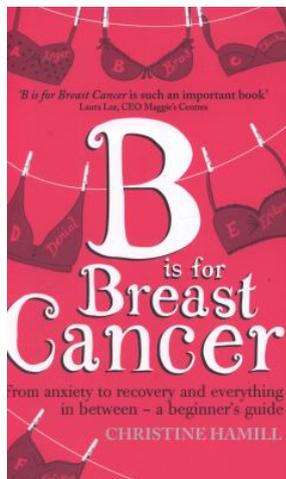


A Selection of Books on Breast Cancer in Doncaster Libraries

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BREAST CANCER



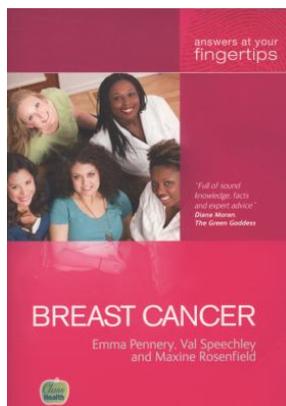
B is for breast cancer: from anxiety to recovery and everything in between - a beginner's guide

Christine Hamill

Piatkus, 2014 ISBN: 9780349401348

Shelfmark: 616.99449

Written entirely while Christine Hamill was undergoing cancer treatment, this book is an honest and frank account of the emotional and physical impact of a cancer diagnosis. It as at turns funny, sad, angry and ultimately optimistic. Written without sentimentality, 'B is for Breast Cancer' offers bite-size chunks of help and hope - a daily pep talk to anyone affected by the disease.



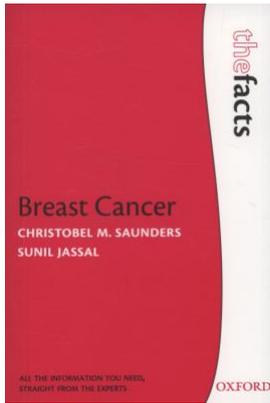
Breast cancer

Emma Pennery, Val Speechley and Maxine Rosenfield

Class Publishing, 2008 ISBN: 9781859591987

Shelfmark: 616.99449

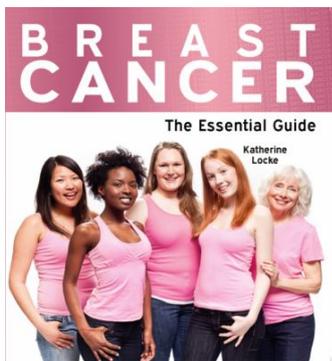
Contains information about the signs and symptoms of breast cancer. This book offers guidance on the various forms of treatment and care, including surgery, radiotherapy and chemotherapy. It also contains information about complementary therapies.



Breast cancer

Christobel M Saunders and Sunil Jassal
Oxford University Press, 2009 ISBN: 9780199558698
Shelfmark: 616.99449

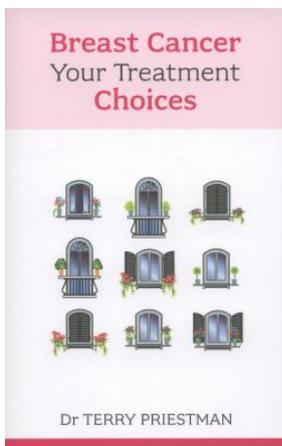
An accessible guide to breast cancer aimed at patients and their families. Patients newly diagnosed will find it a valuable resource for background information. It will help them to cope following a diagnosis, and give them the knowledge to make informed decisions about their treatments.



Breast cancer: the essential guide

Katherine Locke
Need2Know, 2010 ISBN: 9781861440969
Shelfmark: 616.99449

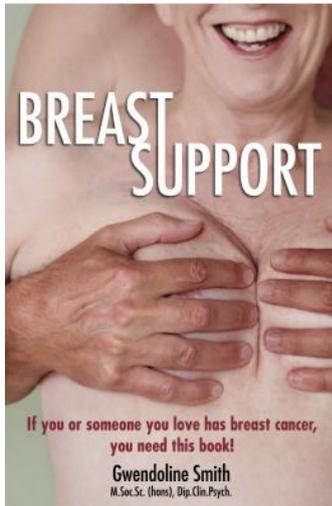
This book is for women and their families who are looking for a comprehensive but plain language guide to breast cancer and its treatments. Starting with the basics, this guide will look at what breast cancer is and how it is diagnosed, right through to support options, the treatment available and how to care for your carers.



Breast cancer: your treatment choices

Terry J Priestman
Sheldon, 2013 ISBN: 9781847092687
Shelfmark: 616.9

This book is for women and their families who are looking for a comprehensive but plain language guide to breast cancer and its treatments. Starting with the basics, this guide will look at what breast cancer is and how its diagnosed, right through to support options, the treatment available and how to care for your carers.



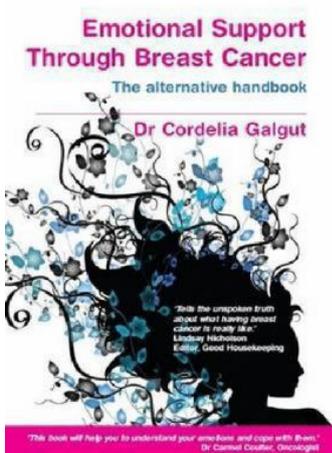
Breast support: if you or someone you love has breast cancer, you need this book!

Gwendoline Smith

Exisle Publishing, 2011 ISBN: 9781921497919

Shelfmark: 362.1

When Gwendoline Smith chanced to have a routine breast examination, little did she know where it might lead. Soon, the realisation dawned on her: when the medical evidence could not be questioned, so began one of the most testing years of her life. In 'Breast Support', Gwendoline describes not just the physical and medical experience of breast cancer, but also the emotional and psychological traumas as well.



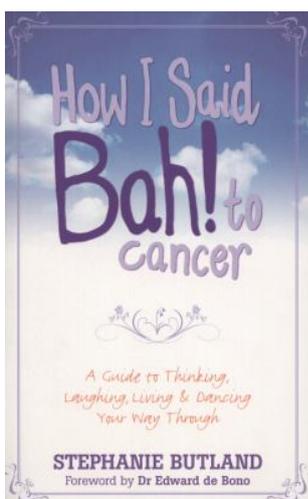
Emotional support through breast cancer: the alternative handbook

Cordelia Galgut

Radcliffe, 2013 ISBN: 9781846199363

Shelfmark: 616.99449

This guide presents an array of new perspectives on the emotional effects of breast cancer and includes many personal testimonies from women who have been diagnosed with this disease. Written by a breast cancer survivor and practising psychologist, it shares practical ideas to help support sufferers at all stages, be it at diagnosis, during treatment or during life after the initial treatments are over.



How I said Bah! to cancer: a guide to thinking, laughing and dancing your way through

Stephanie Butland

Hay House UK Ltd, 2011 ISBN: 9781848505919

Shelfmark: 362.1

This book tells how one woman said 'Bah!' to cancer through thinking strategies, a proactive approach to treatment and a determination to keep the rest of her life going and retain a sense of humour (most of the time!).



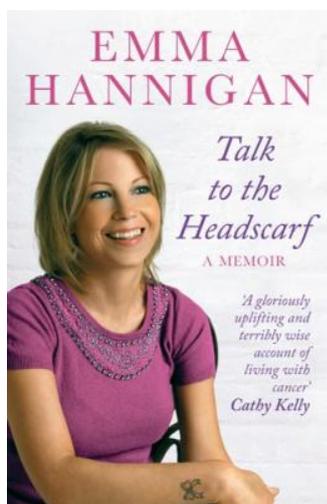
Take off your party dress: when life's too busy for breast cancer

Dina Rabinovitch

Pocket Books, 2007 ISBN: 9781416527886

Shelfmark: 362.1

Journalist Dina Rabinovitch had just turned 40 when she was diagnosed with breast cancer in September 2004. Her experience of the condition and its treatment, from diagnosis through mastectomy to recovery, is recounted in this down-to-earth memoir, covering everything from trialling Herceptin to what to wear that's stylish after surgery.



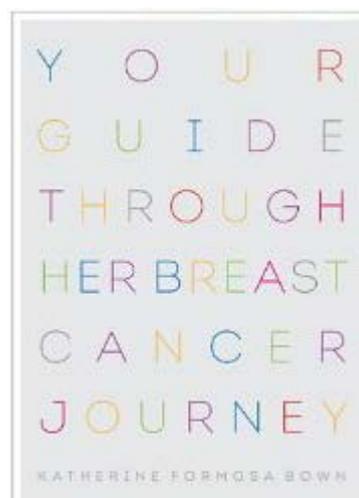
Talk to the headscarf: a memoir

Emma Hannigan

Piatkus Books, 2011 ISBN: 9780749956486

Shelfmark: 362.196994

Emma was busy minding her own business when four little letters and one small number, BRCA1, threatened to turn her life upside down. Discovering the rare BRCA1 gene meant Emma had a 50 percent chance of developing ovarian cancer and an 85 percent chance of developing breast cancer. This book tells her story.



Your guide through her breast cancer journey

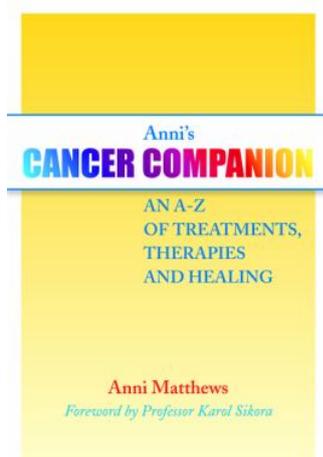
Katherine Formosa Bown

Urban Traffic Publishing, 2012 ISBN: 9780957383807

Shelfmark: 362.196994

If someone you love and care about has just been diagnosed with breast cancer and you're feeling a little helpless, scared and not sure what to do next, then this book will provide you with what you need to know right now. Everything from diagnosis and treatment to coming out the other end and most importantly, this book explains clearly how you can make a difference. Written by a recent breast cancer survivor, this book will give you first hand information on how you can support her with easy-to-understand explanations, tips and advice so you can be there every step of the way.

GENERAL



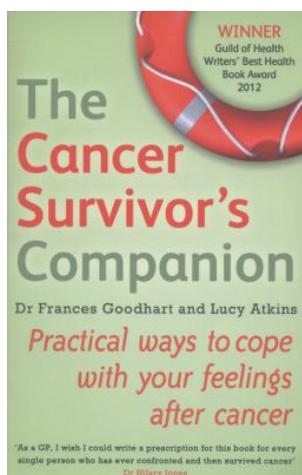
Anni's cancer companion: an A-Z of treatments, therapies and healing

Anni Matthews

Singing Dragon, 2011 ISBN: 9781848190672

Shelfmark: 616.994

Written by a cancer patient for cancer patients, this alphabetical guide is of great practical help. It makes sense of the orthodox treatments, complementary therapies, and psychological, spiritual and holistic options available to cancer patients.



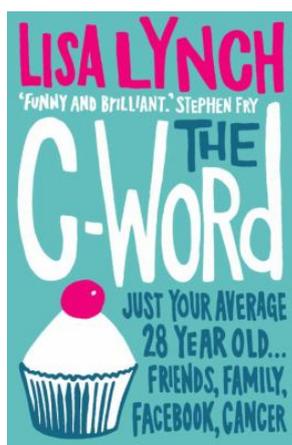
The cancer survivor's companion: practical ways to cope with your feelings after cancer

Frances Goodhart and Lucy Atkins

Piatkus Books, 2012 ISBN: 9780749954901

Shelfmark: 616.9940019

Winner of the Best Health Book category in the Guild of Health Writers Health Writing Awards 2012
Coping with life after cancer can be tough. The idea that the end of successful treatment brings relief and peace just isn't true for countless survivors. With reassurance and understanding, this book helps readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended.



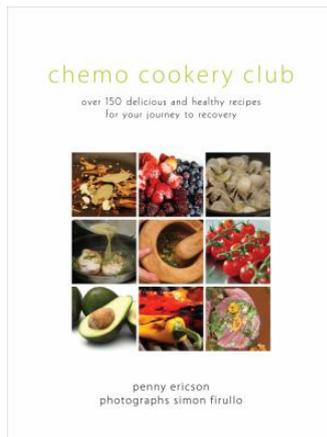
The C word

Lisa Lynch

Arrow Books Ltd, 2010 ISBN: 9780099547549

Shelfmark: 362.1

The last thing Lisa Lynch expected to cross off her 'things to do before you're 30' list was beating breast cancer, but that's what happened. So with her life on hold, blogging about dealing with cancer became an outlet that helped her to cope and keep friends and family updated. This is her story.



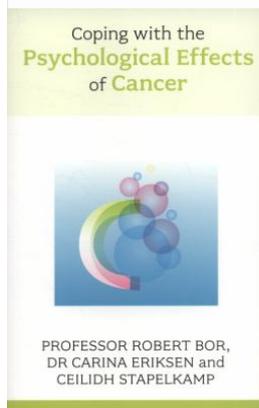
Chemo cookery club

Penny Ericson

Metro, 2013 ISBN: 9781782193623

Shelfmark: 641.5631

With nutritional information written, and supported by, one of the UK's top cancer research dieticians, this title provides a fun and delicious way to find out more about preparing food and getting practical help whilst going through treatment.



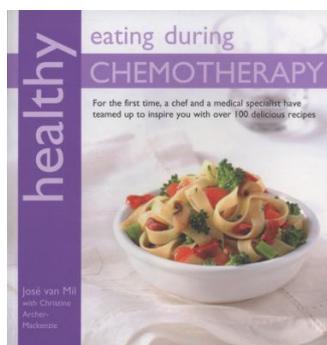
Coping with the psychological effects of cancer

Robert Bor, Carina Eriksen & Ceilidh Stapelkamp

Sheldon, 2010 ISBN: 9781847090973

Shelfmark: 616.994

Until recently, the emphasis has been on fighting cancer physically; this book concentrates on the emotional challenge of having cancer. Tackling the subject in a sensitive yet practical and upfront manner, this volume presents ways to cope better with the psychological effects.



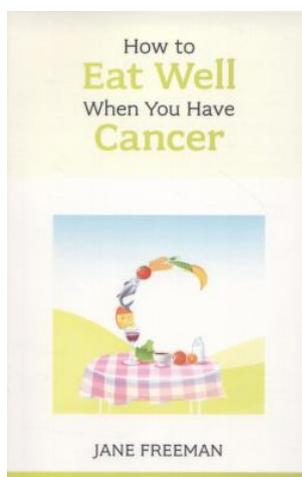
Healthy eating during chemotherapy

Jose van Mil

Kyle Books, 2009 ISBN: 9781856268165

Shelfmark: 641.5631

This cookbook offers nutritional advice and recipes to help cancer patients to keep on enjoying food while fighting to get better. It contains over 100 recipes that have been created to excite the palate without over-stimulating it.



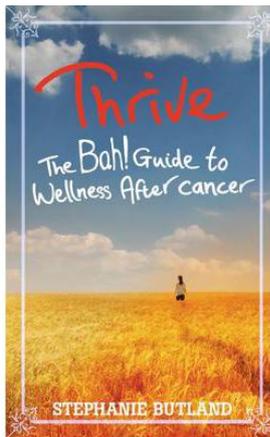
How to eat well when you have cancer

Jane Freeman

Sheldon Press, 2012 ISBN: 9781847091413

Shelfmark: 616.9

This is a practical nutritional guide for those diagnosed with cancer, those undergoing treatment, and those whose treatment is over. The book tackles the problems associated with nutrition and cancer, such as lack of appetite, nausea and dehydration. It suggests ways to keep up your strength and energy, particularly when you don't feel like eating.



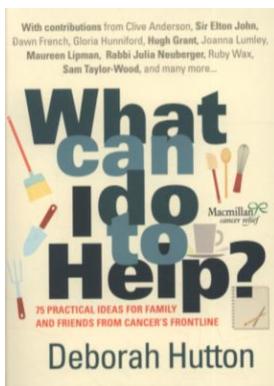
Thrive: the bah! guide to wellness after cancer

Stephanie Butland

Hay House UK Ltd, 2012 ISBN: 9781848509665

Shelfmark: 616.99403

There's still a part of us that thinks surviving cancer is a bit of freakish good fortune - the equivalent of having a cannonball go right through your middle and living to tell the tale - and so often it's hard to know how to 'do' life after cancer. 'Thrive' focuses on moving on from a major physical and psychological trauma.



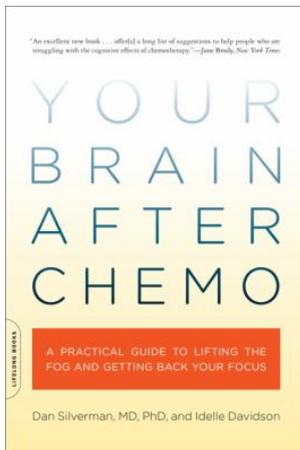
What can I do to help?: 75 practical ideas for family and friends from cancer's frontline

Deborah Hutton

Short, 2010 ISBN: 9781906021566

Shelfmark: 362.196994

Based on the advice of hundreds of cancer sufferers, this is a text for all of us who have ever felt helpless, tactless, inadequate - just when someone we love needs us most.



Your brain after chemo: a practical guide to lifting the fog and getting back your focus

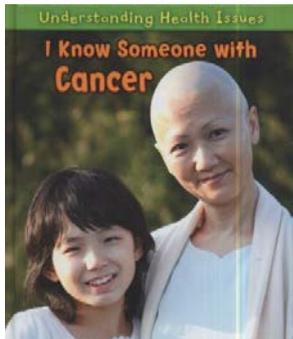
Silverman, Daniel & Idelle Davidson

Da Capo Press Inc, 2010 ISBN: 9780738213910

Shelfmark: 616.994061

A ground-breaking guide to post-chemo brain, the cognitive impairment that often follows chemotherapy. Provides invaluable strategies and a straightforward nine-step programme specifically tailored to re-energizing the brain and give patients the coping skills to move on with their lives.

JUNIOR



I know someone with cancer

Sue Barraclough

Raintree, 2011 ISBN: 9781406220759

Shelfmark: 616.994

This series presents common behavioural and physiological health issues in a simple and inclusive way. It demystifies common health issues and also helps afflicted children feel as though they aren't alone.

Mummy's lump

Gillian Forrest and Sarah Garson

Breast Cancer Care, 2008 ISBN: 9781870577144

Shelfmark: J616.99

Mummy's Lump uses simple words and pictures to help explain to children what happens from the time of diagnosis to the end of treatment.



What's up with Bridget's mum? Medikidz explain breast cancer

Kim Chilman-Blair

Medikidz Publishing, 2009 ISBN: 9781906935085

Shelfmark: 616.99449

The Medikidz range of graphic novels explains childhood illness in a way that is imaginative, engaging and easy to understand. This book looks at breast cancer.