

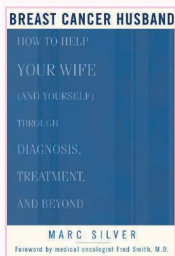
National Breast Cancer Awareness Month



The staff of the SEO Library Center would like to share a selection of items to help educate and empower yourself about breast cancer.

* All summaries were taken from various sources including the library catalog and individual publishers' websites.

Reference



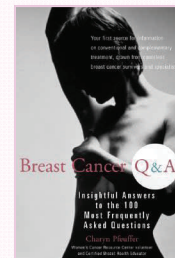
Breast Cancer Husband: How to Help Your Wife (and Yourself) Through Diagnosis, Treatment, and Beyond by Marc Silver
Husbands or boyfriends of women with breast cancer are usually the least addressed in guides to the disease. An editor at U.S. News & World Report, Silver was therefore as clueless as the next man when his wife, Marsha, was diagnosed. Failing to find a manual showing

men how to offer the most support and care, he wrote his own. Silver gathered information from medical professionals and men in the same boat, covering every conceivable challenge to life with breast cancer (including suggestions on how to wash a woman's hair while she is wearing drains). Silver's prose is funny, tender, and filled with rock-solid advice.

Books

Breast Cancer Q & A: Insightful Answers to the 100 Most Frequently Asked Questions

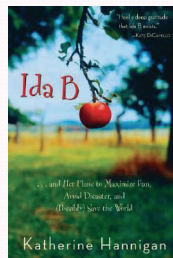
by Charyn Pfeuffer and Diane Estrin
Journalist Pfeuffer puts forth information so women can "evaluate all of their treatment options, both conventional and complementary free of medical jargon." The text is presented in four parts, subdivided by specific categories. Part 1 is literally 100 questions with answers (What is breast cancer? to Where do I go now for more information?), enhanced with boxes of facts, lists, and resources. Part 2 discusses complementary therapies, with Parts 2 and 3 offering a pharmacopoeia and resource section, respectively.



Audio-Visual

Fighting for Our Future
DVD

The stories of young women in their 20's and 30's battling breast cancer who are often misdiagnosed and ignored by medical and research communities and who are determined to make changes. Features the women of the Young Survival Coalition and interviews with medical experts.



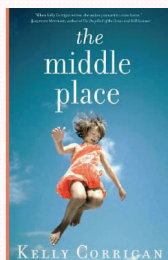
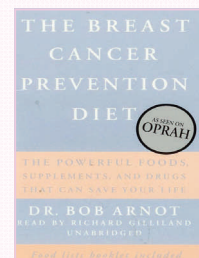
Ida B : --and her plans to maximize fun, avoid disaster, and (possibly) save the world

by Katherine Hannigan
In Wisconsin, fourth-grader Ida B spends happy hours being home-schooled and playing in her family's apple orchard, until her mother begins treatment for breast cancer and her parents must sell part of the orchard and send her to public school.

E-Books

The Breast Cancer Prevention Diet

by Dr. Bob Arnot
During the past several years, doctors at leading institutions across the nation have been investigating the relationship between breast cancer and diet: confirming that what a woman eats can have a dramatic impact on whether or not she contracts the disease.



The Middle Place by Kelly Corrigan
Book on CD

This is Corrigan's heart-wrenching and humorous memoir of her struggle with breast cancer. The chapters alternate between detailed descriptions of her chemo and radiation treatments and her happy childhood growing up in a large, loving Irish family.

Additional Titles at SEO Library Center

- 📖 [Time is a River](#) by Mary Alice Monroe
- 📖 [After Breast Cancer: A Common Sense Guide to Life After Treatment](#) by Hester Hill Schnipper
- 📖 [Pink Lemonade: Freshly Squeezed Insights to Stir Your Faith](#) by Gayle Zinda
- 📖 [The Victoria's Secret Catalog Never Stops Coming and Other Lessons I Learned From Breast Cancer](#) by Jenny Nash

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