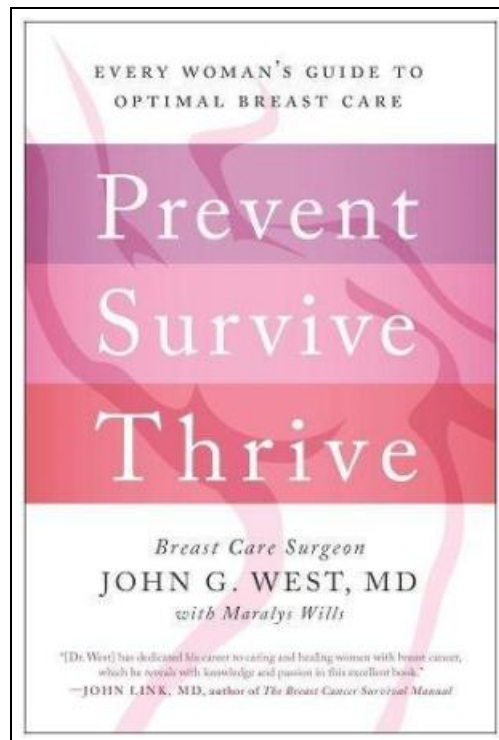


## Prevent, Survive, Thrive: Every Woman s Guide to Optimal Breast Care (Hardback)



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BENBELLA BOOKS, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. Are you doing everything you can to make sure your breasts are healthy? If this question gives you pause, you re not alone. Confusing media and conflicting advice surrounding breast health can make it challenging to know what s best. In the United States this year, more than 40,000 women will die from breast cancer. Dr. John G. West wants to help you avoid becoming part of that statistic through preventative methods and screenings. And for women who are diagnosed, Dr. West provides guidance and wisdom to make the best possible treatment decisions. For nearly 20 years, Dr. West has focused on giving his patients the best care possible when they show up for diagnosis or treatment. The question he gets most often from his patients is: What would you tell me if I were your wife or daughter? Prevent, Survive, Thrive: Every Woman s Guide to Optimal Breast Care is the answer. Drawing from the latest scientific findings in the field of breast care, Dr. West outlines the things most women don t know about screening, like when you should insist on an ultrasound instead of only relying on mammogram results or how to determine if you should get genetic testing--and what it can and cannot tell you about your cancer risk. He lets you know exactly what kind of pain is normal and what should be investigated further. Dr. West even offers lifestyle advice to help lower your risk factors; things as small as how often you exercise or where you carry your cell phone can have an impact on your future health. Prevent, Survive, Thrive provides clear, accurate guidelines for prevention and early detection--letting you take control of your health.



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