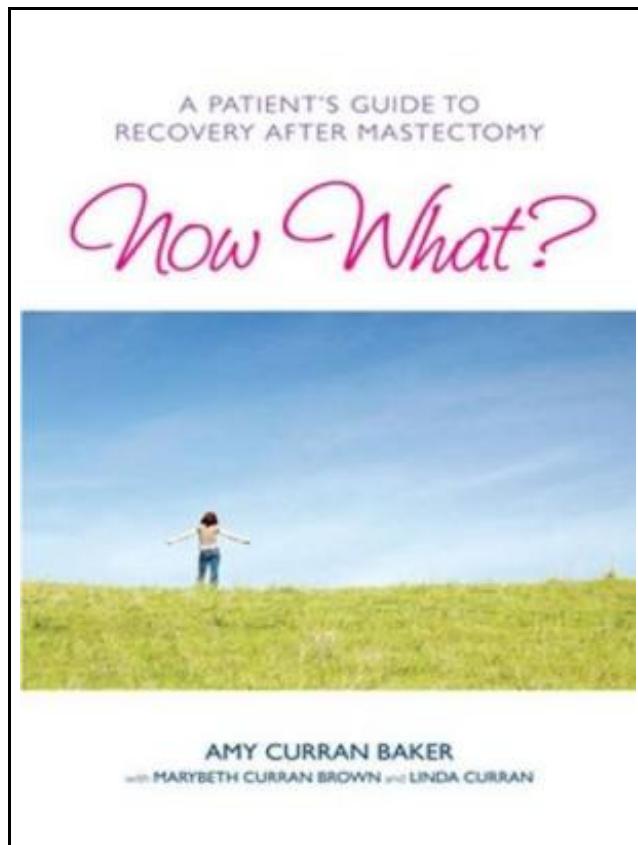


Now What?: A Patient's Guide to Recovery After Mastectomy



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(Dr. Jarrett Bednar)

NOW WHAT?: A PATIENT'S GUIDE TO RECOVERY AFTER MASTECTOMY

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Demos Medical Publishing. Paperback. Book Condition: new. BRAND NEW, Now What?: A Patient's Guide to Recovery After Mastectomy, Amy Curran Baker, MaryBeth Curran Brown, Linda Curran, In 2008, Amy Curran Baker was diagnosed with Invasive Ductal Carcinoma and opted for bilateral mastectomy with direct to implant reconstruction. Within three weeks of being diagnosed she had a mastectomy and was on the road to recovery. But after the surgery she had a lot of questions, the same that most women will have. As an Occupational Therapist, she knew some of the answers from her own clinical training and experience. But many more came from speaking with other women who had undergone mastectomies, from researching message boards and a little bit of luck. Now she and her co-authors have brought together the answers to the questions that women face in chapters that cover everything from how to prepare for going to the hospital to when you come home. Amy and her co-authors answer: * Why am I so tired all the time? * What about these drains? * Should I worry about Lymphedema? * Implants or flap procedure? * And more Although everyone's experience is slightly different depending upon one's individual choice: mastectomy alone or mastectomy with reconstruction; the majority of the information applies to all women who had a mastectomy. Amy and her co-authors include chapters on key issues all women face including wound management, scar massage, dressing and bathing, emotional recovery and more. And although mastectomy is frightening, the authors make clear that today's procedure is not what it used to be. Now What? is the first resource to provide all the information that women need after mastectomy and breast reconstruction surgery so that they can focus on what matters most: healing and staying well.

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