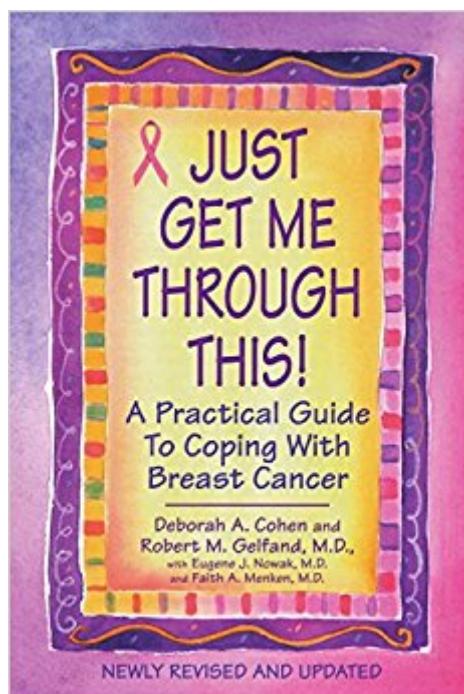


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# Just Get Me Through This! - Revised And Updated: A Practical Guide To Coping With Breast Cancer



## Synopsis

You Can Get Through ThisYour 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 radiationWhy a calendar can help you get through chemotherapyInformation on the latest drugs used as part of chemotherapyHow 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.

## Book Information

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## Customer Reviews

This book was encouraging until I learned I had Stage IV. Then I needed I little bit more knowledge on alternate cancer therapies and orthodox medicine had so little to offer and didn't believe I would "get through" it.

This book was recommended to me when I was going through breast cancer. It delivers some really good practical advice. It is like having a good friend who has battled cancer talking to you friend to friend. The author uses practical tips with a sense of humor. One great tip was about sucking on ice chips during a particular chemo drug to help prevent mouth sores. It worked! I donated several copies to the Cancer Center and have bought copies for friends after they are diagnosed with breast cancer.

I just received my book! I'm planning to make a care package with this book inside for my aunt who was just diagnosed with breast cancer and will be starting radiation this week! Although I'm torn that she is going through this, I've heard great things about this book who have gone through the same, so even though I can't be near her to take care of her, nor do I know what to say to make her feel better, I'm praying this book can cheer her up. ^ ^ ^

I was just diagnosed - haven't even seen the oncologist yet and I just want to thank Deborah Cohen

for this book. It was very easy to read and has given me an idea of what I can expect from a very practical point of view. I like that it walks you step by step through what to expect and different ways to cope along the way. Right now I'm in the "I feel great, I'm sure I have a "good" kind of cancer" stage. Will see if I feel the same way after a few doctor visits. In any case, I know I will refer to this book again and again.

This book provides some good basic information but as a 67 year old woman I don't feel as if I am the target audience. Most of this information was already provided to me by my many doctors and the many references to work and children simply did not pertain to me. Overall this would probably be a good informational book for someone who had not done any other research.

This book is really what I needed as a woman that was diagnosed with an early stage breast cancer recently. The author answered so many questions and also triggered some new ones to ask my doctor. I have had a lot of supportive friends and family but reading this book gave me a connection to someone that went thru a similar experience. It was filled with real life emotions that come with this diagnosis, options for treatment, and how to deal with various aspects of this journey. I highly recommend this read!

One has many reading choices when facing breast cancer. This book is a good overall starter to help one learn what hurdles one may have on the journey. It winnows out the details of other books that may overwhelm the beginning reader. It easily allows the reader to relate to the author who has a way of looking back and encouraging the reader to move forward in a less fearful way. Once read, the cancer patient will feel that other reading materials may better help answer remaining questions and concerns with needed detail. But this book helps get a woman off the starting blocks.

Great read and helpful too.

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