

UPDATED
EDITION

After BREAST CANCER

*A Common-Sense Guide to
Life After Treatment*

"If my book is the one you buy when you are diagnosed with breast cancer, this should be the one you purchase as you finish treatment. Hester Hill Schnipper is a terrific guide on the rocky road to recovery. This book will help you transition from the last chemotherapy/radiation treatment and help you to reclaim your life!"

—Susan Love, MD, author of *Dr. Susan Love's Breast Book*

HESTER HILL SCHNIPPER, LICSW

FOREWORD BY LOWELL E. SCHNIPPER, MD

After Breast Cancer A Common Sense Guide To Life After Treatment

Nancy A. Piotrowski



After Breast Cancer A Common Sense Guide To Life After Treatment:

After Breast Cancer: A Common-Sense Guide to Life After Treatment Hester Hill Schnipper, 2003-01-01 This commonsense guide to life after treatment for breast cancer shows how to navigate the rocky road back to health after surgery or chemotherapy with advice on managing pain and fatigue handling relationships regaining emotional and sexual intimacy and more

After Breast Cancer Hester Hill Schnipper, LICSW, 2008-11-26 As women quickly discover their life when treatment ends is very different from what it was before their diagnosis Often exhausted anxious and emotionally volatile they are beset by physical discomforts fearful of intimacy afraid for their children worried about recurrence Anticipating a return to normalcy they discover that the old version of normal no longer applies There could be no more knowledgeable guide for women embarking on this complicated journey than Hester Hill Schnipper who is herself both an experienced oncology social worker and a breast cancer survivor This comprehensive handbook provides jargon free information on the wide range of practical issues women face as they navigate the journey back to health including Managing physical problems such as fatigue hot flashes and aches and pains Handling relationships your children your partner your parents your friends How to regain emotional and sexual intimacy Coping with financial and workplace issues Genetic testing why whether when How to move beyond the fear of recurrence And much more This indispensable book will help you rediscover your capacity for joy as you move forward into the future as a survivor

Cancer Survivorship Patricia A. Ganz, 2007-07-28 Cancer survivors have increased in number more than threefold over the last 30 years to the current level of 10 million and growing Among patients diagnosed today nearly two thirds are expected to survive 5 or more years This success may be attributed to the expertise of physicians and nurses from multiple disciplines who precisely execute a complex plan based in clinical research Yet after a period of orchestrated and frequent interaction with healthcare professionals bolstered by the attention and encouragement of family and friends the cancer patient may view the end of treatment with anxiety and concern And what exactly is the plan Just as healthcare providers are expected to keep up to date with the latest in treatment and prevention they must now coordinate and provide comprehensive survivor care This significant text organized and edited by Patricia A Ganz and involving the contributions of over 40 distinguished authors provides a greatly needed resource for survivor care today and tomorrow The current attention on cancer survivorship represents a convergence of burgeoning survivor numbers a corpus of data on late treatment effects in children and adults and increased public and professional awareness Dr Ganz and many of the contributors to this comprehensive text pioneered cancer survivorship and they must justifiably be proud that their advocacy and commitment to survivor care and research have resulted in in depth reports by the President's Cancer Panel several Institute of Medicine studies and this timely text

Breast Cancer Husband Marc Silver, 2004-09-29 A guide for men whose wives contract breast cancer offers emotional support and advice every husband needs including guidance from breast cancer doctors and the shared experiences of those who have gone

through the same ordeal Original 30 000 first printing Everyone's Guide to Cancer Survivorship Ernest Rosenbaum,Holly Gautier,2011-10-01 This book was written both for survivors and health professionals some of whom are cancer survivors too Our goal is to provide you with a survivor s road map Dr Ernest H Rosenbaum More than 30 medical professionals reveal insights on surviving cancer to empower cancer survivors and their caregivers as well as the doctors who manage their continued care The CDC s National Action Plan for Cancer Survivorship estimates that there are 9.6 million persons living following a cancer diagnosis And this number is strictly related to patients It does not include family members friends or caregivers For anyone approaching life from the perspective of remission respected oncologist Dr Ernest Rosenbaum leads a team of 34 oncology specialists and medical contributors some of whom are both doctors and survivors themselves in creating a guide specifically geared for cancer survivorship The growing number of people approaching life post cancer will find solace understanding and opportunity with information specifically geared to managing the lingering effects of cancer treatment such as Lifestyle changes to improve health and longevity What survivors need to know following anticancer therapy How to manage the side effects of chemotherapy and radiation therapy How to set goals for the future **Before and After Cancer Treatment** Julie K. Silver,2015-11-01 The definitive guide for preparing for and recovering from cancer treatment A twelve year cancer survivor and oncology rehabilitation specialist Dr Julie K Silver wrote After Cancer Treatment to help others recover from the exhaustion and physical devastation that often follow treatment This new edition of the book retitled Before and After Cancer Treatment describes improved therapies better delivery of care holistic care options and energetics In covering the benefits of prehabilitation strategies which improve physical and emotional strength before beginning therapy the book adds another dimension to the experience of cancer treatment Dr Silver fills this survivor oriented book with exercise and diet recommendations as well as step by step instructions for fighting fatigue monitoring mood and overcoming setbacks Readers are encouraged to set balanced goals take time to heal and consult both conventional and alternative medicine Most people will live for many years after their initial cancer diagnosis often cured or in remission Some will live with cancer as a chronic condition The goal is always to live life to the fullest which means feeling as strong as possible physically and emotionally Dr Silver recommends daring to dream again and preparing for the future Wherever they are in their own journey with cancer readers will find here a personal practical and powerful guide to recovery **Breast Cancer Recurrence and Advanced Disease** Barbara L. Gordon,Heather S. Shaw,David J. Kroll,Brooke R. Daniel,2010-08-17 At age 42 Barbara L Gordon was diagnosed with Stage II breast cancer Two years later it appeared that the cancer had metastasized Along with her oncologist and other experts Gordon has written the book that she wished she had as she faced late stage breast cancer and the prospect of dying from the disease Filled with information and advice and designed to enable informed decisions and improved quality of life this comprehensive guide gathers in one place authoritative medical information about recurrence and late stage breast cancer and it addresses the practical emotional

spiritual and interpersonal aspects of dying and death This indispensable book aids those diagnosed with recurrent or late stage breast cancer those wanting to reduce the chance of a recurrence and those with other types of late stage cancer It is also a valuable resource for healthcare professionals friends and family members Topics covered include Types of recurrence their symptoms and ways of minimizing the chance of a recurrence Diagnostic tests potential surgeries and treatments to manage late stage cancer Getting the best care evaluating complementary therapies and alleviating pain and depression Cessation of treatment and what one may experience as the disease progresses End of life issues including dealing with financial and legal matters communicating with loved ones and hospice workers and planning memorial services Breast Cancer Recurrence and Advanced Disease includes a glossary of medical terms appendices on nutrition and integrative health centers and links to current Web sites addressing matters such as clinical trials patients rights and medical expenses

A Woman's Decision Karen Berger,John Bostwick,2025-10-16 A Woman's Decision is an extraordinarily sensitive and authoritative book that will help women assess their options familiarize themselves with the techniques used in treating breast cancer and prepare themselves for what to expect medically and emotionally from reconstructive surgery It combines complete and fully updated medical information with a detailed look at the emotional issues a woman must face when confronting breast cancer Especially reassuring are the interviews conducted with women and their loved ones discussion feelings and reactions at every stage including the decision to seek reconstructive surgery In easy to understand language this new edition features the newest therapies available for breast cancer treatment including Genetic and hormonal therapy Endoscopic minimally invasive surgery Image guided biopsy and sentinel node biopsy Lumpectomy versus mastectomy Skin sparing mastectomy and immediate reconstruction Partial reconstruction after lumpectomy Helping Couples Cope with Women's Cancers Karen Kayser,Jennifer L. Scott,2008-02-28 Kayser and Scott have written an excellent manual for mental health practitioners who care for women with cancer To provide the best treatment for women and couples living with cancer it is imperative for the therapist to have a thorough understanding of medical treatments as well as normal responses to the experience Readers of this well written thoughtful and practical book will have both Hester Hill Schnipper LICSW BCD OSW C Chief Oncology Social Work BIDMC Author After Breast Cancer A Commonsense Guide to Life After Treatment Close relationships can be vital to a woman's recovery from breast or gynecological cancer and the myriad stressors that accompany diagnosis and treatment Helping Couples Cope with Women's Cancer shows readers not only how to enlist the patient's closest support person in coping with the disease but also to help that partner with the stressors such as feelings of inadequacy and loss that so often come with the role The authors established experts on their subject recognize the challenges couples face the central role of communication in coping and the individuality of each patient and couple In addition to proven intervention techniques and helpful assessment tools the book features case illustrations What to do if sections sociocultural considerations and suggestions for when the patient's caregiver is not her partner Key areas of

coverage include Assessment quality of life impact of illness family resources Balancing work family self care and the demands of illness Cognitive coping relaxation stress reduction Body image sexuality and intimacy Helping children cope developmental guidelines Transitions goal setting life after cancer facing recurrence or terminal illness The skills and insights contained in *Helping Couples Cope with Women's Cancers* will benefit a range of health and mental health practitioners including counselors social workers clinical psychologists psychiatrists and nurses Graduate students planning a career in health psychology or couples therapy should also find it a valuable resource

Breast Cancer Answers Judith King, 2004 Breast cancer answers practical tips and personal advice from a survivor *Everyone's Guide to Cancer Supportive Care* Ernest Rosenbaum, Isadora Rosenbaum, 2012-01-10 This new companion book to AMP's highly successful *Everyone's Guide to Cancer Therapy* now in its fourth edition is a comprehensive hands on guide for patients and their families who face cancer's many challenges Knowledge and information provide the greatest tools and greatest comforts for anyone fighting cancer or helping a family member or friend who is Now AMP bolsters that strength giving arsenal with *Everyone's Guide to Cancer Supportive Care* Through more than 50 chapters cancer care specialists Ernest and Isadora Rosenbaum along with nearly 80 other medical experts answer every conceivable question concerning a cancer patient's physical psychological and spiritual needs This extremely effective format first appeared as *Supportive Cancer Care Sourcebooks* 2001 but we've completely revised and updated the entire book to reflect the latest care advances and techniques The wide range of covered topics includes Understanding cancer and its treatments Chemotherapy and bone marrow transplant side effects Stress and cancer The will to live Cancer and spirituality Sexuality Nutritional considerations Rehabilitation and fitness With this book cancer patients and those who care for them can make informed decisions face the disease with renewed courage and care for both their well being and their bodies The Rosenbaums provide an incredible source of information and hope in the face of this frightening illness

[Funny You Should Ask](#) Tracy L. Matteson, 2013-10-16 *Funny You Should Ask* reveals intimate details and highlights the humor of the physical and emotional rollercoaster of finding balance personal discoveries and trying to feel whole through the ups and downs of breast cancer treatment It is intended to give women who have been diagnosed with breast cancer and their friends and family a sneak peek into some of the physical and emotional aspects of the everyday challenges through the voice of one woman's personal experiences The photography by Brian Kelly highlights the emotion of these moments This book is meant to highlight the blessings and humor that ARE unexpectedly sprinkled through a challenging time

Working Mother, 2004-04 The magazine that helps career moms balance their personal and professional lives

Working Mother, 2004-04 The magazine that helps career moms balance their personal and professional lives

Picking up the Pieces: Life After Cancer Claire Brissette-Lamoureux Ph.D., 2015-07-31 One's journey through cancer does not end with the last treatment Cancer affects patients and survivors not only physically but emotionally and spiritually as well Living through cancer impacts one's sense of self one's energy level and

ones ability to move on The cancer experience calls into question the meaning and purpose of life It affects ones relationship with self others and God Moving forward from the shock and trauma of cancer requires that survivors take time to address these inner dimensions of their cancer experience This book does just that It is a compelling personal journey through the many challenges faced by survivors as they attempt to reclaim their life after cancer The author a ten year cancer survivor believes that facing and walking through the emotional and spiritual upheaval of the cancer experience can have a transforming effect on ones life She describes her own process focusing on the first two years after diagnosis a time of intense fear anxiety uncertainty and turmoil Acknowledging facing and walking through this pain brought her to a place of greater emotional and spiritual freedom to a richer quality of life Although each story is unique survivors live through similar emotional and spiritual struggles Questions included at the end of each chapter invite the reader to reflect upon their personal journey as a way of working through whatever is preventing them from moving forward This book is a must read for survivors living through the inner struggles surrounding their cancer experience and movement forward It is a source of support for those feeling alone in their pain It is a guide for those wishing to heal and grow emotionally and spiritually from the crisis of cancer It offers hope and encouragement to all cancer survivors **Salem Health** Nancy A. Piotrowski,2010

This comprehensive five volume set covers notable theories people social issues life stages the physiology and anatomy of the nervous system and various mental illnesses or conditions from publisher description **Yoga for Cancer** Tari

Prinster,2014-11-24 Using yoga to manage the challenges of cancer and its treatment Explains how to create a safe home yoga practice that addresses the specific physical needs risks and emotions of cancer patients and survivors Includes 53 yoga poses and 9 practice sequences that use movement and breathing to reduce and manage treatment side effects Reveals how current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence Written by a cancer survivor and certified yoga teacher For those faced with a cancer diagnosis and the journey of doctor led surgery and treatments yoga offers a way to regain control of your body and take an active part in your recovery and long term health In this easy to follow illustrated guide yoga teacher and cancer survivor Tari Prinster presents 53 traditional yoga poses that are adapted for all levels of ability and cancer challenges She then applies the movements and breathwork of these poses to address 10 common side effects and offers 9 practice sequences for varying stages of treatment and recovery Sharing her own story as well as those of cancer survivors and yoga teachers with whom she has worked Prinster explores how yoga can be used to strengthen the immune system rebuild bone density avoid and manage lymphedema decrease anxiety detoxify the body reduce pain and help the body repair damage caused by the cancer and conventional treatments She reveals the research that supports the physical and psychological benefits of yoga as an aid to recovery and in reducing the risk of recurrence Explaining how yoga must be tailored to each survivor Prinster gives you the tools to create a safe home yoga practice one that addresses your abilities energy level and overall health goals Through personal stories well

illustrated poses and sample practices for beginners as well as experienced yoga practitioners Prinster empowers survivors to create their own wellness plan in order to regain their independence and their physical and emotional well being

Dancing with Fear Leila Peltosaari, 2005 *My Village* Diolinda Peterson, 2010-09 I was a thirty something woman with a husband a daughter and a dog And then one morning I found a lump in my right breast and my life stopped shifted direction and became something I could never have imagined Early one Saturday morning in October 2004 Diolinda Peterson found a lump in her breast her worst nightmare after watching her own mother only five years before fight the disease and lose her life to cancer Suddenly her world was consumed with diagnosis surgery and chemotherapy forcing her to face her own mortality Fearing that history might repeat itself she considered the repercussions that her death might have on her husband and young daughter Throughout this year long battle though she was not alone but instead supported by family and friends whom she lovingly referred to as her Village My Village A Young Family s Story of Cancer Love and Gratitude is a story of hope surpassing incredible fear and loss As a family the Petersons forced themselves to name their horror honor their fear and reframe their minds and hearts with love and gratitude s power Courageously written this memoir constructs a realistic picture of what it feels and looks like for a young woman to have cancer and it shares how a family coped survived and eventually thrived despite their terrifying journey *Foot Soldiers* Deborah Douglas, 2006

Reviewing **After Breast Cancer A Common Sense Guide To Life After Treatment**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**After Breast Cancer A Common Sense Guide To Life After Treatment**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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