

EVERY WOMAN'S GUIDE TO
OPTIMAL BREAST CARE

Prevent Survive Thrive

Breast Care Surgeon
JOHN G. WEST, MD
with Maralys Wills

"[Dr. West] has dedicated his career to caring and healing women with breast cancer, which he reveals with knowledge and passion in this excellent book."

—JOHN LINK, MD, author of *The Breast Cancer Survival Manual*

John G. West and

Prevent, Survive, Thrive: Every Woman's Guide to Optimal Breast Care



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Are you doing everything you can to make sure your breasts are healthy? If this question gives you pause, you're not by yourself. Confusing press and conflicting tips surrounding breast health makes it challenging to learn what things as small as how often you exercise or where you carry your cellular phone can have an impact on your health. In the United States this year, a lot more than 40,000 ladies will die from breast cancer. Dr. John G. West has centered on giving his patients the very best care possible when they show up for diagnosis or treatment. And for women who are diagnosed, Dr. West provides guidance and wisdom to make the best possible treatment decisions. For pretty much 20 years, Dr. West really wants to help you avoid becoming section of that statistic through preventative strategies and screenings. The query he gets frequently from his individuals is usually: "What would you tell me easily were your wife or child?" Drawing from the latest scientific findings in the field of breast caution, Dr. and what it could and cannot tell you about your cancer risk. Prevent, Survive, Thrive: Every Female's Guide to Optimal Breast Treatment may be the answer. He lets you know exactly what kind of pain is regular and what ought to be investigated further. West outlines the things most women don't Prevent, Survive, Thrive provides clear, accurate guidelines for prevention and early detection's best. West also offers lifestyle guidance to help decrease your risk factors, letting you take control of your health.



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West shares his comprehensive knowledge & In this book, Dr. Breast Cancer, How to Be Prepared and Live to speak about It! encounter with the reader in a very comprehensive, easy-to-understand way. This is an excellent book. West shares both his personal and professional encounter in a straight-forward approach, gives us (the reader) the info that we have to become the best, and empowered advocate with regard to our health care, or that of someone you care about. A life-saving / affirming book Whether you have previously had breast cancers, as I've, or think you certainly are a seasoned practitioner of "proactive breast self-care", or just beginning out as a woman wondering how to proceed, this book is a must read which will stand the check of time for generations whatever the advancements in breast cancer detection and care. Not only to become better informed about "what to watch out for", but equally as important, to comprehend the "how exactly to" of navigating the maze of diagnostics, treatments.? Fantastic book written by the greatest surgeon! It'll answer all your questions that you may have on Breast Cancer . Five Stars Highly recommended. West enables us all to become fearless warriors, who "Prevent, Survive and Thrive." In addition, it prepares us to end up being better support / care givers if /when the chance arises. Kudos to Dr. West to be the touchstone for all who wish to learn about breast cancer, & most especially for those that live to tell about it! I highly recommend this publication for all your women. The book, Prevent, Survive, Thrive can be an important book for all women to have on their shelf. Breast Radiologist Excellent This is a great book written by an excellent breast surgeon. You can easily read and highly informative. He answers questions and addresses controversies relating to medical diagnosis and treatment for breasts health.! West includes types of his individuals and their tales from his a long time as a breast surgeon. We can all have quick access to John West's considerable knowledge of breast health. For the woman diagnosed with breast cancer, that is a complete up-to-date source to answer your questions and learn how to navigate the information and several possibilities. This book also contains a chapter on reconstructive surgery from Dr. I am a cancers survivor for 2 years. Dr. West concludes his book using what he exemplifies that is wish and optimism. He shares types of hope from the journeys of some of his sufferers from breast malignancy to surviving and thriving. I highly recommend this reserve as a survivors manual for all females newly identified as having breast cancer. A must read book for each and every women. Your MOST SIGNIFICANT Coffee Table Book Dr. West has shared his extensive knowledge in this uniquely extensive and easy-to-read treatise on all areas of breast care for women of all ages (teenagers through seniors) and their loved ones, allowing them to end up being diligent in making decisions and their very own choices regarding the ever-evolving questions of controversy and myth about breast cancers diagnostic alternatives and remedies. With the book's details on new systems and multiple case histories, a patient can and should feel responsible for her own breast wellness strategy in coordination with her chosen expert doctors. A copy should rest on every home's espresso table or bookshelf for easy access for research or browsing since breast issues are also relevant for males, for daughters, for grandmothers, and for guests. They are all at risk. Dr. I am therefore fortunate that my cancers was diagnosed in the early stages To hear the medical diagnosis you have breast cancers is devastatig. I recommend this reserve to anyone and everyone. John West for many years. Justin West cosmetic surgeon. I am so fortunate that my cancer tumor was diagnosed in the first stages. Despite the fact that I had some problems along my trip, I am therefore grateful for Dr. John West's compassion, determination to not leave a rock unturned and his excellent medical care. Prevent Survive Thrive is extremely well written and shares Dr. John West's passion to teach about the significance of mammograms, ultra seems if necessary, key to early detection and guidance should you be

diagnosed with breast malignancy. Dr. Justin West's assistance for the right reconstruction for you personally and marketing campaign results to make you feel feminine and pleased with how you look are i'm all over this. This book had not been available during my journey therefore I wished to make sure my family members could have these details so I purchased many books to give to my daughter, soon to be child in law, friends and family. Breast Cancers knows no age limit! Life is valuable! A must read for ladies of all ages Readable, and We was grateful for the good information. I recommend this outstanding reserve to all women to make sure their breast wellness. Dr. John West approaches the topic of breast care with such timeless insight, compassion, and most importantly, reasonable wish and support." This book discusses preventing breast cancer, survival techniques with breast tumor and how to thrive in existence even with the possible analysis of breast cancers. I am a Nurse Practitioner and have recommended this publication to numerous of my individuals and friends. As a veteran Breasts Cancer Cosmetic surgeon, and caring spouse of a breast malignancy survivor himself, Dr. Dr.. West answers the question on mammograms remedies and reconstruction I believe this is a book that women should have . Since I have read this book I have given it to a lot of my friends it is just fantastic ... No woman should be without it! Every woman should read it! Dr This is an excellent book . West honestly answers so many questions most physicians wont also touch on! Many thanks Dr. West for your book and expertise! Five Stars It is very helpful book! With clear understandable language he manuals us through the current diagnostic methods of mammography ultrasound, and genetic examining. As a breast cancer survivor, I discover his book to be a very valuable device, and advise that all women browse it. Why? Because Dr. We am a Nurse Practitioner and have recommended this publication to many of my sufferers and friends "What would you do if I was your wife or mother? As long as there are breasts, this reserve will be relevant. Browse it! V. Through this reserve, Dr. Very educational and an excellent resource! I recommend this outstanding publication to all women to make sure their It answers commonly asked questions about breasts pain, how often to accomplish screening, advice to help lower risk elements, genetic testing, benign diseases of the breast, the diagnosis and treatment of breasts cancer plus much more. This book is very helpful. Give this reserve to all your family members. Tiegs, M.D. Dr. John West draws from his 20+ years as a dedicated breast surgeon to see women on the most current information regarding breast health. It is also something special for all ladies. I strongly suggested this book. John West is this amazing surgeon that cares so deeply about his patient's This book is quite informative and ideal for Men and Women going through the Breast Cancer journey. Dr. John West is such an amazing cosmetic surgeon that cares so deeply about his patient's. I have been a patient of Dr.



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