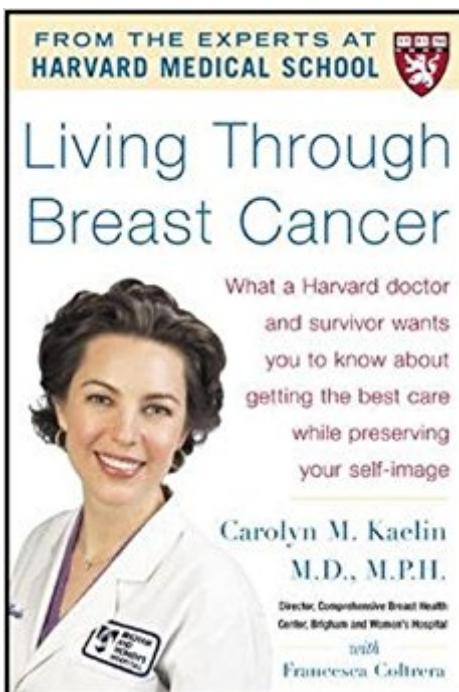


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# Living Through Breast Cancer - PB (All Other Health)



## **Synopsis**

Winner of two prestigious American Medical Writers Association awards A compassionate guide to surviving breast cancer from a doctor who has experienced it from both sides of the stethoscope In addition to being a leading national breast cancer expert and a highly respected cancer surgeon, Dr. Carolyn Kaelin also is a breast cancer survivor. In *Living Through Breast Cancer* she draws upon her experiences as both doctor and patient to offer you a priceless source of understanding, support, and guidance on coping with and beating breast cancer. Dr. Kaelin's warm, authoritative guidance will help you: Understand your diagnosis and choose a care team Identify your treatment options and make informed decisions Look and feel your best during and after treatment Maintain good health after breast cancer Lower your chances of a recurrence of breast cancer

## **Book Information**

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## **Customer Reviews**

In many ways, Kaelin's guide for women diagnosed with breast cancer is just like all the other excellent manuals out there: intelligent, pragmatic and reassuring, it explains how to understand one's diagnosis and treatment options, assemble a "care team," handle common changes in looks and deal with feelings common among women with the disease. What sets the book apart, though, is its author's perspective: she is a breast cancer surgeon and director of the Comprehensive Breast Health Center and Brigham and Women's Hospital in Boston, and was diagnosed with breast cancer in 2003. She has since had three lumpectomies, a mastectomy, chemotherapy and

reconstructive surgery. Not surprisingly, then, Kaelin's book is fairly serious, though not overly academic, and filled with anecdotes from not only her own experiences as a breast cancer patient but from many other women, too. The result is a helpful book that will inform patients and their families, giving them a firm grasp on both the medical and emotional aspects of breast cancer. Kaelin's tone is upbeat but not intensely so; her approach will probably best suit women who just want the facts without too much sentimentality. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

A breast surgeon and director of the Comprehensive Breast Health Center at Brigham and Women's Hospital in Boston and herself a breast cancer survivor, Kaelin has the credentials to offer advice to women newly diagnosed. She discusses the process from diagnosis and surgical options to treatment, image concerns, and after-treatment issues, e.g., diet, fertility, and sexuality. Her lucid text is broken into major sections, then smaller and smaller subsections, along with sidebars, and is further enhanced by black-and-white illustrations. She covers the latest thinking on surgical recommendations and the newest drug considerations (capecitabine chemotherapy for older women; Tamoxifen vs. aromatase inhibitors for adjuvant use), while using her own experience as a reference point. Her tone is convivial, her language accessible, even downright cutesy ("wimpy or aggressive cancer," despite surgical intervention, "cells may have already scooted into tissue"). Kaelin's goal is to help eradicate the "imprint" of cancer from women's lives by presenting them with sufficient knowledge and the power to make informed choices. Highly recommended for patient health collections. (Index not seen.)- Bette-Lee Fox, Library JournalIn many ways, Kaelin's guide for women diagnosed with breast cancer is just like all the other excellent manuals out there: intelligent, pragmatic and reassuring, it explains how to understand one's diagnosis and treatment options, assemble a "care team," handle common changes in looks and deal with feelings common among women with the disease. What sets the book apart, though, is its author's perspective: she is a breast cancer surgeon and director of the Comprehensive Breast Health Center and Brigham and Women's Hospital in Boston, and was diagnosed with breast cancer in 2003. She has since had three lumpectomies, a mastectomy, chemotherapy and reconstructive surgery. Not surprisingly, then, Kaelin's book is fairly serious, though not overly academic, and filled with anecdotes from not only her own experiences as a breast cancer patient but from many other women, too. The result is a helpful book that will inform patients and their families, giving them a firm grasp on both the medical and emotional aspects of breast cancer. Kaelin's tone is upbeat but not intensely so; her

approach will probably best suit women who just want the facts without too much sentimentality.

--PW

So glad I saw the article by Dr Kaelin in a Johns Hopkins medicine magazine. They are perfect to give as gifts to my daughterinlaw who has breast Ca. And just starting chemo before surgery. Everyone needs encouragement when going through this.

A go to book for people that have just been diagnosed with breast cancer. Most likely it needs some updating, but I think it is tremendously helpful.

Dr. Kaelin uses her extensive and highly sought after expertise as a breast surgeon to explain the step by step process women face once a diagnosis of breast cancer has been made. She has consulted with many of Harvard's oncologic experts in order to present a comprehensive guide for patients and their families. The story is particularly poignant as she bravely describes the discovery and subsequent treatment of her own breast cancer. I've given this book to several friends and family members over the years. It continues to get positive reviews from all.

This book was sent to me by a Sister Survivor. I had already had 2 surgeries within the 3 weeks following diagnosis. I was thirsty for information and had questions--this book answered those questions and shed light on different courses of treatments based on diagnosis.I purchased a copy and sent it to a friend after her diagnosis, to have before meeting with her surgeon. She said she found it helpful, starting with the terminology and concepts of what the doctor was telling her.We are nurses; however, as patients, we face a new realm.Very good reference, quite thorough.

I purchased this book when a family member was diagnosed with breast cancer.There are a lot of layman's terms, easy to understand, in this book. I kept it as a reference, and it has been very useful. For the newly diagnosed, or a family/friend dealing with this diagnosis, this book gives easy to read explanations of the different types of breast cancer,the current remedies available, side effects, and how the family can assist. The heart of the book is about the patient, and answers many of the questions a breast cancer survivor has.

Appreciated the fact that the author had been through cancer herself and that was reflected in her writing. Suspect that some of the technical info might be dated since this book is several years old,

but still contains a lot of useful info....even about hair loss and buying wigs!

My journey through breast cancer would have been more hellish without this book. I was informed, and that gave me courage and strength to make hard decisions. It's a must for those facing this disease.

A must have book for anyone with breast cancer!! Highly recommend.

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