



"Mastectomy Recovery" Master Series boxed set: What your doctors don't have time to tell you!

Trish Duke

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AMAZON BEST SELLER !

Even though the treatment success rate for breast cancer these days is excellent, YOUR journey from diagnosis to a full recovery can be pretty scary.

It's usually a marathon challenge instead of a 100 yard sprint and you need some time-tested strategies on how to last the course...and leap over the hurdles.

Learn from experienced, caring, int'l health professionals and breast cancer survivors how YOU can recover speedily after breast cancer surgery.

This easy-to-follow handbook covers all the common issues that breast cancer patients face over the months and years after a mastectomy. You can dip into it as the issues appear or even avoid them completely...to be fore-warned is to be fore-armed!

- Explore many pleasant ideas on how to recover emotionally
- Be sure to regain your shoulder strength with a good range of movement
- Learn how to get more energy and general fitness
- Find out how to feel good about your sexuality
- How to choose mastectomy bras, clothing and swimwear
- Guidelines on how to minimize or treat lymphedema
- How to find the courage to face your breast cancer journey
- Understand your treatment options from a breast cancer surgeon
- Learn self-help and life skills that will be of benefit now and down the track

You have many questions to ask, but don't want to worry the busy doctors or feel stupid asking about what may seem like trivial issues. Sometimes it feels like you are on a conveyer belt that carries you along the medical system and you want them to switch it off and explain all the treatment options in terms that you can understand. The doctors are concentrating on your cancer treatments, but you want to know how to help yourself to recover emotionally as well as physically.

This series is a useful resource with multiple options to help you feel good, body and soul.

Many ladies are sent home with a sheet of exercises but minimal or no support as they struggle to recover from surgery and get back into a full life. They aren't sure if they are doing the exercises right and can end up with a shoulder that is weak with a limited range of movement leaving them unable to perform the sports or activities they enjoyed before surgery.

Then there's the issue of your sexuality. Will you feel like a real woman again? Will you turn your husband or future partner off? Men are also nervous about this issue, so they also need the advice in this book.

It's important to know what to wear after a mastectomy, bras, clothing and swimwear, so you can feel good about your appearance.

The possibility of lymphedema is often not discussed because the doctors may be too busy or prefer not to give you something else to worry about. The truth is that knowledge is power in this area. Many ladies have gone on a holiday when their treatments are finished, but arrive at the destination airport with an arm twice the size of when they flew away. Knowing how to minimize your chance of getting lymphedema is vital information, as well as self-help guidelines and treatment options.

A breast cancer surgeon and a nurse explain mastectomy treatments, both past and present. Your grandmother will be worried for you as treatments in her day were radical as well as devastating. You may

have seen horrific scars on older women and hear their old stories about breast cancer. When you have a grasp of where medicine is up to with breast cancer, it will alleviate many of your fears.

Fear of the unknown is normal. The word 'cancer' is scary. The book on "How to find the courage you need" teaches you strategies and tips on how to minimise or overcome the fears that all breast cancer patients feel, even if you have been given a good outcome.

BUY TODAY - save by buying the boxed series

Healthcare today can be expensive and unreliable. Breast cancer treatments and recovery back to a full life can take months. This valuable resource could save you hundreds of dollars on visits to the doctor's office, physio and

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Ellis Cook:

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