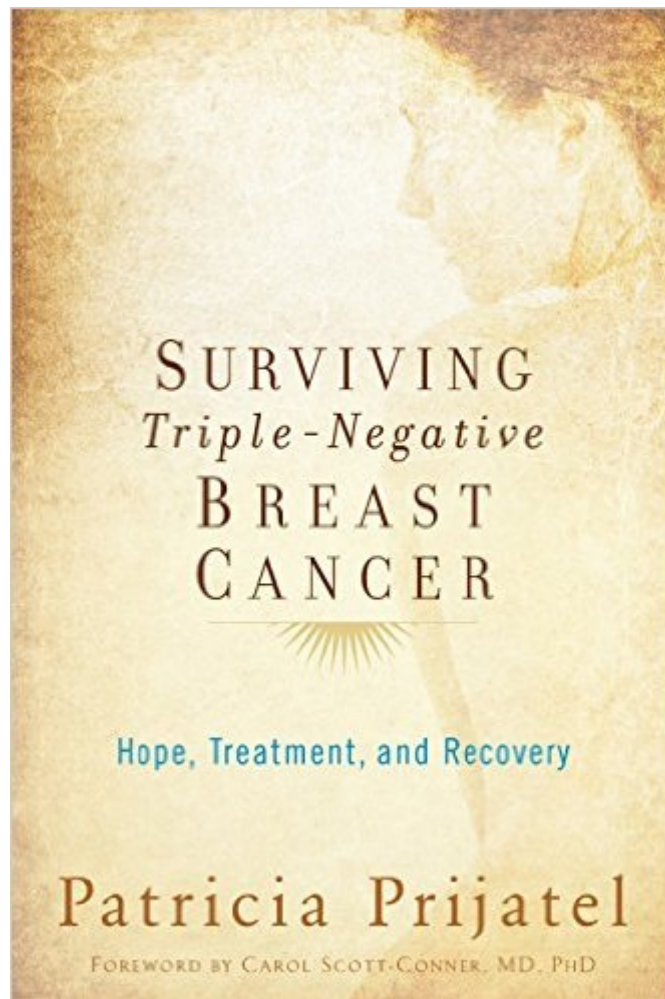


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# Surviving Triple-Negative Breast Cancer: Hope, Treatment, And Recovery



## Synopsis

After her diagnosis of hormone-negative breast cancer, health journalist Patricia Prijatel did what any reporter would do: start investigating the disease, how it occurs, how it's treated, and how to keep it from recurring. While she learned that important research on triple-negative breast cancer (TNBC) was emerging, she found a noticeable lack of resources on the disease, which differs from hormone-positive breast cancer in important ways, including prognosis and treatment options. Triple-negative breast cancer disproportionately affects younger women and African-American women--and some forms of it can be more dangerous than other types of breast cancer. But there are many reasons to be hopeful, as Prijatel shows in this book. *Surviving Triple-Negative Breast Cancer* delivers research-based information on the biology of TNBC; the role of genetics, family history, and race; how to navigate treatment options; understanding a pathology report; and a plethora of strategies to reduce the risk of recurrence, including diet and lifestyle changes. In clear, approachable language, Prijatel provides a fact-filled guide based on a vast array of scientific studies. Woven throughout the book are stories of women who have faced TNBC. These are mothers, wives, daughters, and sisters who went through a variety of medical treatments and then got on with life--one competes in triathlons, two had babies after being treated with chemo, one got remarried in her 50s, and one just celebrated the 30th birthday of the son she was nursing when she was diagnosed. Writing with honesty and humor, Prijatel delivers an inspiring message--that TNBC is a disease to take seriously, with proper and occasionally aggressive treatment, but it is not automatically a killer. Most women diagnosed with the disease survive and go on to live full lives. *Surviving Triple-Negative Breast Cancer* is a roadmap for women who want to be empowered through their treatment and recovery.

## Book Information

Paperback: 256 pages

Publisher: Oxford University Press; Reprint edition (October 1, 2014)

Language: English

ISBN-10: 0199393850

ISBN-13: 978-0199393855

Product Dimensions: 9 x 1 x 6.1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (66 customer reviews)

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## Customer Reviews

This is a marvelous book. When I ordered it I assumed it was the usual memoir on an encounter with breast cancer (I like those kinds of books) but this is so much more. Actually, she mostly covers the memoir part in the first 20 pages and then she gets down to the facts about this disease. She is primarily writing about "triple-negative" breast cancer (I'll let her explain what that is since she does it so well) but I think it is an invaluable resource for anyone interested in breast cancer. I wish I had had this book when I was diagnosed (same year as her - 2005 - and I am just 5 years older than she is). It would have explained so much and set me up to ask much better questions. She is not a doctor but a professor and a journalist and she has done her research in spades. The factual information is quite incredible. She carefully explains all about breast cancer and then tells you what to ask, how to deal with your doctors and with treatment options and she shares stories of others who have been through it. It is a very positive book, assuring readers that breast cancer is usually a survivable disease and she helps you confront the myriad decisions on treatment that usually overwhelm those newly diagnosed. And she helps you read all those dreadful statistics in a positive light. Throughout all this serious stuff, she is suddenly and unexpectedly funny! Quite a sense of humor. And I loved that she honestly shared her feelings and her fears of reoccurrence. Cancer makes you paranoid and she faces that quite honestly. I think many people will find that aspect very helpful. Since the subject is breast cancer, I would like to share a few personal thoughts with those who are newly diagnosed.

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