



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

Amy Curran Baker, MaryBeth Curran Brown

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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?
- What are some complications I should be aware of?
- 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.

Contents: Introduction, 1. Making the Difficult Decisions, 2. Now What?, 3. After-care, Recovery and Complications, 4. Voices, 5. The Forms You Will Need (not printable in Kindle version)

"When facing mastectomy, you can never ask too many questions, you can only regret not pushing for more details ahead of time. While this is true, you also need true and thorough answers. In Amy Curran Baker's book you find these answers "

-Ingrid Kollak, RN, PhD, Co-author: *Yoga and Breast Cancer*

"The open dialogue [in this book] explores the multiple facets of complete healing and heightens the reality that no two journeys are the same. The upbeat and reassuring content is a must read for those considering a mastectomy."

- Nancy Sokolowski, RN, Breast Health Specialist, Co-author: *The Breast Cancer Companion: A Guide for*

the Newly Diagnosed

"Now What? details all you need to know about what to expect when having a mastectomy. From surgery to recovery, this easy to read, practical resource provides a wealth of information from people who have been there and care enough to share. Now What? is an invaluable resource."

-Katherine Quinn, Executive Director, Support Connection, Breast and Ovarian Cancer Support Services

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Lois Maestas:

Reading a e-book tends to be new life style in this particular era globalization. With studying you can get a lot of information that can give you benefit in your life. Using book everyone in this world can easily share their idea. Books can also inspire a lot of people. A great deal of author can inspire their reader with their story or even their experience. Not only situation that share in the guides. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors these days always try to improve their talent in writing, they also doing some analysis before they write on their book. One of them is this Now What?: A Patient's Guide to Recovery After Mastectomy.

Miguel Penix:

Spent a free time to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled Now What?: A Patient's Guide to Recovery After Mastectomy can be fine book to read. May be it could be best activity to you.

Sandra Williams:

Reading can called imagination hangout, why? Because if you find yourself reading a book specifically book entitled Now What?: A Patient's Guide to Recovery After Mastectomy your mind will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can become your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation which maybe you never get prior to. The Now What?: A Patient's Guide to Recovery After Mastectomy giving you an additional experience more than blown away your thoughts but also giving you useful data for your better life with this era. So now let us show you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Naomi Dillon:

In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended for you is Now What?: A Patient's Guide to Recovery After Mastectomy this guide consist a lot of the

information from the condition of this world now. This kind of book was represented how can the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book appropriate all of you.

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