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# Acces PDF Diagnosed Newly The For Guide Essential An Degeneration Macular Related Age Year First The

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## **KEY=YEAR - BENJAMIN LIU**

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### **THE FIRST YEAR: RHEUMATOID ARTHRITIS**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Lifelong Books** Rheumatoid arthritis (RA), a disease characterized by inflammation of the joints, is one of the most disabling forms of arthritis and affects over two million people in the United States. Without proper treatment it can lead to long-term joint damage, chronic pain, loss of function, and disability. From the first moment of her diagnosis, author M.E.A. McNeil took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step-by-step through their first year with RA. McNeil provides crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others, and much more. *The First Year—Rheumatoid Arthritis* is an essential resource for everyone who wants to be an informed, active participant in the management of their condition.

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### **THE FIRST YEAR---PARKINSON'S DISEASE**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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### **THE FIRST YEAR: IBS (IRRITABLE BOWEL SYNDROME)**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Da Capo Lifelong Books** Offers answers and advice for those who have just been diagnosed with IBS. Like the other titles in the "First Year" series, *The First Year-IBS* offers two distinct advantages. First, it is written by a patient-expert, Heather Van Vorous, who has managed her IBS for more than fifteen years and knows firsthand what's required to manage her condition. Second, it guides readers through their first seven days following diagnosis, then the next three weeks of the first month, and finally the next eleven months of their first year. Starting with the day of diagnosis, Van Vorous provides detailed information about trigger foods, safe foods, soluble versus insoluble fiber, tips for eating and cooking, traveling, eating out, exercise, and much more. *The First Year-IBS* will inspire and educate those with IBS as no other guide does.

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### **THE FIRST YEAR: CIRRHOSIS**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Da Capo Lifelong Books** More than 25 million Americans and 92 million worldwide suffer from liver disease and cirrhosis, a degenerative and potentially fatal condition in which liver cells are damaged and then replaced by scar tissue, impeding liver function. The disease is most commonly caused by excessive alcohol consumption, hepatitis, or complications from prescription drugs. Immediately after

his diagnosis, James Dickerson set out to educate himself on all of his options — and found there is hope for recovery. Now, he offers *The First Year: Cirrhosis*, the first guide for patients and their families to understanding and managing this chronic condition. In clear, accessible language, the book walks readers step-by-step through everything they need to do each day of the first week after a cirrhosis diagnosis, each subsequent week of the first month, and the following eleven months of the crucial first year. From understanding causes to coping with complications, *The First Year: Cirrhosis* provides medically-sound, empathetic guidance. The book includes advice on treating symptoms, extending longevity, managing stress, and getting the best care possible for anyone affected by this condition.

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## OCD

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### A GUIDE FOR THE NEWLY DIAGNOSED

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**New Harbinger Publications** When someone is diagnosed with obsessive-compulsive disorder (OCD), chances are they've been living with the symptoms for a long time. People with OCD may have long felt embarrassed by their thoughts and behaviors, which may include fear of contamination, the need for symmetry, pathological doubt, aggressive thoughts, repeating behaviors, and obsessive cleaning. *OCD: A Guide for the Newly Diagnosed* helps readers understand how OCD works so they can develop better strategies for coping with their symptoms. This pocket guide offers guidance for coping with the diagnosis itself, discusses stigmas related to OCD, and includes help for readers unsure of who they should tell about the diagnosis. Readers also learn about the most effective treatment approaches and easy ways to begin to manage their OCD symptoms. An OCD diagnosis can be a devastating event, or it can be a catalyst for positive change. Books in the *Guides for the Newly Diagnosed* series provide readers with all the tools they need to process a diagnosis in the healthiest way possible, and then move forward to manage their symptoms so that the disorder doesn't get in the way of living a fulfilling life. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. This book is a part of New Harbinger Publications' *Guides for the Newly Diagnosed* series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit [www.newharbinger.com](http://www.newharbinger.com) for more books in this series.

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## BIPOLAR DISORDER

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### A GUIDE FOR THE NEWLY DIAGNOSED

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**New Harbinger Publications** Bipolar disorder is not only one of the most difficult mental health issues to treat, but also one of the most stigmatized and misunderstood. For these reasons, a diagnosis of bipolar is a major turning point in a person's life. *Bipolar Disorder: A Guide for the Newly Diagnosed* helps readers process their diagnosis, decide who to tell, and discover the treatments and lifestyle changes that can help manage their symptoms. This book offers hope and support for the newly diagnosed without overwhelming them with extraneous information. The book covers workplace issues, how to become aware of bipolar triggers, how to find support, working with the treatment team, and dealing with the fear and stigma surrounding the diagnosis. Anyone who has been diagnosed with bipolar will appreciate having this easy-to-use reference at hand to help them understand more about the condition. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. This book is a part of New Harbinger Publications' *Guides for the Newly Diagnosed* series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit [www.newharbinger.com](http://www.newharbinger.com) for more books in this series.

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## THE FIRST YEAR: SCLERODERMA

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### AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Da Capo Lifelong Books** Scleroderma—a chronic autoimmune condition that causes hardening, thickening, or tightening of the skin and attacks the heart, lungs, kidneys, and gastrointestinal tract—is extraordinarily difficult to diagnose and can take a huge toll on the psychological well-being of the individual. From the first moment of her diagnosis, author Karen Gottesman took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step by step through their first year with scleroderma. She provides crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others, and much more. *The First Year™—Scleroderma* is illustrated with charts and tables, and

offers an invaluable guide for everyone learning to live with their diagnosis.

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### **THE FIRST YEAR--FIBROMYALGIA**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Da Capo Press** A guide for those newly diagnosed with fibromyalgia, offering information on treatments, medications, pain management, diet and exercise strategies, and research.

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### **HIV**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Da Capo Press** Provides readers with everything they will need to know about surviving the first year of HIV infection, covering doctors, treatment options, coping mechanisms, and holistic approaches.

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### **ADULT ADD**

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#### **A GUIDE FOR THE NEWLY DIAGNOSED**

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**New Harbinger Publications** You've just been diagnosed with ADD. Now what? After receiving a diagnosis of attention deficit disorder (ADD), you may feel relieved to finally have an explanation for your symptoms, but also concerned and full of questions about the future. Questions like: What are the best ways to get symptoms—such as impulsiveness and difficulty with time management—under control? Should you tell people at work? And, wait a minute, there can be good things about having ADD? In Adult ADD: A Guide for the Newly Diagnosed, an ADD specialist who has the disorder herself answers these questions and offers all the tools and information you need to process the diagnosis, learn about medications, and decide which treatments are the best options for you. This pocket guide also features a complete list of resources you can use to find support and tips for getting organized and living well with ADD.

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### **THE FIRST YEAR: AUTISM SPECTRUM DISORDERS**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED CHILD**

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**Da Capo Lifelong Books** An essential guide for managing all aspects of a child's autism in the crucial stage after diagnosis, from the founder of the national nonprofit organization First Signs

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### **THE FIRST YEAR**

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#### **PROSTATE CANCER : AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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### **HYPOTHYROIDISM**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Marlowe & Company** An essential guide for anyone diagnosed with this debilitating disease takes readers step by step through the process of diagnosis, treatment, diet, and lifestyle changes. Original.

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### **THE FIRST YEAR--LUPUS**

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#### **AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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### **THE FIRST YEAR: HEPATITIS C**

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## AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Da Capo Press** The fifth-year anniversary of the book ushers in a new phase of treatment and information, including protease inhibitors (which have been so successful in treating HIV), split-liver transplants, and prophylactic and therapeutic vaccines for HCV. Bruce and Montanarelli also offer updated information on medications that are toxic to the liver; Eastern and Western approaches to healing; nutrition guides; the types of hepatitis that have been identified and what is known; and living with coinfection (HCV and HIV, HBV, and HAV). Alarming statistics: Hepatitis C is the most common bloodborne virus: It has infected 300 million people worldwide (4.1 million in the U.S.) and kills 8,000 to 10,000 Americans each year. About 26,000 people in the U.S. are infected yearly. Chronic hepatitis C is the number one cause of liver transplants. Key lifestyle issues: The book offers emotional support for newly diagnosed patients, helps them navigate and overcome insurance obstacles, as well as providing suggestions for making necessary changes in diet, exercise, drinking habits, drug use, dating, and sex life. Bruce and Montanarelli also debunk common myths and offer ideas for coping with depression, fatigue, and the side effects of medications.

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## THE FIRST YEAR: TYPE 2 DIABETES

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## AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Da Capo Lifelong Books** Diabetes is one of the fastest growing diseases in the world; the American Diabetes Association reports that 1.7 million new diagnoses are made each year. After her own diagnosis, Gretchen Becker became a "patient-expert," educating herself on every aspect of type 2 diabetes and eventually compiling everything she had learned into this step-by-step guidebook for others. Now in its third edition, *The First Year: Type 2 Diabetes* takes you through everything you need to know and do in your first year with diabetes. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, from coming to terms with your diagnosis to diet and exercise, testing routines, insurance issues, and the most up-to-date information on new medications and supplements.

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## CIRRHOSIS

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## AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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## CELIAC DISEASE AND LIVING GLUTEN-FREE

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## AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Hachette+ORM** "Essential suggestions and superb gluten-free recipes to help you eat healthy, well, and safely" from the allergy-friendly cooking expert and author (Alessio Fasano, MD, director of the Center for Celiac Research). If you've just been diagnosed with celiac disease, you're not alone: as many as 1 in 133 Americans have this autoimmune disorder characterized by an inability to digest gluten, a protein found in wheat and other grains. For ten years, Jules Shepard's gastrointestinal symptoms went misdiagnosed. Finally diagnosed, she experienced a rollercoaster of emotions and illness the year following, as she discovered what she could and could not eat through trial and error. Now, in *The First Year: Celiac Disease and Living Gluten-Free*, Shepard explains everything you need to learn and do upon your or a family member's diagnosis . . . How celiac disease affects your entire body Eating gluten-free (and avoiding hidden glutes) Keeping your kitchen safe from cross-contamination Can I drink alcohol? Celiac and fertility Finding support groups Parenting a child with celiac disease Dining out, traveling, and entertaining This unique guide prioritizes all the most important information on diet and lifestyle changes for you. Day-by-day, week-by-week, month-by-month, learn how to safely alter your diet, manage your symptoms, and adjust to living gluten-free. Complete with easy and delicious recipes for gluten-free baking, *The First Year: Celiac Disease and Living Gluten-Free* is your essential guide to a healthy life. "A glossary, FAQ, gluten-free baking Q and A and an extensive list of Celiac support groups in the U.S. give readers the tools they need adapt to life without gluten. I highly recommend this book." —About.com

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## HEPATITIS C

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## AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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## THE FIRST YEAR--MULTIPLE SCLEROSIS

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**AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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A patient-expert walks you through everything you need to learn and do the first year of Multiple Sclerosis.

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**THE FIRST YEAR, HYPOTHYROIDISM**

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**AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED, SECOND EDITION, COMPLETELY REVISED AND UPDATED**

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**THE FIRST YEAR: HEART DISEASE**

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**AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**Da Capo Press** Heart disease is the nation's leading health crisis, affecting more than 25.6 million Americans and causing 650,000 deaths each year. A longtime health editor, Lawrence Chilnick was stunned when he suffered a heart attack at age 48-but assumed his medications would take care of the condition. They didn't. Five years later, Chilnick needed a quadruple bypass. At that point, he set out to turn his life around by educating himself on all aspects of this life-threatening disease. Now, in this major addition to the bestselling The First Year® series (over 250,000 copies sold), Chilnick shares his story and expert, step-by-step advice for coping with heart conditions. With information on lowering cholesterol, losing weight, reducing stress, and related concerns from high blood pressure to diabetes, this guide is a must-have resource.

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**THE BREAST CANCER SURVIVAL MANUAL, FIFTH EDITION**

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**A STEP-BY-STEP GUIDE FOR WOMEN WITH NEWLY DIAGNOSED BREAST CANCER**

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**Macmillan** Provides information and advice on breast cancer and its treatment, from pathology reports and second opinions to surgery and risk factors.

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**THE FIRST YEAR - HEPATITIS B**

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**AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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Despite the availability of a hepatitis B vaccine, 100,000 people in the U.S. are infected with hepatitis B each year, & 6,000 die from complications. When Green was diagnosed with hep B, he wanted to understand & manage his illness -- by reading medical & scientific books & journals, talking with doctors, & networking with others. Here, Green walks you step-by-step through everything you need to do & learn each day of your first week after diagnosis, each subsequent week of the first month, & the following 11 months of the crucial first year. Also, focuses on the emotional issues surrounding hepatitis B -- such as sex, socializing, depression, & self-image -- as well as suggestions, concerns, & personal advice from hepatitis B sufferers. Illus.

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**IBS**

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**AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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**THE FIRST YEAR - FIBROIDS**

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**AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED**

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When Skilling was diagnosed with fibroids in 1995, she found little info., advice, & support for her condition. In an effort to be proactive in the mgmt. & treat. of her condition, Skilling became a patient-expert on fibroids -- by reading med. books & journals, talking with doctors, & networking with other people who have fibroids. Now she shares her experience & knowledge with those newly diagnosed. She walks you step-by-step through everything one needs to do & learn each day of the first week after diagnosis, each subsequent week of the first month, & the following 11 months of the crucial first year. She covers a wide range of practical, med., & lifestyle issues -- everything you need to know when you most need to know it.

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## THE FIRST YEAR: TYPE 2 DIABETES

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### AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Da Capo Lifelong** A third edition of this First Year Series book, completely revised, including the most up-to-date information on medications and diet recommendations.

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## THE FIRST YEAR: HEART DISEASE

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### AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Da Capo Lifelong Books** Heart disease is the nation's leading health crisis, affecting more than 25.6 million Americans and causing 650,000 deaths each year. A longtime health editor, Lawrence Chilnick was stunned when he suffered a heart attack at age 48-but assumed his medications would take care of the condition. They didn't. Five years later, Chilnick needed a quadruple bypass. At that point, he set out to turn his life around by educating himself on all aspects of this life-threatening disease. Now, in this major addition to the bestselling The First Year® series (over 250,000 copies sold), Chilnick shares his story and expert, step-by-step advice for coping with heart conditions. With information on lowering cholesterol, losing weight, reducing stress, and related concerns from high blood pressure to diabetes, this guide is a must-have resource.

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## FIRST YEAR, HEPATITIS C

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### AN ADULT WITH AN AUTISM DIAGNOSIS

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### A GUIDE FOR THE NEWLY DIAGNOSED

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**Jessica Kingsley Publishers** Being diagnosed with autism as an adult can be disorienting and isolating; however, if you can understand the condition and how it affects perceptions, relationships, and your relationship with the world in general, a happy and successful life is attainable. Through an introduction to the autism spectrum, and how the Level 1 diagnosis is characterised, the author draws on personal experiences to provide positive advice on dealing with life, health, and relationships following an adult diagnosis. The effect of autism on social skills is described with tips for dealing with family and personal relationships, parenting, living arrangements, and employment. Important topics include disclosure, available resources, and options for different therapeutic routes. On reading this book, you will learn a lot more about the autism spectrum at Level 1, be able to separate the facts from the myths, and gain an appreciation of the strengths of autism, and how autism can affect many aspects of everyday life. Drawing from the author's lived experience, this book is an essential guide for all newly diagnosed adults on the autism spectrum, their families and friends, and all professionals new to working with adults with ASDs.

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## THE FIRST YEAR--CROHN'S DISEASE AND ULCERATIVE COLITIS

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### AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Marlowe & Company** A guide for those newly diagnosed with Crohn's disease and ulcerative colitis discusses such topics as treatment options, medications, lifestyle changes, diet, and alternative therapies.

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### CROHN'S DISEASE AND ULCERATIVE COLITIS

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### AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Da Capo Press** Presents advice for those newly diagnosed with Crohn's disease and ulcerative colitis, including topics such as treatment options, medications, lifestyle changes, diet, and alternative therapies.

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## THE BREAST CANCER SURVIVAL MANUAL, SIXTH EDITION

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## A STEP-BY-STEP GUIDE FOR WOMEN WITH NEWLY DIAGNOSED BREAST CANCER

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**St. Martin's Griffin** One of the most comprehensive and bestselling books on breast cancer treatment and survival, completely revised and updated The sixth edition of Breast Cancer Survival Manual provides essential updates on treatment and care, enhancing the basic information that has made this the most trusted guide for women diagnosed with breast cancer for the past two decades. This edition includes the most current advice on: · The new genomic classification of breast cancer and its importance in treatment planning · Cancer gene testing, which determines if a woman will benefit from chemotherapy · New developments in breast cancer treatments with new targeted agents · The continued importance of getting a second opinion: why it's important, what questions to ask, and how to decide which team of doctors is best for you. Conscious of the rapidly evolving spectrum of treatment options, Dr. John Link outlines the latest findings and professional wisdom for patients in pursuit of the most effective treatment plan for them. The Breast Cancer Survival Manual continues to be a must-have for any woman seeking accurate and accessible information about managing breast cancer today.

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## CHRON'S DISEASE AND ULCERATIVE COLITIS

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### AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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**Independently Published** Irritable bowel ailment (IBD) consists of Crohn's disease and ulcerative colitis (IBD). Both problems have an effect on the gut, in spite of the truth those in superb approaches. Crohn's sickness motives infection of the whole intestinal wall, from the mouth to the anus, in any section of the digestive tract. Ulcerative colitis is an inflammation of the big bowel's interior lining (colon And rectum).

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## MULTIPLE SCLEROSIS

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### A GUIDE FOR THE NEWLY DIAGNOSED:THIRD EDITION

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**Demos Medical Publishing** The diagnosis of multiple sclerosis (MS) poses potential concerns related to all aspects of life and plans for the future. Family members and other loved ones are similarly concerned, and everyone involved struggles to make sense of life with this permanent intruder. One of the first responses is usually an active search for information about the disease itself and its potential long-term effects. Chapters discuss the nature of MS, its management, and guidelines for dealing with all aspects of the disease and its impact on your life. A chapter on services available from the National Multiple Sclerosis Society, a glossary, a list of resources, and additional reading suggestions make this the place to begin your education about MS. With education and proper care, most people diagnosed with multiple sclerosis will lead full and productive lives. Multiple Sclerosis: A Guide for the Newly Diagnosed, Third Edition is an essential resource for everything you need to know about MS, and includes new or updated sections on: The most current medical treatments for the management of MS Complementary and alternative medicine and MS Financial and life planning Children with MS Updated diagnostic criteria

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## RENAL DIET COOKBOOK FOR THE NEWLY DIAGNOSED

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### THE COMPLETE GUIDE TO MANAGING KIDNEY DISEASE AND AVOIDING DIALYSIS

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**Rockridge Press** "100 low-sodium, low-protein, low-phosphorus, low-potassium recipes"--Cover.

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## THE FIRST YEAR

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### TYPE 2 DIABETES : AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED

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Diabetes is one of the fastest growing diseases in the world; the American Diabetes Association reports that 1.7 million new diagnoses are made each year. After her own diagnosis, Gretchen Becker became a "patient-expert," educating herself on every aspect of type 2 diabetes and eventually compiling everything she had learned into this step-by-step guidebook for others. Now in its third edition, The First Year: Type 2 Diabetes takes you through everything you need to know and do in your first year with diabetes. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, from coming to terms with your diagnosis to diet and exercise, testing routines, insurance issues, and the most up-to-date information on new medications and supplements.

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**THE BREAST CANCER COMPANION**

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**A GUIDE FOR THE NEWLY DIAGNOSED**

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**Demos Medical Publishing** Guidance, organization, and timely insider tips to help your breast cancer treatment and recovery go as smoothly and successfully as possible. Filled with the best-of-the-best advice from the available research, leading doctors, breast cancer survivors, and Nancy Sokolowski's 30 years as one of the country's most respected and sought after breast health specialists, The Breast Cancer Companion is a step-by-step guide to assist you in mounting a smart, organized, and ultimately successful battle with breast cancer. Helping you stay well-organized and well-informed, this essential companion includes health information, tips, and resources, plus provides ample space and encouragement to record questions, thoughts and feelings, doctor's appointments, medications, and contact information for the oncology team and others. You'll find: A calendar to plan and manage your schedule A directory to organize important contacts Questions to ask your medical team Tips and advice from breast cancer survivors Ample space to reflect on your experience A list of resources and breast cancer-related organizations With The Breast Cancer Companion at your side, you'll have the peace of mind, time, and energy to focus on what matters most: staying well and achieving a healthy outcome.

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**NAVIGATING BREAST CANCER: GUIDE FOR THE NEWLY DIAGNOSED**

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**Jones & Bartlett Learning** In this newly updated and revised edition of Navigating Breast Cancer: A Guide for the Newly Diagnosed, Second Edition, author Lillie Shockney empowers breast cancer patients and their families by providing authoritative, easy-to-follow information about each step of treatment, helping women to make informed decisions about their care. Armed with this invaluable book, breast cancer patients will be well prepared for each phase of therapy, and perhaps most importantly, will learn how to continue to work and live life while receiving treatment. This outstanding resource provides breast cancer patients with the essential tools they need to cope with symptoms and to navigate the maze of modern treatment options.

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**FIRST YEAR, HEPATITIS C**

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