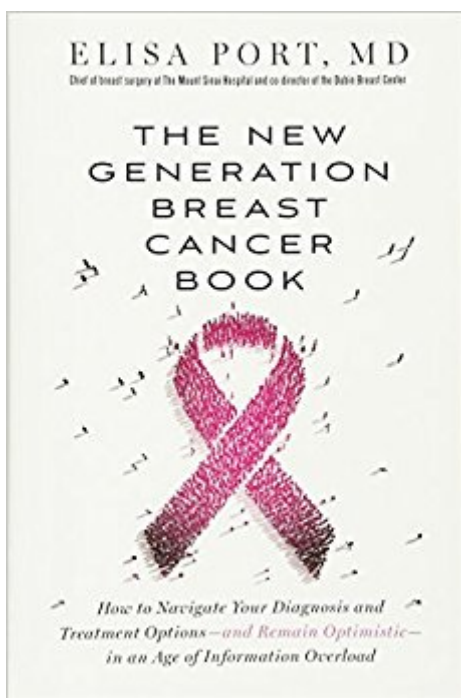


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# The New Generation Breast Cancer Book: How To Navigate Your Diagnosis And Treatment Options-and Remain Optimistic-in An Age Of Information Overload



## Synopsis

From an expert in the field comes the definitive guide to managing breast cancer in the information age – a comprehensive resource for diagnosis, treatment, and peace of mind. The breast cancer cure rate is at an all-time high, and so is the information, to say nothing of the misinformation, available to patients and their families. Online searches can lead to unreliable sources, leaving even the most resilient patient feeling uneasy and uncertain about her diagnosis, treatment options, doctors, side effects, and recovery. Adding to a patient's anxiety is input from well-meaning friends and family, with stories, worries, and opinions to share, sometimes without knowing the details of her particular case, when in reality breast cancer treatment has gone well beyond a "one size fits all" approach. Elisa Port, MD, FACS, chief of breast surgery at The Mount Sinai Hospital and co-director of the Dubin Breast Center in Manhattan, offers an optimistic antidote to the ocean of Web data on screening, diagnosis, prognosis, and treatment. Inside you will discover the various scenarios when mammograms indicate the need for a biopsy the questions to ask about surgery, chemotherapy, radiation, and breast reconstruction the important things to look for when deciding where to get care the key to deciphering complicated pathology reports and avoiding confusion the facts on genetic testing and the breast cancer genes: BRCA-1 and BRCA-2 the best resources and advice for those supporting someone with breast cancer From innovations in breast cancer screening and evaluating results to post-treatment medications and living as a breast cancer survivor, Dr. Elisa Port describes every possible test and every type of doctor visit, providing a comprehensive, empathetic guide that every newly diagnosed woman (and her family) will want to have at her side. Praise for The New Generation Breast Cancer Book "One book you need . . . If you're considering your options for treatment or know someone who is, this step-by-step guide, The New Generation Breast Cancer Book, is essential reading." InStyle "Elisa Port, M.D., is the doctor every patient deserves: brilliant and compassionate. Her book will be a sanity saver and, quite possibly, a life saver." GERALYN LUCAS, author of *Why I Wore Lipstick to My Mastectomy* "As up-to-date as one can get, with lots to offer people facing a cancer diagnosis or hoping to support someone with the disease." Library Journal (starred review) "The New Generation Breast Cancer Book helps you sort through all the information you've gathered, clarify the terminology, consider the options, and make the right decisions for your unique case." Edie Falco "A lifeline for many women in need of today's most up-to-date choices for treatment . . . Everyone should read this book for

themselves, their mothers, grandmothers, daughters, and friends. •Kara DioGuardi, Grammy-nominated songwriter, music executive, and Arthouse Entertainment co-founder  
“The book is teeming with easy-to-understand medical explanations, tips, takeaways, and pro-and-con discussions of various courses of action. Port also includes two extremely useful appendices that respectively take on common myths and answer questions frequently asked by friends and family. This is a vital read that will empower men and women alike. •Publishers Weekly

## Book Information

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## Customer Reviews

“One book you need . . . If you’re considering your options for treatment or know someone who is, this step-by-step guide, *The New Generation Breast Cancer Book*, is essential reading. •InStyle  
“Elisa Port, M.D., is the doctor every patient deserves: brilliant and compassionate. Her book will be a sanity saver and, quite possibly, a life saver. •Geraldyn Lucas, author of *Why I Wore Lipstick to My Mastectomy*  
“As up-to-date as one can get, with lots to offer people facing a cancer diagnosis or hoping to support someone with the disease. •Library Journal (starred review) “The New Generation Breast Cancer Book helps you sort through all the information you’ve gathered, clarify the terminology, consider the options, and make the right decisions for your unique case. •Edie Falco “A lifeline for many women in need of today’s most up-to-date choices for treatment . . . Everyone should read this book for themselves, their mothers, grandmothers, daughters, and friends. •Kara DioGuardi,

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Elisa Port, MD, is chief of breast surgery at Mount Sinai Medical Center and director of the Dubin Breast Center, a state-of-the-art breast center in Manhattan that opened in April 2011. She sees and consults with approximately two thousand patients and performs between four hundred to five hundred surgeries a year. Regularly quoted in the print and electronic media – including NPR, The New York Times, New York Daily News, Martha Stewart radio, Vogue, Businessweek, and Redbook – Dr. Port has also appeared on Today, The Early Show, ABC World News Tonight, Fox News, and NBC news. She lives in Manhattan with her husband and their two children.

I am two years post stage 2 breast cancer ( doing awesome) and recently purchased this newly published book to see if it had any information about the breast sparing Oncoplastic surgery of which I had from the doctor who pioneered this technique in the US; Dr. Melvin Silverstein (google his Youtube videos). I was beyond disappointed when I read her discouraging, poo-pooing attitude about the greatest surgical option for women with tumors

An informative, quick read for someone newly diagnosed (like me) craving immediate answers about how to proceed. Got it after listening to Dr. Port on NPR's Fresh Air with Terry Gross. Read it in about two hours. There is nothing here that cannot be found online, from reputable sites like breastcancer.org, NIH, the Mayo clinic, and Susan Komen. But it is ideal for someone with zero background or understanding of breast cancer, and who may not be able to differentiate between good and questionable sources of information. There is a lot of myth out there, a lot of irresponsible people offering dangerous misinformation. Blogs and discussion boards on even reputable sites are full of bad advice (let alone scary crap the newly diagnosed does not need), as well as good. Dr. Port cuts through the nonsense, and tells you what you need to know. And she is very reassuring. My favorite point: Get a specialist. Get a surgeon who specializes in breast cancer surgery. They are everywhere, they don't cost any more, and it's worth it! After reading this, I put the book down, called my general surgeon and told him I was going to get a second opinion, and found a specialist

who had done a fellowship in BC surgery and had been practicing her craft for ten years. She did an amazing job. I found her by googling the national breast cancer accreditation program, and chose my area. I loved this book, gave it 4 not 5 stars only because I would have liked more in-depth info.

Such a helpful read. As a newly diagnosed breast cancer patient, in the short time I have been reading this book, it has given me a wealth of information without the information overload you can get mired in. It's organized simply and logically. I will admit that I did not read cover to cover, but jumped the the areas that most interested me for my personal situation. It's written in clear, understandable terms. Finally, I personally loved positive hopeful messages in this book coming from such an expert in the field. Reading it made me feel strong.

This is very well written and informative with all the myths related to breast cancer delineated! It's very easy to read and understand to the general public. I recommend this book for breast cancer patients who are willing to be in charge of their lives at this time. It could become your best friend. Sandi B

I heard Dr Port discussing her book on NPR on my way to my routine yearly mammogram, and was impressed with her lucid explanations and common sense ...and lo and behold, on that very same day I get diagnosed with cancer in my right breast. That evening I downloaded The New Generation Cancer Book, and I can honestly say that this book saved me from endless worries and sleepless nights. Her approach is to educate in layman's language the intricacies of this disease, what the different options are, what to expect from your doctors and of equal importance, what questions to ask and how to prepare yourself for evaluating the team of doctors that will take care of you. I strongly recommend this book to anyone recently diagnosed with breast cancer, there are so many new developments that offer hope, especially when detected early

One of the best things is the bullet pointed "takeaways" at the end of each chapter.

A thorough, yet concise explanation of all aspects of breast cancer and its treatments.

Great book. I'm a cancer patient, and it really helped me.

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The New Generation Breast Cancer Book: How to Navigate Your Diagnosis and Treatment

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