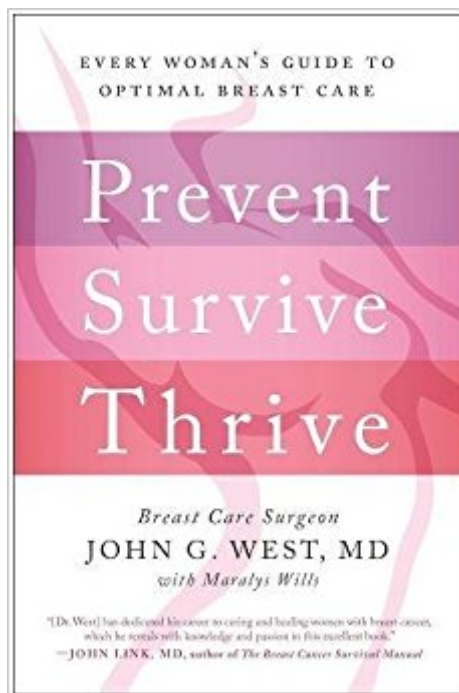




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# Prevent, Survive, Thrive: Every Woman's Guide To Optimal Breast Care



## Synopsis

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.

## Book Information

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## Customer Reviews

“Dr. West’s book is a valuable addition to the current literature for those touched by breast cancer. He has dedicated his career to caring and healing women with breast cancer, which he reveals with knowledge and passion in this excellent book.” • John S. Link, MD, author of *The Breast Cancer Survival Manual: A Step-By-Step Guide for the Woman With Newly Diagnosed Breast Cancer* “Prevent, Survive, Thrive continues Dr. John West’s longstanding message of empowerment to those facing or in fear of breast cancer. This literary gift moves from prevention to survivorship to activism in sharing pearls of wisdom that transform us from victims to victors! This book is a wellspring of knowledge from a breast health leader who is a living legend in the fight against breast cancer.” • Marie M. La Fargue, MPH, four-time cancer survivor “If you never want to hear the words, ‘You have breast cancer,’ this book is for you. . . . There are plenty of books on facing the diagnosis of breast cancer, but this book, with its accurate straight-talk information, practical tips, and survivor stories filled with hope, helps you to prevent breast cancer. Every woman with breasts needs to read this book, and don’t say this because it’s funny. I say this because it’s true.” • Pam Tallman, columnist and contributor to *Orange Coast Magazine* “I wish I’d had this book at my fingertips years ago, but I am truly grateful for its publication at this time for the sake of my friends and family as well as all women, both younger and older.” • Allene Symons, author of *Aldous Huxley’s Hands* “Dr. West has shared his extensive experience in this uniquely comprehensive and easy-to-read treatise on all aspects of breast care for women of all ages (teens through seniors) and their loved ones, allowing them to be diligent in making decisions and their own choices regarding the ever-evolving questions of controversy and myth about breast cancer diagnostic alternatives and treatments.” • Dr. Gary E. Liebl, L.H.D, Chairman Emeritus, Chaminade University

A general surgeon by training, Dr. John G. West became fascinated with the multidisciplinary team approach to breast cancer care in the mid 1980’s. His previous experience as a pioneer in the development of regional trauma systems set the stage for his interest in developing a team approach to breast care. Dr. West opened Orange County’s first breast care center in 1988, and over the past 20 yrs has been on the cutting edge of developing a team approach to the care of patients with breast problems. He was cofounder and chairman of the board of the Be Aware Foundation, which is a community outreach program dedicated to the early detection of breast cancer. Dr. West has been named a Best Doctor in America and has been recognized as one of the “Best Doctors in Orange County.” • He has been the lead author in 20 peer review articles

and has written two previous books. Maralys Willsâ™s has published 16 books spanning several genres and publishers. Her fiction works include four romance novels published by Harlequin and Silhouette and a techno-thriller Scatterpath about airplane sabotage. Among her ten nonfictions are two books on writing: Damn the Rejections, Full Speed Ahead won its category in Best Books (Stephens Press); a treatise on addiction (Hazelden); and four memoirs (Longstreet Press, Stephens Press). Three of Willsâ™s volumes have won national awards. For 30 years Wills has been teaching novel-writing and memoirs, and in 2000 was named Teacher of the Year. With her lawyer-husband, Rob, she raised six children, five boys and a girl.

In this book, Dr. West shares his extensive knowledge & experience with the reader in a very comprehensive, easy-to-understand way. As a veteran Breast Cancer Surgeon, and caring husband of a breast cancer survivor himself, Dr. West shares both his personal and professional experience in a straight-forward approach, which gives us (the reader) the information that we need to become an informed, and empowered advocate with regard to our health care, or that of a loved one. As a breast cancer survivor, I find his book to be a very valuable tool, and recommend that all women read it. Not only to become better informed about "what to watch for", but equally as important, to understand the "how to" of navigating the maze of diagnostics, treatments... Through this book, Dr. West enables us all to become fearless warriors, who "Prevent, Survive and Thrive." In addition, it prepares us to be better support / care givers if /when the opportunity arises. Kudos to Dr. West for being the touchstone for all who want to learn about breast cancer, and most especially for those who live to tell about it!

The book, Prevent, Survive, Thrive is an important book for all women to have on their shelf. Dr. John West draws from his 20+ years as a dedicated breast surgeon to inform women on the most current information regarding breast health. He answers questions and addresses controversies regarding diagnosis and treatment for breast health. With clear understandable language he guides us through the current diagnostic techniques of mammography ultrasound, and genetic testing. For the woman diagnosed with breast cancer, this is a complete up-to-date source to answer your questions and understand how to navigate the information and many options available. Dr. West includes examples of his patients and their stories from his many years as a breast surgeon. This book also includes a chapter on reconstructive surgery from Dr. Justin West plastic surgeon. Dr. West concludes his book with what he exemplifies which is hope and optimism. He shares examples of hope from the journeys of some of his patients from breast cancer to surviving and

thriving. I highly recommend this book as a survivors manual for all women newly diagnosed with breast cancer. It is also a gift for all women.

Dr. West has shared his extensive experience in this uniquely comprehensive and easy-to-read treatise on all aspects of breast care for women of all ages (teens through seniors) and their loved ones, allowing them to be diligent in making decisions and their own choices regarding the ever-evolving questions of controversy and myth about breast cancer diagnostic alternatives and treatments. With the book's information on new technologies and multiple case histories, a patient can and should feel in charge of her own breast health plan in coordination with her chosen expert medical professionals. A copy should rest on every home's coffee table or bookshelf for easy access for research or browsing since breast issues are also relevant for men, for daughters, for grandmothers, and for guests. They are all at risk. We can all have easy access to John West's extensive knowledge of breast health.

To hear the diagnosis you have breast cancer is devastating. I have been a patient of Dr. John West for many years. I am a cancer survivor for 2 years. I am so fortunate that my cancer was diagnosed in the early stages. Even though I had some complications along my journey, I am so grateful for Dr. John West's compassion, determination to not leave a stone unturned and his excellent medical care. Prevent Survive Thrive is extremely well written and shares Dr. John West's passion to educate about the importance of mammograms, ultra sounds if necessary, key to early detection and guidance should you be diagnosed with breast cancer. Dr. Justin West's guidance for the right reconstruction for you and the end results to make you feel feminine and happy with how you look are spot on. This book was not available during my journey so I wanted to make sure my loved ones could have this information so I purchased several books to give to my daughter, soon to be daughter in law, family and friends. Breast Cancer knows no age limit! Life is precious!

Dr., West is an amazing and dedicated Doctor to the Breast Health of all women. His book is a jewel when it comes to educating women and how to take care of their health. His years of education, and teachings is a gift to all; and as women we should be blessed to have a books such as his to for their future reference. It is so easy to read with ease and we should all forward hi book to the other friends and family.

"What would you do if I was your wife or mother?" This book discusses the prevention of breast

cancer, survival tactics with breast cancer and how to thrive in life even with the possible diagnosis of breast cancer. I am a Nurse Practitioner and have recommended this book to many of my patients and friends.

Easy to read, and I was grateful for the good information...

This is a fantastic book . Dr. West answers the question on mammograms treatments and reconstruction I think it is a book that all women should have . Since I have read this book I have given it to a lot of my friends it is just fantastic . It will answer all your questions that you may have on Breast Cancer .Ã Â Â Â

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