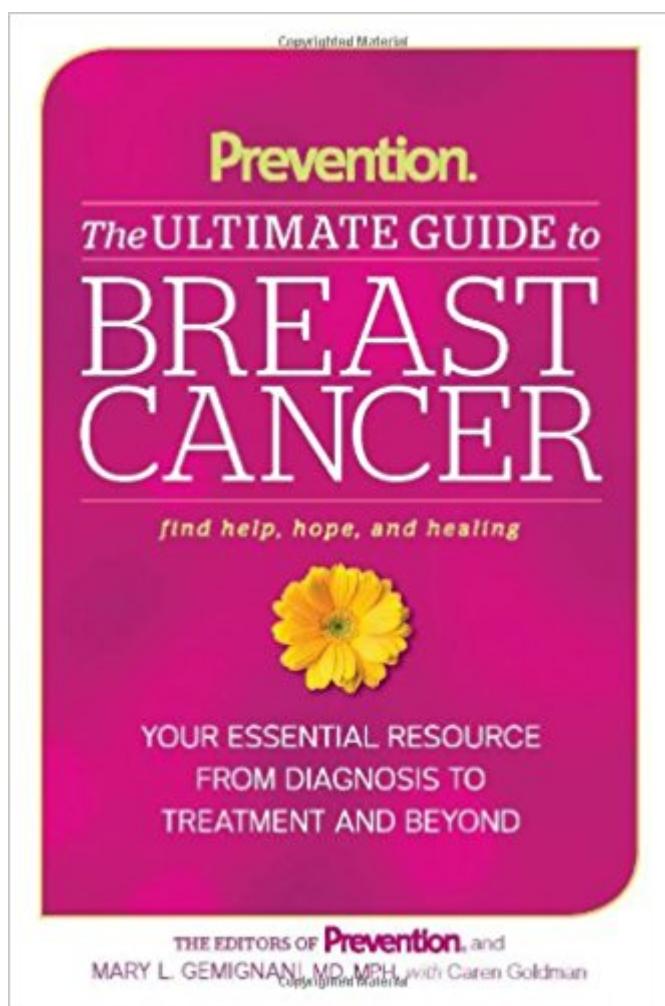


The book was found

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

Paperback: 384 pages

Publisher: Rodale Books; 1 edition (October 1, 2013)

Language: English

ISBN-10: 162336096X

ISBN-13: 978-1623360962

Product Dimensions: 6.9 x 8.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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.

[Download to continue reading...](#)

Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure:

Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Prevention The Ultimate Guide to Breast Cancer: Your Essential Resource from Diagnosis to Treatment and Beyond The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Breast Cancer Husband: How to Help Your Wife (and Yourself) during Diagnosis, Treatment and Beyond When Cancer Hits Home: Cancer Treatment and Prevention Options for Breast, Colon, Lung, Prostate, and Other Common Types Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free Chicken Soup for the Soul: Hope & Healing for Your Breast Cancer Journey: Surviving and Thriving During and After Your Diagnosis and Treatment The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help