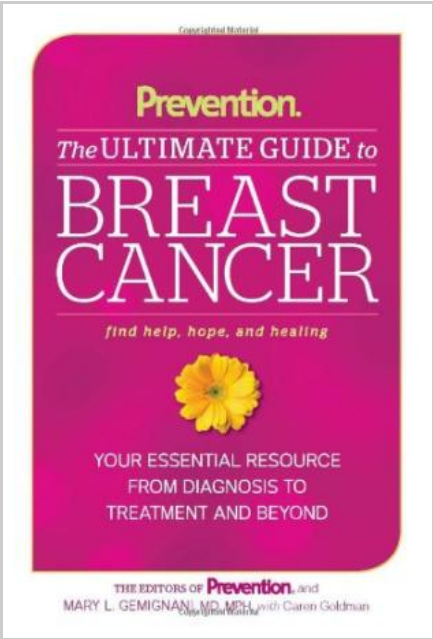


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Prevention the Ultimate Guide to Breast Cancer

By Editors of Prevention Magazine, Caren Goldman

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, Prevention the Ultimate Guide to Breast Cancer, Editors of Prevention Magazine, Caren Goldman, We've all heard the statistic: 1 in 8 women will get a breast cancer diagnosis at some point in her lifetime. But there's another just-as-relevant number that isn't as widely broadcast: 76 percent of those women will be alive 10 years later. This guide from America's most trusted health magazine helps women navigate treatment, medical costs, and lifestyle changes and emerge with their physical and mental health intact. Organized to take readers from diagnosis to survival and all the steps in between, Prevention The Ultimate Guide to Breast Cancer offers relevant information in technical yet accessible language, including: supplements and recipes that stimulate appetite, ease treatment side effects, promote recovery, and help prevent a recurrence; complementary and alternative treatments and medicine that can be beneficial; and real-life advice from women with breast cancer on issues such as processing the emotions that accompany a diagnosis and what to expect as a cancer survivor.

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