



Breast Cancer Treatment Handbook: Understanding the Disease, Treatments, Emotions, and Recovery from Breast Cancer

Judy C. Kneece

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Your Breast Cancer Treatment Handbook is the only book designed to be given to patients by their health care provider as a comprehensive guide to understanding treatment options and self-care. No treatment advice is given, allowing the treatment team to offer final recommendations. Instead, the patient is guided through the experience with graphically illustrated explanations of surgical options, treatments and self-care. A concise glossary empowers her to understand the language and participate in discussion about her care. Sixteen tear-out worksheets serve as a tutor for information collection. Reassuring remarks appearing throughout the book from survivors show that others have faced and met the challenge of breast cancer.

Your Breast Cancer Treatment Handbook takes a patient from diagnosis through recovery. Discussions include:

- *the emotional impact and response of patients
- *how to manage the fears of a diagnosis
- *how to communicate with mate, children and family
- *types of surgical and reconstruction options
- *pre-and postoperative procedures and self-care
- *understanding a pathology report
- *chemotherapy, radiation therapy
- *care of surgical arm, exercises and lymphedema
- *breast self-exam after breast surgery
- *how to determine normal versus clinical depression
- *sexual issues
- *diet and exercise
- *sources of support, help and much more

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Playing with family inside a park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Breast Cancer Treatment Handbook: Understanding the Disease, Treatments, Emotions, and Recovery from Breast Cancer, you may enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout fellas. What? Still don't obtain it, oh come on its named reading friends.

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