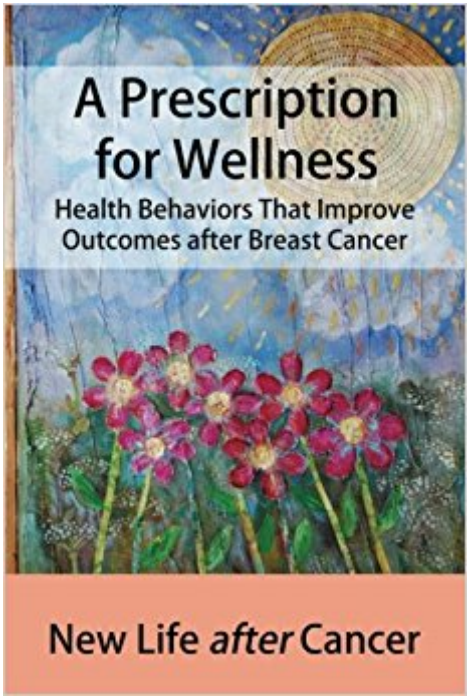
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A Prescription For Wellness: Health Behaviors That Improve Outcomes After Breast Cancer



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Synopsis

After breast cancer treatment, you may ask "now what?" Your health care team might also be asking what they should tell you do to improve your outcomes after treatment is over. Did you know that there are health care behaviors that have been proven to be just as effective in improving breast cancer outcomes as the therapy you just received? Yet less than half of breast cancer survivors follow these powerful lifestyle practices. Are we missing an important opportunity to improve breast cancer outcomes? Information motivates. Recommendations do not. And breast cancer survivors are seeking information. Based on a thorough review of the medical literature, Carolyn I Sartor, M.D., and her team of experts at New Life after Cancer, a breast cancer survivorship group, outline a straightforward path to wellness. "A Prescription for Wellness: Health Behaviors that Improve Outcomes after Breast Cancer" presents the evidenced-based studies of health and wellness interventions after breast cancer so that both health care providers and breast cancer survivors can readily see the impact of these practices on breast cancer outcomes. With this knowledge in hand, healthcare professionals can hand their patients a prescription on the last day of treatment - a prescription for wellness - with a book to back it up. Information motivates and this easy to read but information packed book will motivate you to make astonishing life style changes that could, quite literally, save your life. It will provide you and your healthcare team with a prescription for wellness that you can follow after treatment to lead a life of health and well being after breast cancer.

Book Information

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Customer Reviews

New Life After Cancer is a tax exempt non-profit organization whose mission is to teach and support health and lifestyle practices that have been proven to improve breast cancer outcomes. We are an all-volunteer organization, with more than 95% of our budget expended toward programs and activities. We partner with local organizations to offer a wide range of small-group workshops, lectures, and retreats. The contributing authors are experts in the fields of breast cancer research and treatment, survivorship, and community support. All have volunteered their time and expertise to teach New Life After Cancer workshops and retreats. "A Prescription for Wellness: Health Behaviors that Improve Outcomes After Cancer" is a compilation of the information conveyed through years of New Life After Cancer workshops and retreats.

Haven’t had a chance to really look at this book and bought it used. Excellent shipping and condition when it arrived.

This book is an invaluable resource to breast cancer survivors, and I continue to share it with survivors and supporters alike. The analysis of meta-studies provides a clear-cut plan that is easy to understand and implement in daily life. A Prescription for Wellness is also a tremendous resource for preventative care as breast cancer continues to affect so many women; we can all benefit from the Rx.

Outstanding book. It provides a means fro regaining control of your life after a devastating diagnosis. Science-based information that can change your life.

recommend this book for all those who are or have gone through treatment for breast cancer

If you are reading this book, you have likely been diagnosed with breast cancer, are supporting someone who has, or are providing medical care to breast cancer patients. Post- treatment breast cancer care often revolves around watchful waiting which can be a demoralizing approach. This book helps to put the power back in the hands of the individual. A Prescription for Wellness is a comprehensive review of the robust medical literature that exists to support the positive impact of health behavior choices on breast cancer outcomes. In contrast to many commonly used breast cancer treatments, there is almost no downside to investing in these strategies: healthy eating, regular exercise, yoga, and stress reduction through mindfulness. In each section the data is clearly

articulated in a way that both patients and providers can understand and apply. Each chapter also closes with a data synopsis ÃƒÂ¢Ã â ¬Ã Ëœprescription ÃƒÂ¢Ã â ¬Ã â„¢ that can be used by providers and a call-to-action that helps survivors formulate their plan for change. This book provides the what, how, and why for attainable lifestyle choices that are supported by science and delivered from the wisdom and unique perspective of a gifted teacher.

This approach works!!! I know several people who have followed Dr. Sartor's and New Life After Cancer who now enjoy fulfilling, healthy lives.

A great book to buy for someone who had/has breast cancer. I've bought it for a few people and they've all found it very helpful.

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