

EVERY WOMAN'S GUIDE TO  
OPTIMAL BREAST CARE

# Prevent Survive Thrive

*Breast Care Surgeon*  
**JOHN G. WEST, MD**  
*with Maralyis Willis*

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 alone. West outlines the things most ladies don't best. In the United States this year, a lot more than 40,000 females will die from breast cancer. Dr. West really wants to assist you to avoid becoming part of that statistic through preventative methods and screenings, and what it could and cannot tell you about your malignancy risk. West provides guidance and wisdom to help make the best possible treatment decisions. West actually offers lifestyle guidance to help decrease your risk factors; West has centered on giving his individuals the very best care possible when they show up for medical diagnosis or treatment. The question he gets most often from his patients can be: "What would you tell me easily were your wife or daughter?" John G. Prevent, Survive, Thrive: Every Woman's Guidebook to Optimal Breast Treatment may be the answer. Find out about screening, like when you should insist upon an ultrasound instead of only relying on mammogram outcomes or how exactly to determine if you should get genetic testing; Confusing mass media and conflicting suggestions surrounding breast health can make it challenging to learn what's Drawing from the most recent scientific findings in neuro-scientific breast caution, Dr. And for females who are diagnosed, Dr. He tells you exactly what sort of pain is normal and what ought to be investigated additional. Dr. For pretty much 20 years, Dr. permitting you to take control of your wellbeing. Prevent, Survive, Thrive provides crystal clear, accurate guidelines for avoidance and early detection; things as small as how often you exercise or where you bring your cellular phone can have a direct effect on your future health.



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Not only to be better informed about "what things to watch for", but equally as important, to understand the "how exactly to" of navigating the maze of diagnostics, remedies. It answers frequently asked questions about breasts pain, how frequently to do screening, advice to help lower risk factors, genetic testing, benign diseases of the breasts, the diagnosis and treatment of breast cancer plus much more. West shares his considerable knowledge & Since I've read this book I have given it to a lot of my friends it really is just superb . As a veteran Breasts Cancer Cosmetic surgeon, and caring spouse of a breast cancer survivor himself, Dr. West shares both his personal and professional encounter in a straight-forward strategy, gives us (the reader) the info that we need to become the best, and empowered advocate with regard to our health care, or that of a loved one. West answers the issue on mammograms treatments and reconstruction I believe it is a book that all women must have .Breast Cancer, How to PREPARE YOURSELF and Live to speak about It!. Read it! Prevent Survive Thrive is incredibly well written and shares Dr. Why?" Furthermore, it prepares us to become better support / care givers if /when the opportunity arises. Kudos to Dr. The book, Prevent, Survive, Thrive is an important book for all women to have on their shelf. Essential read book for each women. West to be the touchstone for all who wish to find out about breast cancer, & most especially for those who live to inform about it! This book is quite helpful. John West draws from his 20+ years as a dedicated breast surgeon to see women on probably the most current info regarding breast wellness. I am so fortunate that my tumor was diagnosed in the first stages. With obvious understandable language he manuals us through the current diagnostic methods of mammography ultrasound, and genetic screening.For the woman diagnosed with breast cancer, that is a complete up-to-date source to answer your questions and understand how to navigate the information and many options available. Dr. I am so fortunate that my malignancy was diagnosed in the early stages To hear the analysis you have breast cancer is devistating. This publication also contains a chapter on reconstructive operation from Dr. Justin West cosmetic surgeon.Dr. Thank you Dr. Despite the fact that I had some complications along my journey, I am therefore grateful for Dr. I recommend this publication as a survivors manual for all women newly identified as having breast cancer. Additionally it is something special for all women. Your Most Important Coffee Table Book Dr. West offers shared his extensive encounter in this uniquely comprehensive and easy-to-read treatise on all areas of breast look after women of most ages (teenagers through seniors) and their loved ones, allowing them to be diligent to make decisions and their very own choices concerning the ever-evolving questions of controversy and myth about breast cancer diagnostic alternatives and treatments. John West's enthusiasm to educate about the importance of mammograms, ultra seems if required, key to early recognition and guidance for anyone who is diagnosed with breast cancer. A copy should rest on every home's coffee desk or bookshelf for easy access for study or browsing since breast issues are also relevant for guys, for daughters, for grandmothers, and for guests. John West is this amazing surgeon that cares so deeply about his patient's This book is very informative and helpful for Males and Women going through the Breast Cancer journey. We can all have easy access to John West's intensive knowledge of breast wellness. West includes types of his individuals and their tales from his many years as a breast cosmetic surgeon. I have been an individual of Dr. John West is usually such an amazing doctor that cares so deeply about his patient's. I am a cancers survivor for 2 years. He answers questions and addresses controversies concerning diagnosis and treatment for breast health. He shares examples of hope from the journeys of some of his sufferers from breast tumor to surviving and thriving. John West's compassion, determination

never to leave a rock unturned and his superb health care. Through this publication, Dr. With the book's information on fresh technology and multiple case histories, an individual can and really should feel responsible for her own breast health strategy in coordination with her chosen expert doctors. Dr. Very informative and a great resource! This book was not available within my journey so I wanted to make sure my loved ones could have these details so I purchased many books to provide to my daughter, soon to be child in law, family and friends. V. Life is valuable! Essential read for ladies of all ages Readable, and I was grateful for the nice information.. I actually am a Nurse Practitioner and have recommended this book to many of my patients and friends "What would you perform if I was your lady or mother?." This book discusses preventing breast cancer, survival tactics with breast cancers and how exactly to thrive in lifestyle even with the possible medical diagnosis of breast malignancy. I am a Nurse Practitioner and have recommended this book to many of my individuals and friends. This is a fantastic book. Dr This is a fantastic book . Dr. As a breast cancer survivor, I discover his book to become a very valuable tool, and recommend that all females read it. encounter with the reader in a very comprehensive, easy-to-understand way. It'll answer all your questions that you may have on Breast Cancer .? Fantastic book compiled by the best surgeon! Dr. Every girl should read it! Dr. West honestly answers so many questions most physicians wont even touch on! West concludes his publication using what he exemplifies which is hope and optimism. West for your book and expertise! Five Stars It is extremely helpful book!! A life-saving / affirming book Whether you have already had breast cancers, as I've, or think you certainly are a seasoned practitioner of "proactive breast self-care", or simply starting out as a woman wondering how to proceed, this book is a must read that may stand the check of period for generations whatever the advancements in breasts cancer detection and care. West enables us all to be fearless warriors, who "Prevent, Survive and Thrive. Because Dr. John West approaches the topic of breast treatment with such timeless insight, compassion, and above all, reasonable hope and support. Provided that there are breasts, this reserve will be relevant.. Provide this book to all your family members. Five Stars Highly recommended. Justin West's guidance for the proper reconstruction for you and marketing campaign results to cause you to feel feminine and happy with the way you look are i'm all over this. I highly recommend this outstanding reserve to all women to ensure their ... I highly recommend this outstanding reserve to all women to ensure their breast health. In this book, Dr. No woman should be without it! Breast Tumor knows no age limit! Tiegs, M.D. Breast Radiologist Excellent This is an excellent book written by an excellent breast surgeon. It is easy to read and highly educational. I highly recommend this book for all your women. I strongly suggested this book. They are all at an increased risk. Dr. John West for many years. I highly recommend this book to anyone and everyone.



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