



# Living Through Breast Cancer

*Carolyn Kaelin, Francesca Coltrera*

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**Living Through Breast Cancer** Carolyn Kaelin, Francesca Coltrera

*A compassionate and uniquely authoritative guide to surviving breast cancer*

Dr. Carolyn M. Kaelin is nationally recognized as a leading expert on breast cancer. At the age of 42, this highly respected cancer surgeon and the director of the prestigious Comprehensive Breast Health Center at Brigham and Women's Hospital, one of Harvard Medical School's main hospitals, had a young family and demanding career. When she discovered that she had breast cancer, she was suddenly transformed from doctor to patient--and learned firsthand just how this terrible disease makes women question their sense of self. Now, following a mastectomy and an ongoing course of chemotherapy, her prognosis is good and her passion and commitment to helping other women with breast cancer is greater than ever.

In a book that will be a source of priceless information and much-needed understanding and support for women with all forms of breast cancer, Dr. Kaelin provides the most up-to-date information on virtually every aspect of the disease, both as a top specialist in the field and as a survivor. Compassionate, comprehensive, and uniquely authoritative, *Living Through Breast Cancer* provides women with:

- State-of-the-art medical knowledge interwoven with hard-won advice on dealing with the emotional and aesthetic ramifications of breast cancer and its treatment
- The most complete guidance on treatment options, maintaining health after cancer, feeling and looking good, and keeping one's sense of self while getting through each day
- Groundbreaking information on exercise techniques that can significantly reduce the chance of recurrence and nutritional advice to improve overall health

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