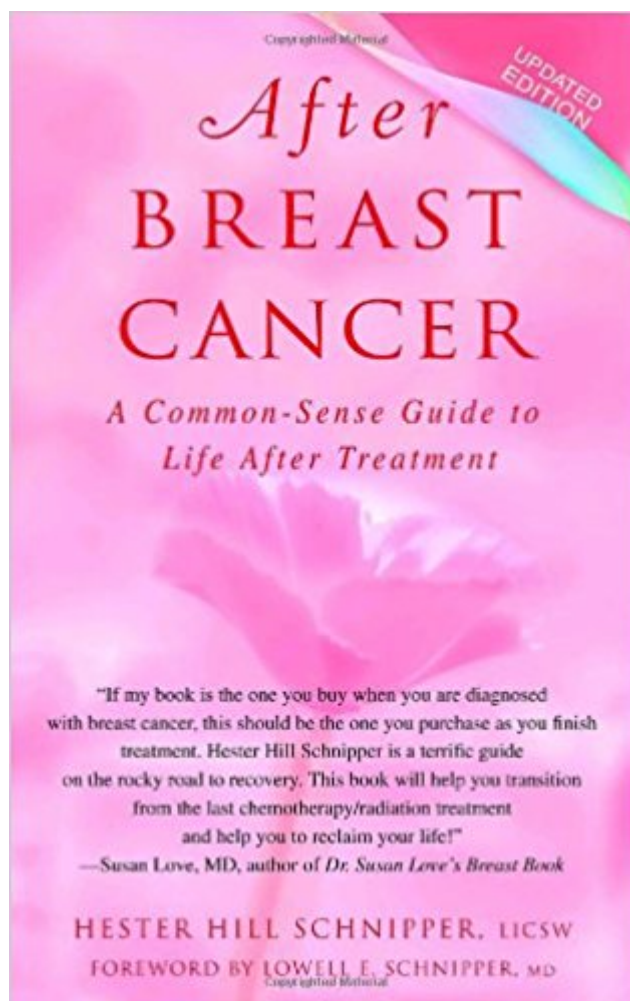


The book was found

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



Synopsis

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.

Book Information

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Customer Reviews

Although countless books and pamphlets have been written for women recently diagnosed with breast cancer, little exists for women who have finished their treatment. While many outsiders assume that the end of treatment brings only relief, women who have had breast cancer know that

the post-treatment chapter in the breast cancer experience is one of the most difficult. Schnipper, a breast cancer survivor and an oncology social worker, helps prepare women for life after breast cancer by imparting information and advice in an intimate and direct manner. She covers all aspects of the experience, including physical recovery, coping with family members who expect everything to go back to normal immediately, fertility and fear of recurrence. The idea of transformation underlies the book, and she devotes a moving chapter to the different ways some women have gained or regained a sense of spirituality. As Schnipper writes, "Our lives have been changed in many ways and we have tried to be understanding and flexible about our possibilities.... Our hearts and souls, however, need time to catch up." In this volume, readers will find a guide that might help them better understand their infinitely complex circumstances and find hope. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"Although countless books and pamphlets have been written for women recently diagnosed with breast cancer, little exists for women who have finished their treatment. In this volume, readers will find a guide that might help them better understand their infinitely complex circumstances and find hope. *—Publishers Weekly* "If my book is the one you buy when you are diagnosed with breast cancer, this one should be the one you purchase as you finish treatment. 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 reclaim your life!" *—Susan Love, M.D.*

This is the best book that i have read on the " what now" after breast cancer treatment. it seems as if you are on your own after the diagnosis, surgery, chemotherapy and reconstruction. there is also not as much interest or support provided by health care providers and really by your family or friends. they just want the best for you, but they want you to quickly come back to " normal". ms. schnipper just gets it. of course, she is a breast cancer survivor herself, as well as being in health care. this is a tremendous factor as far as being able to understand how breast cancer survivors feel at this point in our lives. it is a very well written book, with chapters for your husband/spouse to read so that they can understand how you are feeling. i had my husband read a couple of chapters, and while i could not ask for a better partner in my breast cancer journey, this provided him with more information and insight on how i was feeling NOW. and it also opened the door for us to discuss some issues associated with this part of my recovery. i heartily recommend this thoughtful, informative, and compassionate book.

At the end of my radiation treatment my nurse recommended this book. I will be forever grateful to her. I have read it cover to cover and over again. What a relief to read that what I am going through right now is totally normal. Life after my treatment ended has been a very unsettling and emotional time for me. I would say that 85% of this book directly pertains to my experience. I feel that the author is having a conversation with me. Not only is Hester an experienced oncology social worker, she unfortunately is also a woman who has experienced breast cancer first hand. Her perspective is both clinical and personal. I am finding it invaluable. I am planning to purchase additional copies to donate to the breast cancer center where I was treated.

I was diagnosed with breast cancer in my early 30's. While the shock of diagnosis and the rigors of treatment proved difficult to manage, nothing has compared to the strain of dealing with life after breast cancer. Anyone who's been diagnosed will tell you: having breast cancer is a transformative experience. It is emotionally overwhelming to assimilate all the information, intense feeling and change that comes after living through a life-threatening illness. This book is a great help in this process. As you read the book, you'll find yourself chuckling, crying, and most of all recognizing a piece of yourself in the anecdotes. This book is like a good "cancer buddy" who's on call 24/7 - Hester's words give voice to the myriad feelings survivors face daily and reassures us that they're all normal. The book is packed with practical information on everything from physical recovery to sexuality to professional concerns. Moreover, Hester has done a fantastic job of covering issues relevant to the wide age-range of women diagnosed with breast cancer. For example, those of us of childbearing age who are diagnosed with breast cancer know that fertility and pregnancy can be enormous issues after breast cancer. Few, if any, publications deal with this aspect of survivorship. Hester's advice in this and all areas is straightforward and kind. This guide can serve as a sherpa for women as they move from the deep-freeze of diagnosis and treatment back into the warm sunshine of thriving after breast cancer. Buy this for yourself or for someone you care about who's lived through breast cancer. I'm certain that it will become a comforting and valuable resource - one that will be consulted again and again.

As a breast cancer survivor, I was looking for the "truth" beneath all the hype. There is too much "fluff" interspersed with the hard-core truth...and this book blows away a lot of that fluff. Women need to KNOW what to expect, regardless of what the message might be. Then it becomes their choice to rise above it, without being blind-sided and compelled to make decisions without

information. Thanks Hester!

A book every breast cancer survivor needs to read!

This is the book I wish I had been able to offer women being treated for breast cancer during my years as an oncology social worker and the one I wish had been available when I completed my own treatment for the disease. It presents the ongoing challenges of survival while offering the reader practical, common sense advice and solid support. Ms. Hill allows her own vulnerability and compassion to emerge but the reader is always aware that the author is a skilled professional with a unique perspective. The style feels conversational allowing even the most complicated information to come across to the reader as entirely accessible. The chapter on Sexuality is done with sensitivity as well as humor and is full of practical suggestions. It should help many women and their partners. The chapter on Genetic Testing offers one of the most understandable I've read about this complicated issue. Information on the possibility of early or late recurrence, always a difficult subject but one every survivor contemplates, is handled well. Throughout the entire book, this reader was engaged. There is no "one size fits all" message in this book. Finally, the anecdotes sprinkled throughout the book will allow many readers to feel less isolated as they recognize their own reactions in those illustrated here. They will also learn to appreciate their individual responses and differences. This well conceived and implemented book will be helpful not only to women completing treatment, but to their families and health care providers. It is a gem.

This book is well-written and spoke to the many concerns women have after breast cancer. Once diagnosed, there is so much emotion, so many appointments, so many tests, decisions about treatment, etc. that after treatment has been completed women often feel down and have a "what's next" feeling. This book addresses these issues. It is written by an oncology social worker who is married to an oncologist. I purchased several copies for my cancer support group.

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