complicated pathology reports and avoiding confusion
• the facts on genetic testing and the breast cancer genes: BRCA-1 and BRCA-2
• the best resources and advice for those supporting someone with breast cancer From innovations in breast cancer screening and evaluating results to post-treatment medications and living as a breast cancer survivor, Dr. Elisa Port describes every possible test and every type of doctor visit, providing a comprehensive, empathetic guide that every newly diagnosed woman (and her family) will want to have at her side. Praise for The New Generation Breast Cancer Book " One book you need . . . If you ' re considering your options for treatment or know someone who is, this step-by-step guide, The New Generation Breast Cancer Book, is essential reading. " —InStyle " Elisa Port, M.D., is the doctor every patient deserves: brilliant and compassionate. Her book will be a sanity saver and, quite possibly, a life saver. " —Geraldyn Lucas, author of Why I Wore Lipstick to My Mastectomy " As up-to-date as one can get, with lots to offer people facing a cancer diagnosis or hoping to support someone with the disease. " —Library Journal (starred review) " The New Generation Breast Cancer Book helps you sort through all the information you ' ve gathered, clarify the terminology, consider the options, and make the right decisions for your unique case. " —Edie Falco " A lifeline for many women in need of today ' s most up-to-date choices for treatment . . . Everyone should read this book for themselves, their mothers, grandmothers, daughters, and friends. " —Kara DioGuardi, Grammy-nominated songwriter, music executive, and Arthouse Entertainment co-founder " The book is teeming with easy-to-understand medical explanations, tips, takeaways, and pro-and-con discussions of various courses of action. Port also includes two extremely useful appendices that respectively take on common myths and answer questions frequently asked by friends and family. This is a vital read that will empower men and women alike. " —Publishers Weekly

This successful breast cancer resource has empowered thousands of women and their families all the way through diagnosis, treatment, and recovery. It contains 150 color photos and graphics to convey complex concepts along with other much-needed information.

Prevention The Ultimate Guide to Breast Cancer

A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer

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

Textbook of Breast Cancer

Breast Cancer

The Breast Cancer Book

A Summary of the Disease and Its Treatments

Since 2002, The Breast Reconstruction Guidebook has been the best resource on this topic for women who have had a mastectomy. Equal parts science and support, it is filled with stories that illustrate the emotional and physical components of breast reconstruction.

Kathy Steligo, a gifted writer and breast cancer survivor who has twice had breast reconstruction, compassionately answers women's questions about how they will respond emotionally and physically to losing a breast, whether to treat or prevent breast cancer. Steligo provides detailed descriptions of the various surgical options for mastectomy and reconstruction, as well as information on choosing and paying for a surgeon, preparing for and recovering from surgery, and handling the many practical details and difficult decisions women will face along the way. A road map of the mastectomy and reconstruction journey, this book gives women the comprehensive, unbiased details they need to make their own informed decisions about whether reconstruction—and which reconstructive option—is right for them. Readers learn how breasts can be recreated using implants or their own tissue and the advantages and disadvantages of each option. Surgery timelines, recovery, and potential problems (and how they can be resolved) are also explained. A new foreword by Dr. Minas Chrysopoulos, MD, of the PRMA Plastic Surgery Center for Advanced Breast Reconstruction, highlights the book's strengths and offers a medical perspective on breast cancer and reconstructive surgery. The extensively updated text includes new discussions of
• innovative reconstructive procedures
• contralateral mastectomy
• the benefits and limitations of nipple- and areola-sparing mastectomies
• nipple delay procedure
• patient-controlled tissue expansion
• cohesive gel silicone implants
• microsurgical advances that improve tissue flap procedures
• fat grafting
• nipple reconstruction
• nipple and areola tattooing
• reconstruction with the BRAVA system
• pregnancy after TRAM
• male mastectomy and reconstruction
• decision making and solving cosmetic and medical post-op problems
• surgical procedures that reduce the risk of cancer
• the latest research data on mastectomy and reconstruction
• and much more

A NEW YORK TIMES BESTSELLER As a healthy, happy thirty-nine-year-old mother with no family history of breast cancer, being diagnosed with the disease rocked Hollye Jacobs's world. Having worked as a nurse, social worker, and child development specialist for fifteen years, she suddenly found herself in the position of moving into the hospital bed. She was trained as a clinician to heal. In her role as patient, the healing process became personal. Exquisitely illustrated with full-color photographs by Hollye's close friend, award-winning photographer Elizabeth Messina, The Silver Lining is both Hollye's memoir and a practical, supportive resource for anyone whose life has been touched by breast cancer. In the first section of each chapter, she describes with humor and wisdom her personal experience and gives details about her diagnosis, treatment, side effects, and recovery. The second section of each chapter is told from Hollye's point of view as a medical expert. In addition to providing a glossary of important terms and resources, she addresses the physical and emotional aspects of treatment, highlights what patients can expect, and provides action steps, including: What to do when facing a diagnosis How to find the best and most supportive medical team What questions to ask What to expect at medical tests How to talk with and support children How to relieve or avoid side effects How to be a supportive friend or family member How to find Silver Linings Looking for and finding Silver Linings buoyed Hollye from the time of her diagnosis throughout her double mastectomy, chemotherapy, radiation, and recovery. They gave her the balance and perspective to get her through the worst days, and they compose the soul of the book. The Silver Lining of Hollye's illness is that she can now use the knowledge gleaned from her experience to try to make it better for those who have to follow her down this difficult path. This is why she is sharing her story. Hollye is the experienced girlfriend who wants to help shed some light in the darkness, provide guidance through the confusion, and hold your hand every step of the way. At once comforting and instructive, realistic and inspiring, The Silver Lining is a visually beautiful, poignant must-read for everyone who has been touched by cancer.

Struggling to get back to normal life after breast cancer?You were diagnosed with breast cancer and beat it. Congrats! You counted down until the day you could put the journey behind you and return to your life as you knew it before cancer. That day is here and yet you are still asking yourself, "When will things be normal again?". If you have been feeling like you are struggling emotionally, physically and spiritually in your post cancer life, you are not alone. Here's the good news; You have a second chance at life and you aren't going to let it slip you by. This book is for breast cancer survivors who are truly ready to reconstruct their life and feel normal once again. Author and breast cancer survivor Jen Rozenbaum will teach you her methods to help you: Finally feel normal again after cancerGet rid of the numbness and enjoy life againStop living in fear of the cancer returningFeel sexy and feminine again Grab your copy now and get started on the path to discover and live a normal life again

"Describes options women have for preventing and treating lymphedema, a swelling condition that may occur after breast cancer surgery"--Provided by publisher.

Your Essential Resource from Diagnosis to Treatment and Beyond

A Clinician's Guide

A Trusted Guide for You and Your Loved Ones

What the F*ck Just Happened? A Survivors Guide to Life After Breast Cancer.

Everything You Need to Know to Feel Empowered and Take Control

Your Guide to Breast Cancer Treatment

The Insider's Guide to Metastatic Breast Cancer

Elisa Port, MD, FACS, chief of breast surgery at The Mount Sinai Hospital and co-director of the Dubin Breast Center in Manhattan, offers an optimistic antidote to the ocean of Web data on screening, diagnosis, prognosis, and treatment. Inside you'll discover the various scenarios when mammograms indicate the need for a biopsy the questions to ask about surgery, chemotherapy, radiation, and breast reconstruction the important things to look for when deciding where to get care the key to deciphering complicated pathology reports and avoiding confusion the facts on genetic testing and the breast cancer genes: BRCA-1 and BRCA-2 the best resources and advice for those supporting someone with breast cancer From innovations in breast cancer screening and evaluating results to post-treatment medications and living as a breast cancer survivor, Dr.

Provides practical advice and inspirational messages for men to help them lend support to women who have been diagnosed with breast cancer.

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

One of the most comprehensive and bestselling books on breast cancer treatment and survival, completely revised and updated The sixth edition of Breast Cancer Survival Manual provides essential updates on treatment and care, enhancing the basic information that has made this the most trusted guide for women diagnosed with breast cancer for the past two decades. This edition includes the most current advice on:
· The new genomic classification of breast cancer and its importance in treatment planning
· Cancer gene testing, which determines if a woman will benefit from chemotherapy
· New developments in breast cancer treatments with new targeted agents
· The continued importance of getting a second opinion: why it's important, what questions to ask, and how to decide which team of doctors is best for you. Conscious of the rapidly evolving spectrum of treatment options, Dr. John Link outlines the latest findings and professional wisdom for patients in pursuit of the most effective treatment plan for them. The Breast Cancer Survival Manual continues to be a must-have for any woman seeking accurate and accessible information about managing breast cancer today.

The Breast Reconstruction Guidebook

A Complete Guide Of Breast Cancer Through The Natural Medicines

A Patient's Guide to Recovery After Mastectomy

Be a Survivor

The Breast Cancer Survival Manual, Sixth Edition

A Guide for Professionals

The Breast Cancer Survival Manual, Fifth Edition

Breast Cancer: The Complete GuideFifth EditionBantam

Taking a holistic approach to the entire breast care experience, Guide to Breast Care for Oncology Nurses offers nurses comprehensive information on breast cancer care, including risk assessment, imaging, staging, treatment modalities, side effect management and survivorship care.

This guide provides practical information that will assist clinicians involved in the diagnosis, assessment, treatment, and follow-up care of patients with triple-negative breast cancer. After opening chapters on the pathologic evaluation, clinical presentation, genetics, and imaging features, the full range of current treatment approaches is thoroughly reviewed from a multidisciplinary perspective. Readers will find up-to-date information and guidance on surgical management, radiation therapy, tailored adjuvant therapy, neoadjuvant treatment, systemic treatment for metastatic disease, molecular profiling, and targeted therapy. The coverage is completed by discussion of special issues in young women with triple-negative breast cancer and individualization of the management approach in older patients affected with the disease. All healthcare professionals who care for patients with triple-negative breast cancer will find the book to be an invaluable source of expert advice on the issues faced in real-world practice.

With the current advances in chemotherapy and hormonal drugs for breast cancer, as well as in surgical techniques and procedures, a revised edition of this popular textbook has become increasingly necessary. Completely overhauling the existing material, the editors of this important work have provided a full update of the area, focusing in particular upon the topics where there has been most progress and controversy.

Counseling Women with Breast Cancer

Using Psychology to Support Those We Care About

Living Beyond Breast Cancer

A Practical Guide to Evaluation and Management

Breast Care Certification Review

A Supportive and Insightful Guide to Breast Cancer

Covers important developments in the treatment, prevention, and diagnosis of breast cancer, covering such topics as MRIs as a diagnostic tool, needle biopsies, new radiation therapies, changes in chemotherapy and new biological treatments, genetic testing, and new prevention guidelines.

Provides information and advice on breast cancer and its treatment, from pathology reports and second opinions to surgery and risk factors.

The author, herself a metastatic breast cancer patient, created this book to help patients and their loved ones cope with a complex and difficult disease. The Insider's Guide to Metastatic Breast Cancer provides information about approved therapies in the U.S., Canada, Europe, and Australia, as well as scientific studies, cutting edge research, clinical trials, and palliative care.The adage that "knowledge is power" is particularly compelling when dealing with issues affecting survival and quality of life. Consequently, this fact-based handbook is a must-read for every patient contending with treatment decisions and side effects.

Recounts the author's experience as a healthy person with cancer, offering advice for living a long and healthy life and recipes.

Common Issues in Breast Cancer Survivors

American Cancer Society Complete Guide to Breast Cancer

A Breast Cancer Guide for Spouses, Partners, Family, and Friends

How to Navigate Your Diagnosis and Treatment Options-and Remain Optimistic-in an Age of Information Overload

The Complete Guide

Now What?

Breast Cancer: The Complete Guide

Patients at every stage will find Living with Cancer a comprehensive, thoughtful, and accessible guide for navigating the illness and its treatment.

A guide for men whose wives contract breast cancer offers emotional support and advice every husband needs, including guidance from breast cancer doctors and the shared experiences of those who have gone through the same ordeal.

Original. 30,000 first printing.

Provides information on the diagnosis and treatment of breast cancer for the husbands and partners of women patients, and offers them advice on caring for and supporting their wives and on dealing with their own reactions.

Discusses support groups, reconstruction, pain management, menopause, and financial issues

A Guide to Clinical Practice

After Breast Cancer

Husband's Guide to Breast Cancer

How to Help Your Wife (and Yourself) During Diagnosis, Treatment and Beyond

A Complete & Concise Plan for Every Stage

Issues and Answers from Research to Recovery

The Healthy Girl's Guide to Breast Cancer

This book is a practical guide to the management of patients with breast malignancies. It serves as a quick reference book that gives the most up-to-date routine practical management strategies of breast cancer. Written and edited by leading experts, this handbook focuses on the application of conventional and novel treatment strategies to the care of patients with malignant breast disease and all stages of breast cancer. The chapters provide evidence-based treatment strategies for all patient subsets. Surgical, radiation, and medical treatment options are all discussed for each stage of breast cancer. It also includes the definitions of statistical terminologies and their usage in clinical practice and research. This is a comprehensive yet concise resource for residents, fellows, and early-career practitioners.

*The book you can trust to support you at every stage of your treatment - and beyond*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 cancerPacked 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

As women quickly discover, their life when treatment ends is very different from what it was before their diagnosis. Often exhausted, anxious, and emotionally volatile, they are beset by physical discomforts, fearful of intimacy, afraid for their children, worried about recurrence. Anticipating a return to "normalcy," they discover that the old version of normal no longer applies. There could be no more knowledgeable guide for women embarking on this complicated journey than Hester Hill Schnipper, who is herself both an experienced oncology social worker and a breast cancer survivor. This comprehensive handbook provides jargon-free information on the wide range of practical issues women face as they navigate the journey back to health, including:

•Managing physical problems such as fatigue, hot flashes, and aches and pains *•Handling relationships: your children, your partner, your parents, your friends.* *•How to regain emotional and sexual intimacy* *•Coping with financial and workplace issues* *•Genetic testing: why, whether, when* *•How to move beyond the fear of recurrence* *•And much more* *This indispensable book will help you rediscover your capacity for joy as you move forward into the future—as a survivor.*

This book provides a clinically useful resource for evaluation and management of the symptoms and issues that burden survivors of breast cancer. Improvements to breast cancer screening and treatment have resulted in more patients than ever before having been cured after local definitive and systemic therapies. Primary care providers and specialists must be increasingly familiar with the issues that breast cancer survivors routinely face. This is the first book to provide a single resource for common issues faced by breast cancer survivors from a truly multidisciplinary perspective; each chapter of this text is coauthored by at least one oncologist and one specialist outside the field of oncology in order to include the perspectives of relevant disciplines. User-friendly and clinically applicable to all specialties, individual chapters also include tables and figures that describe how best to conduct initial evaluation of the given symptom as well as an algorithm, where applicable, outlining the optimal management approach. Common Issues in Breast Cancer Survivors: A Practical Guide to Evaluation and Management empowers non-cancer specialists and practitioners who care for breast cancer survivors to address common issues that impact patient quality of life.

Treatments For Breast Cancer

A Step-by-Step Guide for Coping Medically and Emotionally with a Serious Diagnosis

A Complete Guide Of Breast Cancer Through The Natural Medicines: Natural Cures For Breast Cancer Treatment

Fifth Edition

Stand by Her

How to Navigate Your Diagnosis and Treatment Options--and Remain Optimistic--in an Age of Information Overload

Breast Cancer Husband

A naturopathic physician presents an all-natural approach to preventing and caring for breast cancer, discussing the hereditary, hormonal, and environmental causes of the ailment and outlining a host of detoxification programs, nutritional approaches, herbal remedies, and other strategies to complement conventional medical treatment and promote recovery.

All the information you need after mastectomy and breast reconstruction surgery so that you can focus on what matters most: healing and staying well. Why am I so tired all the time? What about these drains? Should I worry about lymphedema? Your mastectomy (with or without reconstruction) doesn't end when you leave the operating room. In *Now What?*, Amy Curran Baker, an occupational therapist who has had a double mastectomy and direct to implant breast reconstruction, and her co-authors, two registered nurses, answer all of your post-surgery questions in this comprehensive and empowering guide. *Now What?* helps you: Consider your options and make the decisions that are best for you Deal with frozen shoulder syndrome, wound care, swollen lymph nodes, and other side effects of mastectomy Organize the nitty-gritty issues of wound management post-op care with helpful charts and logs Hear real stories from other breast cancer survivors who have had a mastectomy

Standard therapy for breast cancer can include surgery, chemotherapy, and radiation therapy. Natural treatments may also help people manage breast cancer symptoms and side effects from medications as well as strengthen the body's defenses. This *Natural Treatment For Breast Cancer* book contains all information about breast cancer, including symptoms, risk factors, causes, and preventing breast cancer. The most important section of the book, complete treatment and cure of Breast Cancer through natural medicines which most people do not know, even the doctors.

"This practical, science-based book focuses on helping partners, family and friends understand breast cancer. It guides them in how to provide the best emotional and practical support when helping someone with breast cancer to cope, recover and thrive, while maintaining their own physical and psychological health. The authors translate psychological evidence into concrete, practical advice for caregivers, validated through their first-hand experience. It also suggests ways to help someone with breast cancer make the best decisions in consultation with oncology professionals. The authors draw on well-established psychological principles relevant to social attitudes, how decisions are made, good communication skills, empathy, and how to better understand the ideas and worries experienced by women who have, or may have, breast cancer and those close to them. Each chapter includes 'How you can Help' sections that give specific and concrete suggestions, as well as a chapter summary of the main points along with recommendations and additional resources. It is essential reading for all those who want to help and support a loved one with breast cancer. It is also useful for training healthcare professionals in how to support partners"--

A Nutritional Approach to Preventing Recurrence

A Common-Sense Guide to Life After Treatment

A Breast Cancer Patient's Guide to Prevention and Healing

The Whole-Food Guide for Breast Cancer Survivors

A Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins

Breasts: The Owner's Manual

The Complete Natural Medicine Guide to Breast Cancer

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*

A comprehensive guide to life during and after breast cancer shares practical advice on how to plan a life after diagnosis, covering topics ranging from intimacy and hair loss to working and managing the profound emotions that accompany the disease and its treatments.

A Clinical Guide to Therapy

How to Feel Empowered and Take Control

A Breast Cancer Guide for Men

A Breast Cancer Alphabet

The Silver Lining

Triple-Negative Breast Cancer