

Breast Cancer Under 40: 100 Things I Wish I Knew I Knew



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★★★★★ 5 out of 5

Language : English
File size : 775 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 187 pages



A Comprehensive Guide for Young Women Facing a Diagnosis

For young women, a breast cancer diagnosis can be a life-altering event, leaving them feeling overwhelmed, isolated, and uncertain about the future. This comprehensive guide provides vital information, support, and practical advice for young women navigating the challenges of breast cancer, empowering them with the knowledge and confidence to make informed decisions about their health and well-being.

Written by a team of experts, including doctors, nurses, survivors, and advocates, this book covers everything young women need to know, from understanding the diagnosis and treatment options to managing side effects, preserving fertility, and coping with the emotional and social impact of cancer.

What You'll Find Inside:

- **In-depth information on breast cancer in young women:** Risk factors, types, diagnosis, and treatment options
- **Personal stories and experiences from young breast cancer survivors:** Providing inspiration, support, and a sense of community
- **Practical advice on managing side effects:** From hair loss and nausea to fatigue and lymphedema
- **Guidance on preserving fertility and family planning:** For women who want to have children in the future
- **Information on financial and insurance issues:** Helping women navigate the costs of treatment
- **Tips for coping with the emotional and social impact of cancer:** Including how to talk to friends and family, manage stress, and find support groups
- **A comprehensive resource directory:** With information on organizations, websites, and support services for young women with breast cancer

Whether you're newly diagnosed or have been living with breast cancer for years, this book is an invaluable resource that will provide you with the knowledge, support, and guidance you need to navigate this challenging journey.

Praise for "Breast Cancer Under 40: 100 Things I Wish I Knew":



““This book is a lifeline for young women facing breast cancer. It's filled with practical advice, emotional support, and inspiring stories from survivors who have been there.” - Dr. Susan Love, breast cancer surgeon and advocate”



““As a young woman who was diagnosed with breast cancer, I wish I had this book. It's a comprehensive and compassionate guide that would have made a world of difference.” - Laura Waterman, breast cancer survivor and founder of the Young Survival Coalition”



““This book is an essential resource for young women with breast cancer. It's packed with information and advice that will help them understand their diagnosis, make informed decisions about their treatment, and cope with the challenges of cancer.” - Dr. Harold Burstein, breast cancer specialist at Dana-Farber Cancer Institute”

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About the Authors:

Dr. Emily Fincher is a board-certified breast surgeon and the author of several books on breast cancer. She is the founder of the Young Women's Breast Cancer Program at the University of California, San Francisco.

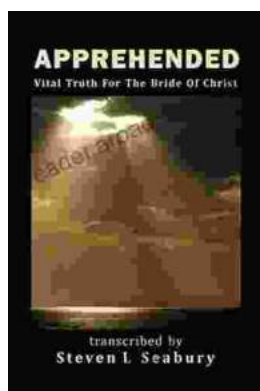
Julie K. Silver is a breast cancer survivor and the founder of the non-profit organization Bright Pink, which provides education and support to young women with breast and ovarian cancer. Together, Fincher and Silver have created a valuable resource that will empower young women facing breast cancer to take charge of their health and well-being.



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