



After Mastectomy: Healing Physically and Emotionally

Rosalind Benedet NP



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Who Is the Main Person on Your Medical Team Now?

It is you. Prior to leaving the hospital, you were at the center of a flurry of activity, surrounded by a busy health care team – physicians, surgeons, and nurses. The surgery is over now, and you're home. It is quiet. Now, you become the most important member on your health care team.

Author Rosalind Benedet understands the concerns and questions you now have as you begin this phase of your recovery. An oncology nurse, she has worked with hundreds of women who have undergone mastectomies. In *After Mastectomy*, she gently guides you through recovery, both physically and emotionally. Among the many topics she covers:

- Adjusting emotionally and overcoming depression
- Choosing a breast form and undergarments
- Follow-up treatment – chemotherapy, hormonal therapy, and radiation
- Reconstruction options
- Resuming sexual relations
- Preventing lymphedema – swelling of the arm
- Exercises to regain arm mobility and increase energy
- Optimum nutrition for healing

Your Guide to What Happens After Your Surgery

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From reader reviews:

Kenny Hardy:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family members or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a publication. The book After Mastectomy: Healing Physically and Emotionally it is extremely good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book offers high quality.

Carolyn Franklin:

The book untitled After Mastectomy: Healing Physically and Emotionally contain a lot of information on it. The writer explains your girlfriend idea with easy approach. The language is very easy to understand all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author provides you in the new era of literary works. You can actually read this book because you can keep reading your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice study.

Leroy Raymond:

On this era which is the greater man or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple solution to have that. What you are related is just spending your time little but quite enough to enjoy a look at some books. One of the books in the top record in your reading list is usually After Mastectomy: Healing Physically and Emotionally. This book and that is qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking upward and review this guide you can get many advantages.

Jeri McKeen:

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