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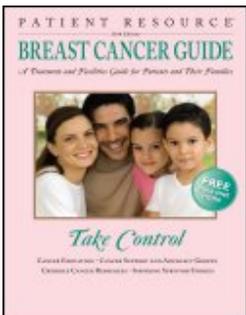
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Tools and Tips from the Trenches

November 28, 2006
by Vicki Tashman

The one thing that everyone agrees on is that the earlier you know you have breast cancer, the better your chances of fighting it. The good news is that although more people are getting breast cancer, the survival ratio is higher than ever. Breast cancer is not a death sentence, but it sure is a wake up call.

Helpful, soothing, personal advice and stories from other breast cancer survivors - that's what I wanted when I was going through my nine months of medical treatments for breast cancer. I bought books, searched the web, read countless articles, but I couldn't find the kind of down-to-earth, woman-to-woman information that I needed, except at my breast cancer support groups.

Wouldn't it be nice...

If, when you are told you have cancer, you are sitting in a lovely comfortable room, beautifully decorated with soft lights. The counselor who delivers the news is trained in dealing with the emotional response of the patient, and she or he is also equipped with a copy of the full pathology report and can answer any and all questions that you have. You are assured that you have a great chance of surviving and thriving.

This is an excerpt from the book, "Tools and Tips from the Trenches Breast Cancer," written by Mary Olsen Kelly and published by Books Beyond Borders LLC.

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