

BREAST CANCER SURVIVOR SUGGESTIONS:

Keep a journal. Document all of your appointments. Get copies of all the results from all of your tests. Make sure you date everything.

Books to read:

- Dr. Susan Love's Breast Book** Susan M. Love, M.D. with Karen Lindsey get the latest edition
- Crazy Sexy Cancer Tips** Kris Carr This book is great. She is surviving with stage 4 liver cancer very uplifting. I liked the first book.
- Beating Cancer With Nutrition** Patrick Quillin, PHD, RD, CNS with Noreen Quillin
When I read this book, I found out that SUGAR fuels the cancer cells.

Websites:

- Breastcancer.org [Marisa Weiss, M.D., President and Founder](#), A breast cancer oncologist with twenty years of active practice in the Philadelphia region, Dr. Weiss is regarded as a visionary advocate for her innovative and steadfast approach...
- LBBC.org Another very helpful website: Living Beyond Breast Cancer
- LinkedbyPink.com A group of YOUNG ERIE women have formed this group.
- crazysexylife.com Kris Carr has been living with stage 4 liver cancer for several years. Very inspiring!
- ShareCare.com You can ask your health questions here. ShareCare is an interactive social Questions and Answers platform designed to greatly simplify the search for high-quality healthcare information. Dr. Michael Roizer, Dr. Mehmet Oz among others are involved with this website.
- ArmyofWomen.org Dr. Susan Love is trying to find out what is causing breast cancer. You may want to participate in some of the studies.
- dslrf.org Dr. Susan Love Research Foundation
- thedoctorstv.com You can ask the doctors questions.

*Call your insurance company. I don't know who you are with, but Blue Cross has a Blue's on Call Health coach at 1-888-BLUE-428. I was able to get free videotapes such as: Choosing your surgery.....Breast Reconstruction.....Hormone Therapy and Chemotherapy....etc. and several other tapes. This was a good resource for me.

It is very important to get a second opinion! I have a wonderful doctor in the Pittsburgh, PA area. I also know some friends who have gone to the Cleveland Clinic for a second opinion. You can check your area to see where the best place would be to get a second opinion.

Erie's American Cancer Society has a program called: Reach to Recovery. They will match you up with a survivor who went through what you are going through. They will come to visit you. I was matched up both times and I found this program very helpful. You can contact them at (814) 866-5174. If you are not in the Erie area, you will have to contact your local ACS. They should have the same program.

For those of you who know me, you know that I opted not to have reconstruction for various reasons; one being that my breast had already been radiated. If you are thinking of a prosthesis, and not the reconstruction, I would recommend that you go to the prosthesis place before your surgery, so that you can see it and feel it and decide if it's for you or not. I recommended this and have been told this was very helpful.

Also, a friend suggested that I have my drain in the front, under and slightly to the right on the side where my mastectomy was, and it worked out great for me having it there. A tip I thought I would pass along.

I was able to get a home health care nurse for a week after my surgery, to change my drain and check on me. I was covered for this, so please check your insurance for this type of coverage. My nurse was a big help during this time.

I give you this information so that it can help you make informative decisions. YOUR decisions! Once you have your plan of action in place, you will feel a lot better. Now is the time to put you first. You will need your strength during this time. You will be very surprised how strong you really are.

Eat healthy, stay rested and depend on your friends and family to help. They want to help. This is the time to let them.

I found out about this during a friend's breast cancer journey:

CaringBridge® (www.caringbridge.org) is a free, nonprofit web service that connects family and friends to share information, love and support during a serious medical condition, treatment and recovery. It takes just a few moments for you to create your own personal and private CaringBridge website. CaringBridge is a wonderful service to share with others. It's easy to tell your friends and family about CaringBridge and how it helps during a serious medical condition, treatment and recovery.

When one of my friends was diagnosed, I had a scarf and hat party for her. Her friends brought different hats and scarves that she could wear during her chemo treatments. It is important to show support during this trying time.

***These are just tips and suggestions. You are the one who has to make your own decisions, hopefully based on knowledge, rather than fear. This should only be taken as a tip sheet that has been based on my personal experiences dealing with breast cancer. Every diagnosis is unique and should be dealt that way.**