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## **The Thinking Woman's Guide to Breast Cancer**

### **Take Charge of Your Recovery and Remission**

*Breast cancer is expected to rise by 50% by 2030 -- National Cancer Institute*

When Dr. Janet Maker was diagnosed in 2011, she, like most people, knew almost nothing about breast cancer. What she did know is that she didn't feel safe simply following her doctors' advice. She needed to understand for herself all her treatment options, the statistical outcomes for each option, and all the potential side effects, so she could make informed decisions. Because of her academic background and expertise as a researcher, she discovered a great deal about the disease and its treatments that few lay people are aware of.

The Thinking Woman's Guide to Breast Cancer is the story of her journey and the things she learned along the way. This information helped her to make informed decisions about her treatment, and it also helped her to make the lifestyle changes that she hopes will keep her in remission. This is the book she wished she had before, during, and after her treatment.

Topics that will help readers take charge of their recovery include how to find the best doctors and hospitals; how to build a support system; and pros and cons of surgery, chemotherapy, radiation, and hormones. Topics that will help readers stay in remission include how to make the body less receptive to cancer, including changes in diet, exercise, supplements, and stress reduction. Readers may not make the same decisions that Dr. Maker did, but the information in the book will empower them to make the decisions they consider best for themselves and their loved ones.

*"Patients who have read this book will approach treatment from an empowered and much less fearful place"*

Dwight L. McKee MD, CNS, ABIHM, integrative oncologist and co-author of *After Cancer Care*

*"A must-read for any breast cancer patient looking for an insightful and up to date resource."*

Laura Jimenez, Ph.D., Oncology Research Scientist, University of California Los Angeles.

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**Breast Cancer/Women's Health/Patient Empowerment/Self-Help**

**343 Pages, 6 x 9 Inches (Appendices, References, Index)**

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