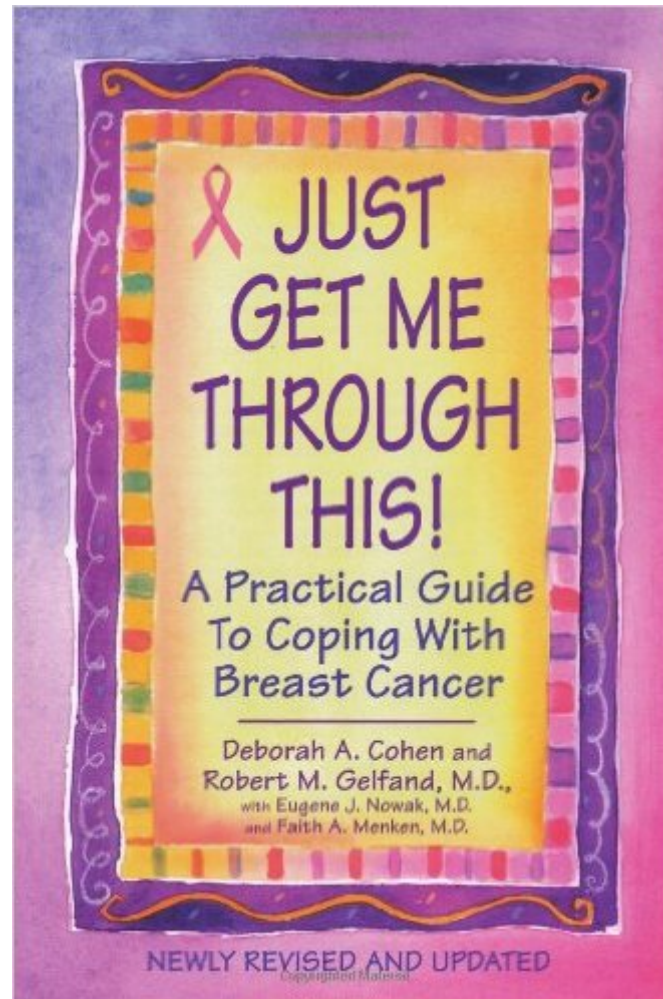


The book was found

# Just Get Me Through This! - Revised And Updated



## Synopsis

You Can Get Through This Your 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 radiation Why a calendar can help you get through chemotherapy Information on the latest drugs used as part of chemotherapy How 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

Paperback: 272 pages

Publisher: Kensington; 1 Rev Upd edition (September 1, 2011)

Language: English

ISBN-10: 0758269536

ISBN-13: 978-0758269539

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (100 customer reviews)

Best Sellers Rank: #29,526 in Books (See Top 100 in Books) #8 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer](#) #196 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

When I was diagnosed with breast cancer in 2008, I was desperate to find information that would be truly helpful. I bought several books on the subject, however this book, which was originally given to me by a friend, became my breast cancer bible! No matter what horror I was faced with in the middle of the night or after a particularly difficult chemo treatment, I could find an answer or at the very least, a reasonable explanation for what I was experiencing. Since then, I have purchased this book many times over for other newly diagnosed breast cancer patients who all benefitted from the book as much as I did. I am very grateful to the authors.

I've found this book to be very helpful during a very miserable and sad period. It's been a few years since my treatment, but I find myself referring back to the book every now and then for advice. To the reviewer who gave the book a rating of 2 stars and said the book wasn't helpful to her because she has in situ carcinoma, let me suggest that she read a more appropriate book for her condition. For those of us you have invasive cancer and who undergo treatments such as mastectomy, radiation and sadly chemotherapy, this book has been very helpful. Don't discount the valuable advice in this book. For those of us fighting the real battle, this book is excellent.

I got my mother this book when she was first diagnosed and found it very helpful for both of us. The "Do's and Don'ts" section for friends and family is indeed very useful, as previous reviewers state. I

suspect that little tips like how to avoid mouth sores when getting chemo (suck on ice!) are likely to be worth the price of the book. I also recommend the two books by John S. Link, which are slightly heavier reading but go into more technical detail on the very latest treatment options such as "dose-dense" regimes.

I wish I had realized this really was for early stage breast cancer. At one point she even says if the two groups and said that if you were of the early stage you would be reading this. She often talks of the good survival rate in early stages. As I have a large aggressive tumor I do not fit into this category and therefore would not have purchased this book. In fact reading this at first made me worried and scared. A Breast Cancer Journey by ACS was much more helpful. I did give it two stars because if you do have early stage it does have some value.

I bought this book the day I was diagnosed with Stage I breast cancer. It has been an excellent resource to me throughout my treatment thus far. The style is friendly, not overly scientific, not dismissive. There is good information on the treatments and what they are for, good tips on dealing with doctors, making decisions and handling side effects. Even tips for the family and friends in the summaries of the chapters. It is like having a chat with a best friend who has been through this and is now helping you through it too. There is humor and also good information. For me it has been useful at every step and it is the first of my books that I look to when I have questions about "getting through this".

As a two time breast cancer survivor, I highly recommend this book for anyone who is newly diagnosed, knows someone who was diagnosed, is currently fighting breast cancer or who has survived breast cancer. This author brings all issues to the table and gives all the information that your care givers may not provide. I brought this to my doctor and we reviewed sections and potential treatment options. Fantastic book that empowers you!

After going through the experience of breast cancer a year ago this book was by far one of my favorites: very easy to read, good tips and a good reference book. Deb. M.

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.

[Download to continue reading...](#)

Just Get Me Through This! - Revised and Updated Get What's Yours - Revised & Updated: The Secrets to Maxing Out Your Social Security (The Get What's Yours Series) Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated Get What's Yours - Revised & Updated: The Secrets to Maxing Out Your Social Security Universal Principles of Design, Revised and Updated: 125 Ways to Enhance Usability, Influence Perception, Increase Appeal, Make Better Design Decisions, and Teach through Design A Good Horse Is Never a Bad Color: Tales of Training Through Communication and Trust - 2nd Edition, Revised & Updated 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! It's Your World: Get Informed, Get Inspired & Get Going! Peace From Broken Pieces: How to Get Through What You're Going Through The 4-Hour Workweek, Expanded and Updated: Expanded and Updated, With Over 100 New Pages of Cutting-Edge Content. Restoring, Tuning & Using Classic Woodworking Tools: Updated and Updated Edition Just Say Nu: Yiddish for Every Occasion (When English Just Won't Do) Just Jazz Real Book C Edition Fakebook (Just Real Books Series) The Food Babe Way: Break Free from the Hidden Toxins in Your Food and Lose Weight, Look Years Younger, and Get Healthy in Just 21 Days! Teach Your Baby to Sign, Revised and Updated 2nd Edition: An Illustrated Guide to Simple Sign Language for Babies and Toddlers - Includes 30 New Pages of Signs and Illustrations! Beyond the Grave, Revised and Updated Edition: The Right Way and the Wrong Way of Leaving Money to Your Children (and Others) The American in Canada: Real-Life Tax and Financial Insights into Moving to and Living in Canada &#151; Updated and Revised Second Edition Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight

[Dmca](#)