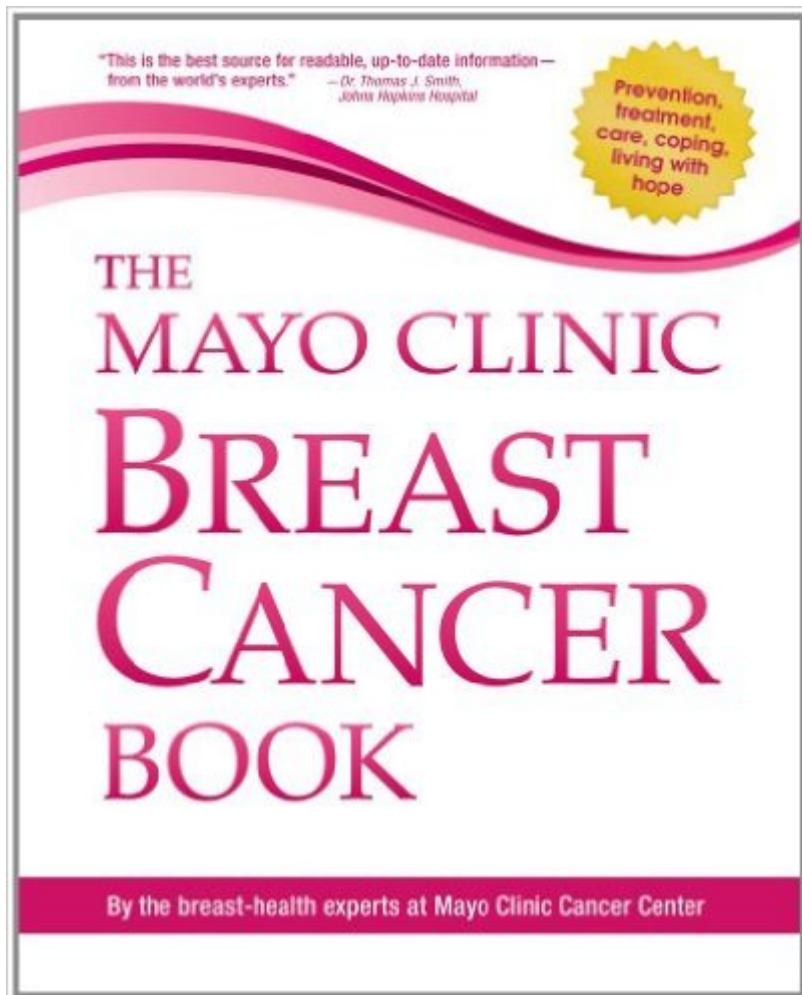


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# The Mayo Clinic Breast Cancer Book



## **Synopsis**

From the breast health experts at Mayo Clinic comes a guide to the many aspects of breast cancer; from prevention, to care and coping, to survival, to living with hope. The Mayo Clinic Breast Cancer Book is the trusted resource for anyone wanting reliable information about this dreaded disease. Mayo Clinic set out to provide comprehensive and up-to-date facts in easy-to-understand language. They've succeeded in this handbook for those who've been diagnosed, or for those who want to give sensitive and helpful support to someone with breast cancer. The Mayo Clinic Breast Cancer Book stands out for its tone of companionship, as well as for the many patient stories that appear throughout the book. This straightforward yet approachable resource will empower all who are affected by breast cancer. Here are facts about the disease, but also suggestions and inspiration for working effectively with one's doctors and caregivers. This volume offers solid tools for coping with the many uncertainties and decisions that need to be made when one is diagnosed.

## **Book Information**

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (57 customer reviews)

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## **Customer Reviews**

This is the best patient guide to the breast cancer journey. I am a breast cancer survivor. I rely on this book. The Mayo Clinic Breast Cancer book is patient friendly with easy to understand language. It is clear, concise and comprehensive. It is highly reliable since it is written by doctors at the Mayo Clinic Cancer Center who are the world's experts in breast cancer and who give the most up-to-date information. I used it when I was diagnosed with breast cancer to be an informed patient and to help me make the hard decisions about treatment. Before and after my breast cancer surgery, I have

used this book as my guide. This book packs all the reliable information a patient needs in one place. This book should be required reading for every woman to learn about reducing risk such as removing ovaries before menopause reduces risk of breast cancer by about 50% and testing such as having a breast MRI in addition to a mammogram if risk factors such as family history, dense breasts or breast cancer gene. (My breast cancer tumor appeared on my breast MRI but not on my mammogram taken on the same day.) This book should be given to every woman by her doctor at the time of diagnosis of breast cancer to empower her with information so she can make informed decisions while dealing with the shock of hearing she has breast cancer. This book should also be used by survivors to plan future follow-up. I plan to tell everyone I know who is at risk or who is diagnosed with breast cancer that she must get and read this book. It is invaluable.Â The Mayo Clinic Breast Cancer Book

I am an RN. I was diagnosed with Stage 1 breast cancer in May. I got this book and several others from my local library. I liked this book the best. Even as a nurse there is so much to consider when deciding on treatment and understanding all the information you are given by your doctors. I used (and am still using) this book to help me understand my diagnosis. This book has very up to date information and covers everything from the types of breast cancer to treatment choices, surgery, chemo, radiation, hormone blocking medications, gene tests. If you or someone you love has this diagnosis this book is a trusted companion. It helped me navigate in deep waters .

Years ago I received "The Mayo Clinic Guide to Women's Cancers," which is now dog-eared from being loaned to friends and family dealing with cancer. And while I have not been diagnosed with cancer, I do see myself as the best advocate for my health, and try to gather as much information as I can to be well-informed for decisions I may need to make someday. "The Mayo Clinic Breast Cancer Book" is the perfect partner to the "Guide to Women's Cancers." Not only does this volume provide reader-friendly new research on risk factors, prevention, screening, diagnosing and treatment of breast cancer, but each chapter is strengthened with stories from survivors -- women whose decisions at every step of treatment are insightful, encouraging, and invaluable. October is Breast Cancer Awareness Month and I cannot think of a better gift for every woman to give herself than this book. Treat yourself and those you love to "The Mayo Clinic Breast Cancer Book."

When a mass was found on my mammogram and subsequent ultra sound, I was in a state of panic, thinking I would die before the holidays. I ordered this book and it has been by my side as I have

walked through each step of this journey. It is easily read by the layman and has helped to ease my fears of this "monster who has decided to take up residence in my body". I call it my "Cancer Bible". I am so thankful to have this information available on demand. I no longer fear the unknown. This book should be on every woman's list of must reads. I have shared it with my family as well so they can better understand what is and will be happening. We all have felt a sense of calm as we go through this journey together. This book has guided me to ask the questions and more intelligently share in the many decisions to be made. We have hung out the "no vacancy sign" for this monster. Cancer has met it's challenge and it will be conquered.

We had a good experience with the Mayo Clinic Diet book so when my wife had to deal with breast cancer I purchased this book. It is full of relevant information and I think a good guide to a complex disease. It is very well organized.

Thank goodness for books. This is a straight forward summary of breast cancer compiled by the Mayo Clinic, in my opinion a respected medical facility. Having breast cancer is overwhelming enough without drowning in reams of confusing information. This book helped me feel like I had some control and could better formulate my questions and role in structuring a plan to treat my cancer. Also, good reference for family and friends to refer to. Having cancer is like becoming a parent, there are feelings and issues you have trouble explaining to those who do not share your situation. My parenthood is a joy, my cancer sucks. This book helped me clarify and cope. It might also help you.

This is not a commentary on the book's content which I'm sure is high quality, but the Kindle version. I tried reading this on my Kindle Fire HDX, Paperwhite, iPad and Kindle for PC. Completely unreadable on all of them with bizarre formatting problems with overlapping and mis-sized text, pictures obviously in the wrong place, etc. Buy the print.

I am glad I got this book because it gave me so much basic information about cancer and how it works. Lots of information about what has been done and what is being done to treat it. It is easy to read and very honest about the status of cancer research. Very helpful for folks that may be facing this diagnosis.

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