

## Breast Cancer

How to spot the symptoms  
and reduce your risk

## Understanding Breast Changes

Breast Care Information

## Coping with Advanced Breast Cancer

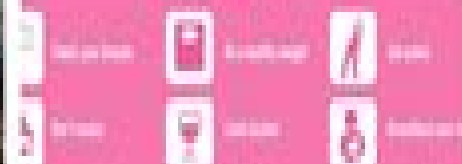
## BREAST CANCER

WHAT YOU NEED TO KNOW

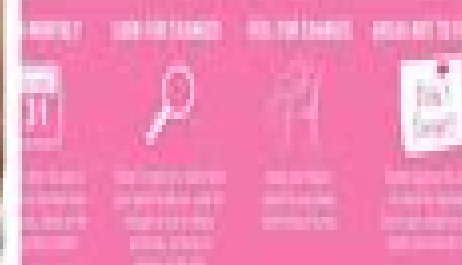
### RISK FACTORS



### REDUCING YOUR RISK



### CHECKING YOUR BREASTS



### WHAT TO DO IF YOU FIND SOMETHING

Most breast lumps are benign (not cancerous). If you find a lump, swelling, soreness, or any other change in your breasts, see your doctor.

To watch a video on how to check your breasts, visit [www.mariekeating.org](http://www.mariekeating.org)

# Coping With Breast Cancer

**Eadie Heyderman**



## **Coping With Breast Cancer:**

**Coping with Breast Cancer** Sharon L. Manne, Jamie S. Ostroff, 2008-03-14 This couples focused group program aims to improve a couple's functioning as a team and provides a supportive environment for couples facing breast cancer related issues. Over the course of six sessions, couples learn support and communication skills as well as techniques to manage stress and enhance intimacy. Modeling by group leaders and other couples facilitates skill acquisition. With continued use, the skills learned in group can have long term benefits for couples. **Coping with Prostate Cancer** Robert H. Phillips, 1994

Provides information on medical aspects of prostate cancer together with practical advice, suggestions, and coping strategies for the patient and his family. Coping with Breast Cancer Eadie Heyderman, 1996 Breast cancer is the most common cancer among women. The physical and emotional aspects of a breast cancer diagnosis are addressed here, explaining the risk factors, tests, treatments, and how to cope. Coping with Breast Cancer Sharon L. Manne, Jamie S. Ostroff, 2008-03-14 As a couple coping with early stage breast cancer, it is important that you face the stresses and challenges together. To support each other during this difficult time, you and your partner may benefit from enhancing your relationship and stress management skills. This couples focused group program will help you and your partner become an effective coping team. To strengthen your relationship, you and your partner will learn how to better support and communicate with one another using proven relationship enhancing techniques. You will also learn to strengthen emotional intimacy by taking the time to discover each other's needs and engaging in wish list activities to bring you closer together. Relaxation techniques will help you and your partner manage stress so you are better able to deal with the challenges of cancer. The group format provides a supportive environment and gives you a chance to learn from other couples dealing with similar issues. This workbook is designed to be shared by you and your partner as you work together as a team. It includes all the forms and information you will need during the six week program. Exercises will help you apply what you learned in group to coping with cancer and your life as a couple. By the end of the program, you will have acquired many useful skills that will benefit you, your partner, and your relationship for a lifetime. *Treatments That Work™* represents the gold standard of behavioral healthcare interventions. All programs have been rigorously tested in clinical trials and are backed by years of research. A prestigious scientific advisory board led by series Editor in Chief David H. Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date. Our books are reliable and effective and make it easy for you to provide your clients with the best care available. Our corresponding workbooks contain psychoeducational information, forms, and worksheets and homework assignments to keep clients engaged and motivated. A companion website [www.oup.com/us/ttw](http://www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources. Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources Inc. PER **Coping with Breast Cancer** Sharon L. Manne, Jamie S. Ostroff, *While Coping with Breast Cancer*

F. T. Hashem, 2002-02-01 As I felt the black cloud of despair descending on me and I could no longer smile or feel any good feelings I knew I was in trouble I cared about nothing did nothing and even stopped eating I was slowly sinking to the point of no return as the tragic events surrounding me became too much to bear Then suddenly my survival instinct kicked in and I rose out of the nightmare long enough to realize that I was the only one that could bring myself out of the darkness and into the light So I began doing what I've always loved to do Write and communicate I wanted to vent and let my anger out in a socially acceptable way I wanted to let other women know how I felt dealing with breast cancer and how I was coping with the diagnosis and with other tragedies as well It was perfect therapy What started as a journal evolved into a book *Breast Cancer Decoded: Awareness, Early Detection, and Coping Strategies* Kim Holding, Breast cancer is a global health concern affecting millions of individuals each year While significant strides have been made in understanding and treating this disease it remains a source of fear and uncertainty for many This book aims to demystify breast cancer empowering you with knowledge and strategies to navigate this complex journey This comprehensive guide covers a wide range of topics from understanding the basics of breast cancer to exploring the latest treatment options and coping strategies It is designed for a diverse audience including those at risk for breast cancer patients survivors caregivers and healthcare professionals seeking to deepen their understanding of patient perspectives Breast Cancer Decoded is not a replacement for professional medical advice However it provides valuable information to help you engage in meaningful conversations with your healthcare providers make informed decisions about your treatment and build a strong support system Throughout this book we will explore the emotional physical and practical challenges of breast cancer We will also delve into the latest advancements in breast cancer research highlighting the promise of hope and healing for the future Take a deep breath and let's embark on this journey together Armed with knowledge and support we can face breast cancer with courage and resilience [Just Get Me Through This!](#) , **Just Get Me Through This! - Revised and Updated** Deborah A. Cohen, Robert M. Gelfand, M.D., 2012-07-25 You Can Get Through This Your doctor told you it was breast cancer So now what You'll need plenty of essential advice the kind that only comes from someone who's been there In *Just Get Me Through This* Deborah A. Cohen and Robert M. Gelfand M.D. help you deal with all the ups and downs of the breast cancer experience From the shock of diagnosis to getting through treatment to getting on with your life they pack it with plenty of straight talk and practical tips This newly updated edition also includes advice from two prominent breast cancer surgeons Discover The latest data on hormonal treatments How cornstarch can help you breeze through radiation Why a calendar can help you get through chemotherapy Information on the latest drugs used as part of chemotherapy How to ease back into an intimate relationship Who might be your best ally when you're feeling blue The surefire way to beat insurance and workplace hassles What medical professionals say about everything from surgery to soy Each step of the way this wise and witty companion will be there with unfailing inspiration and heart-to-heart support It's also simple to use with an accessible format to make even the toughest days a

whole lot easier A Harvard Business School and Smith College graduate marketing executive Deborah A Cohen was like so many others going about her life as a young and healthy woman when she was unexpectedly struck with a diagnosis of breast cancer As a result of her illness the Wisconsin native became active in several breast cancer advocacy efforts including Climb Against the Odds a Cancer Coalition s Leadership Education and Advocacy Development Program and Peer Review Committees for the American Cancer Society s research programs The research and writing of Just Get Me Through This was a natural next step for Cohen in her commitment to helping others cope with and battle this disease Robert M Gelfand M D is an oncologist with a private practice in New York City He is a Clinical Assistant Professor of Medicine at the Weill Cornell Medical Center and at New York Presbyterian Hospital where he also teaches He received his undergraduate degree from the University of Pennsylvania and his medical degree from the State University of New York at Brooklyn He completed his residency in internal medicine at Mount Sinai Hospital and a fellowship in hematology and oncology at The New York Hospital Cornell University Medical Center Dr Gelfand is married and has three daughters Faith A Menken M D is a surgeon practicing at New York Presbyterian Weill Cornell Medical Center in New York City She went to medical school at Cornell University Medical College and did her internship at Mount Sinai Hospital and her residency at the New York Weill Cornell Medical Center She lives in New York City Eugene J Nowak M D is a surgeon practicing at New York Presbyterian Weill Cornell Medical Center in New York City He went to medical school UMDNJ New Jersey Medical School and did his internship and residency at the New York Weill Cornell Medical Center He lives in New York City

Meaning and Coping in Breast Cancer Patients Heather Sevey Lawrence,2002      **Coping with Breast Cancer** Ricky Sides,2011-05-27 In the mid nineties my wife was diagnosed with invasive breast cancer which had metastasized to her lymph nodes The essay Coping with Breast Cancer details what happened in the wake of that diagnosis We decided to release this composition in the hopes of helping other couples confronted with this terrible disease In the fall of 1994 we were living the good life We d just bought our dream house and moved in the previous July and were looking forward to our first holiday season in our new home Only one thing placed a cloud over our lives at that point in time My wife had a mysterious bloody discharge from one breast She had also lost a considerable amount of weight and I was beginning to become concerned My wife was reluctant to agree to go to a doctor but finally I managed to elicit a promise from her that she would go to see a physician the day after Thanksgiving That morning we got into our car for the drive to the doctor never suspecting that our lives were about to be forever changed I sat in the waiting room while my wife saw her gynecologist I saw her come back out just a few minutes after she had been escorted back to the examination room She was pale and said that the doctor had told her we had to go to the hospital at once for a mammogram and that the doctor was calling ahead to get her worked in that day She broke down and cried on the drive to the hospital and expressed her sense of dread saying The doctor says she s afraid it might be breast cancer That was the first time I heard the words breast cancer in relation to my wife The doctor was true to her word and the people at the

hospital were expecting my wife when we arrived She was immediately hustled back into the radiology area where she underwent her first mammography at age 35 Tensely I waited not yet comprehending what was happening My mind seemed numb almost as if I had consumed a vast amount of alcohol I guess I was in a sort of state of shock I nervously thumbed through some brochures sitting in a rack in the waiting room As I did so I told myself that there had to be some mistake My wife couldn't have breast cancer Not my Sue      Emotions, Lifestyle Defenses and Coping in Breast Cancer Patients Veronica Clement,1993      *Cancer Survivorship Coping Tools - We'll Get you Through This* Barbara Tako,2015-03-27 Hearing the words You have cancer can be devastating some cancer patients even say that the emotional pain and loss of certainty from hearing this are worse than the pains from the cancer surgeries radiation chemotherapy and other treatments This is the intimate journey of a melanoma and breast cancer survivor who honestly and sometimes even humorously shares her own story and offers supportive emotional tools to help people diagnosed with cancer and their loved ones and caregivers work through the emotional pain and upheaval of a cancer diagnosis You will be supported in knowing what it feels like to hear you have cancer and be given a variety of helpful ideas to start feeling better whether you are newly diagnosed in treatment or months or years after treatment If you are a caregiver friend or family member who wants to help you will get a better understanding of the cancer experience as well as tools to help the person you care about      **From Oncology Nursing to Coping with Breast Cancer** Kate Hayward,2021-04-14 Many healthcare professionals that I've encountered refer to a patient's cancer journey indeed I had an article published describing a patient's journey through biological therapy This particular case history described my involvement with a medical doctor's experience of renal cell carcinoma and self administration of immunotherapy He was very keen to share his experience to educate and inform other health professionals and I now find myself in a similar situation I have journeyed from nurse to patient when diagnosed with grade 3 breast cancer Of course I've experienced various health problems before this time but I never spent a night in hospital unlike members of my family who have experienced serious illness and hospitalisation on several occasions Consequently I've always regarded myself in the caring role amongst family members and over the years I've used my nursing knowledge and skills to help them deal with both the physical and psychological issues of their various disease processes However being diagnosed with breast cancer has now changed me from nurse and carer into a vulnerable ill person with doubts and fears for my future To restore some sense of purpose while on sick leave and help me to get through each treatment stage I decided to keep a daily journal of my experience      **Rituals for Women Coping with Breast Cancer** Rosalie Muschal-Reinhardt,Barbara S. Mitrano,Prism Collective,Mary Rose McCarthy,Jeanne Brinkman Grinnan,2000-04-01

**Dilemmas in coping with breast cancer** Karen Weihs,1996      **Coping: A Young Woman's Guide to Breast Cancer Prevention** Bettijane Eisenpreis,1999-12-15 A guide to understanding breast cancer its cause and its treatment      Breast Cancer and You Breast cancer care,2004      Coping with Breast Cancer Colette Ray,1982      **Coping with Breast Cancer**

Jenn L. Scott, 2004

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