



JUST GET ME THROUGH THIS!

A Practical Guide
To Coping With
Breast Cancer

Deborah A. Cohen and
Robert M. Gelfand, M.D.,
with Eugene J. Nowak, M.D.
and Faith A. Menken, M.D.

NEWLY REVISED AND UPDATED

Just Get Me Through This Revised And Updated

Constance Bailey



Just Get Me Through This Revised And Updated:

Just Get Me Through This! - Revised and Updated Cal Orey, 2003 You Can Get Through This Your doctor told you it was breast cancer So now what You ll need plenty of essential advice the kind that only comes from someone who s been there In Just Get Me Through This Deborah A Cohen and Robert M Gelfand M D help you deal with all the ups and downs of the breast cancer experience From the shock of diagnosis to getting through treatment to getting on with your life they pack it with plenty of straight talk and practical tips This newly updated edition also includes advice from two prominent breast cancer surgeons Discover The latest data on hormonal treatments How cornstarch can help you breeze through radiation Why a calendar can help you get through chemotherapy Information on the latest drugs used as part of chemotherapy How to ease back into an intimate relationship Who might be your best ally when you re feeling blue The surefire way to beat insurance and workplace hassles What medical professionals say about everything from surgery to soy Each step of the way this wise and witty companion will be there with unfailing inspiration and heart to heart support It s also simple to use with an accessible format to make even the toughest days a whole lot easier A Harvard Business School and Smith College graduate marketing executive Deborah A Cohen was like so many others going about her life as a young and healthy woman when she was unexpectedly struck with a diagnosis of breast cancer As a result of her illness the Wisconsin native became active in several breast cancer advocacy efforts including Climb Against the Odds a Cancer Coalition s Leadership Education and Advocacy Development Program and Peer Review Committees for the American Cancer Society s research programs The research and writing of Just Get Me Through This was a natural next step for Cohen in her commitment to helping others cope with and battle this disease Robert M Gelfand M D is an oncologist with a private practice in New York City He is a Clinical Assistant Professor of Medicine at the Weill Cornell Medical Center and at New York Presbyterian Hospital where he also teaches He received his undergraduate degree from the University of Pennsylvania and his medical degree from the State University of New York at Brooklyn He completed his residency in internal medicine at Mount Sinai Hospital and a fellowship in hematology and oncology at The New York Hospital Cornell University Medical Center Dr Gelfand is married and has three daughters Faith A Menken M D is a surgeon practicing at New York Presbyterian Weill Cornell Medical Center in New York City She went to medical school at Cornell University Medical College and did her internship at Mount Sinai Hospital and her residency at the New York Weill Cornell Medical Center She lives in New York City Eugene J Nowak M D is a surgeon practicing at New York Presbyterian Weill Cornell Medical Center in New York City He went to medical school UMDNJ New Jersey Medical School and did his internship and residency at the New York Weill Cornell Medical Center He lives in New York City

Just Get Me Through This! - Revised and Updated Deborah A. Cohen, Robert M. Gelfand, M.D., 2012-07-25 You Can Get Through This Your doctor told you it was breast cancer So now what You ll need plenty of essential advice the kind that only comes from someone who s been there In Just Get Me Through This Deborah A Cohen and

Robert M Gelfand M D help you deal with all the ups and downs of the breast cancer experience From the shock of diagnosis to getting through treatment to getting on with your life they pack it with plenty of straight talk and practical tips This newly updated edition also includes advice from two prominent breast cancer surgeons Discover The latest data on hormonal treatments How cornstarch can help you breeze through radiation Why a calendar can help you get through chemotherapy Information on the latest drugs used as part of chemotherapy How to ease back into an intimate relationship Who might be your best ally when you re feeling blue The surefire way to beat insurance and workplace hassles What medical professionals say about everything from surgery to soy Each step of the way this wise and witty companion will be there with unfailing inspiration and heart to heart support It s also simple to use with an accessible format to make even the toughest days a whole lot easier A Harvard Business School and Smith College graduate marketing executive Deborah A Cohen was like so many others going about her life as a young and healthy woman when she was unexpectedly struck with a diagnosis of breast cancer As a result of her illness the Wisconsin native became active in several breast cancer advocacy efforts including Climb Against the Odds a Cancer Coalition s Leadership Education and Advocacy Development Program and Peer Review Committees for the American Cancer Society s research programs The research and writing of *Just Get Me Through* This was a natural next step for Cohen in her commitment to helping others cope with and battle this disease Robert M Gelfand M D is an oncologist with a private practice in New York City He is a Clinical Assistant Professor of Medicine at the Weill Cornell Medical Center and at New York Presbyterian Hospital where he also teaches He received his undergraduate degree from the University of Pennsylvania and his medical degree from the State University of New York at Brooklyn He completed his residency in internal medicine at Mount Sinai Hospital and a fellowship in hematology and oncology at The New York Hospital Cornell University Medical Center Dr Gelfand is married and has three daughters Faith A Menken M D is a surgeon practicing at New York Presbyterian Weill Cornell Medical Center in New York City She went to medical school at Cornell University Medical College and did her internship at Mount Sinai Hospital and her residency at the New York Weill Cornell Medical Center She lives in New York City Eugene J Nowak M D is a surgeon practicing at New York Presbyterian Weill Cornell Medical Center in New York City He went to medical school UMDNJ New Jersey Medical School and did his internship and residency at the New York Weill Cornell Medical Center He lives in New York City

Just Get Me Through This Deborah A. Cohen, Robert M. Gelfand, 2000 A breast cancer survivor presents a practical guide to coping with the physical and emotional aspects of breast cancer and provides information and lists of resources to help women make decisions on surgery and treatment Reissue

Conversations with Kiese Laymon Constance Bailey, 2025-08-21 In over a dozen interviews *Conversations with Kiese Laymon* provides an in depth look at author Kiese Laymon as an educator creative writer activist family member and Mississippian Interviews capture surprising insights into Laymon s life and craft Within these pages Laymon talks about his engagement with other writers including Richard Wright William Faulkner and Eudora

WELTY These revelations situate his memoir *Heavy* among other great Mississippi autobiographies and memoirs such as Anne Moody's *Coming of Age in Mississippi*, Welty's *One Writer's Beginnings*, Jesmyn Ward's *Men We Reaped* and Natasha Trethewey's *Memorial Drive*. In other interviews he discusses his obsession with revision and deftly fields questions about pop culture, politics and Black masculinity along with a host of other pressing contemporary issues. As the first collection of its kind, *Conversations with Kiese Laymon* serves as the perfect introduction to studying Laymon. The cross section of interviews included reflects Laymon's humility while simultaneously celebrating his accomplishments. Most importantly, the interviews reflect his stature as a major American literary figure. With topics ranging from hip hop and family to politics and everything in between, this volume provides an unfiltered look at the prolific Southern writer in his own words. **Letting Go** Nancy A. Kaiser, 2008-06 Kaiser chronicles her experiences with an unexpected divorce and tells how she has rebuilt her life and embraced her destiny. **The Modified Girl** Sue Wyshynski, An unthinkable bloodline A wondrous promise Aeris who's now on the run finds blissful refuge on a vast ship when she becomes trapped by a powerful man with corrupted loyalties. Now Aeris must join forces with her kidnapper's henchwoman to attempt a desperate escape. The journey takes them out across a violent, stormy sea with a child Aeris is sworn to protect even as stark revelations break like tidal waves all around them. Aeris will never give up her quest to bring justice for her mother's killer. But the final journey may prove to irrevocably sever the remaining precious ties between Aeris and the man she so desperately loves. What readers are saying about the *Girl On Fire* series Warning Seriously this book will take over your life once you start reading so plan ahead if possible it is that engrossing Tonyalove Easily one of my favorite reads this year I was completely and utterly consumed Stacy I'll definitely be looking for more books by this author MD Join Aeris in *The Modified Girl* and start finishing the stunning conclusion today Buy now *Radical Candor: Fully Revised & Updated Edition* Kim Scott, 2019-10-01 New York Times and Wall Street Journal bestseller multiple years running Translated into 20 languages with more than half a million copies sold worldwide A Hudson and Indigo Best Book of the Year Recommended by Shona Brown Rachel Hollis Jeff Kinney Daniel Pink Sheryl Sandberg and Gretchen Rubin *Radical Candor* has been embraced around the world by leaders of every stripe at companies of all sizes. Now a cultural touchstone, the concept has come to be applied to a wide range of human relationships. The idea is simple: You don't have to choose between being a pushover and a jerk. Using *Radical Candor* avoiding the perils of Obnoxious Aggression, Manipulative Insincerity and Ruinous Empathy, you can be kind and clear at the same time. Kim Scott was a highly successful leader at Google before decamping to Apple where she developed and taught a management class. Since the original publication of *Radical Candor* in 2017, Scott has earned international fame with her vital approach to effective leadership and co-founded the *Radical Candor* executive education company which helps companies put the book's philosophy into practice. *Radical Candor* is about caring personally and challenging directly about soliciting criticism to improve your leadership and also providing guidance that helps others grow. It focuses on praise but doesn't shy

away from criticism to help you love your work and the people you work with

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Modified Caitlin Shetterly, 2016-09-20 A disquieting and meditative look at the issue that started the biggest food fight of our time

GMOs From a journalist and mother who learned that genetically modified corn was the culprit behind what was making her and her child sick a must read book for anyone trying to parse the incendiary discussion about genetically modified foods

One of Publishers Weekly's Best Books 2016 More so than definitive answers the questions that Shetterly advances are a persuasive reminder of how important the continued fight for true transparency in the food industry is

Goop GMO products are among the most consumed and the least understood substances in the United States today They appear not only in the food we eat but in everything from the interior coating of paper coffee cups and medicines to diapers and toothpaste

We are often completely unaware of their presence

Caitlin Shetterly discovered the importance of GMOs the hard way Shortly after she learned that her son had an alarming sensitivity to GMO corn she was told that she had the same condition and her family's daily existence changed forever

An expansion of Shetterly's viral Elle article **The Bad Seed** Modified delves deep into the heart of the matter from the cornfields of Nebraska to the beekeeping conventions in Brussels to shine a light on the people the science and the corporations behind the food we serve ourselves and our families every day

Deeper than an exposé and written by a mother and journalist whose journey had no agenda other than to understand the nuance and confusion behind GMOs Modified is a rare breed of book that will at once make you weep at the majestic beauty of our Great Plains and force you to harvest deep seeds of doubt about the invisible monsters currently infiltrating our food and our land and threatening our future

Find a Way Diana Nyad, 2015-10-20 NOW THE NETFLIX FILM NYAD STARRING ANNETTE BENING AND JODIE FOSTER Hillary Clinton said that **Find a Way** would stay with her through the general election

When you're facing big challenges in your life you can think about Diana Nyad getting attacked by the lethal sting of box jellyfishes And nearly anything else seems doable in comparison

When Diana Nyad arrived on the shore of Key West after fifty three hours of grueling swimming across an epic ocean she not only set a world record becoming the first person to swim the shark infested waters between Cuba and Florida with no cage for protection she also succeeded in fulfilling a dream she first chased at age twenty eight and at long last achieved when she was sixty four

Now in a riveting memoir Diana shares a spirited account of what it takes to face one's fears engage one's passions and never ever give up

For no matter what life may throw at you or how many times you may have experienced defeat it is always possible as long as you commit to living life to the nth degree no regrets to find a way

Remedies Kate Ledger, 2009-08-20 An immediately gripping expertly woven tale of pain and healing

Ledger is a brilliant writer Elin Hilderbrand Simon and Emily Bear look like a couple who have it all

Simon is a respected doctor Emily shines as a public

relations expert who spins away her corporate clients mistakes Yet as their 13 year old daughter s troubled summer reveals all is not perfect inside this home Simon has stumbled upon an obscure drug that may revolutionize the treatment of pain In his excitement he barely notices that Emily is seeking relief from the family s tragic past And neither fully realizes how much danger their daughter is in Soon everything they have will be on the brink of collapse and there will be no masking the symptoms or hiding the truth any more Watch a Video [Alastair Campbell Diaries: Volume 7](#) Alastair Campbell,2018-09-20 Caught in the no man s land between being a key figure in Downing Street and the relative anonymity of the world outside politics Alastair Campbell finds himself being torn in several directions Having succeeded Tony Blair as Prime Minister Gordon Brown wants Campbell at his side Campbell resists flooding his reservoir of guilt as a general election looms and Brown s indecision and fluctuating moods suggest the Labour administration is seriously threatened by the Tory posh boy David Cameron Soon Campbell is earning not only praise but big money from motivational speaking and writing novels which darkly reflect the personal mood swings that continue to concern to both him and his family Serious journalism across platforms old and new puts him back in the public eye and together with live appearances and a love of sport his enduring love affair with Burnley Football Club still smoulders sees him board a celebrity merry go round that often leaves him far from his comfort zone With politics constantly tugging his sleeve he eventually returns to the front line to marshal a party in disarray The intensity of the months leading up to 6 May 2010 is as dramatic as any screenplay with Campbell chronicling Brown s struggle to win over a disillusioned nation and then his dignified departure from the main stage For Campbell another chapter closes So what next **New York Star** ,1925 **The Just Friends Syndrome** Johnny L. Williams,2005-10 Charts a hapless young man s relationships with nine women eight of whom give him the dreaded just friends speech **A Passion for Living** Alexander Stobbs,2009-09-17 Our lives are precious Never more so than for 19 year old Alexander Stobbs who has been a cystic fibrosis sufferer from birth For him each day could be his last But as he says in the BAFTA nominated documentary A Boy Called Alex you can t do stuff if you re afraid A truly inspiring story of a young musician determined to live his dreams Alex takes us on his journey to survive a daily round of drugs and treatments as he also prepares for his yearning ambition to conduct Bach s three hour long St Matthew Passion Everything we take for granted is a struggle for Alex eating sleeping even breathing His determination to live life to the full constantly striving for perfection in his musical performance is set against the exhausting every day rigours of medication and treatment simply to keep him alive Yet he has already achieved some extraordinary goals An Eton scholar he has now won a further music scholarship to King s College Cambridge Introduced here by his mother Suzanne Alex s account of living with no certainty about his future is a spur to all of us to make every day count [New York Magazine](#) ,1973-04-23 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and

fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *The Collected Letters of Joseph Conrad* Joseph Conrad, 1983 This penultimate volume of Conrad's collected letters ends soon after his 65th birthday Over the previous three years Conrad wrote *The Rover* struggled with *Suspense* translated *The Book of Job* a Polish comedy collaborated with J B Pinker on a cinematic treatment of Gaspar Ruiz and worked by himself on adapting *The Secret Agent* for the London stage He saw the publication of *The Rescue* Notes on Life and Letters and the Doubleday Heinemann collected edition most of whose volumes had new Author's Notes Especially in North America the collected edition strengthened his reputation as the leading English language novelist of his day This recognition could not always console him for his worries about his health his family and the state of post war Europe but he had not lost his sense of irony These letters the majority new to scholarship abound in striking turns of phrase and unexpected insights **The Athenaeum** James Silk Buckingham, John Sterling, Frederick Denison Maurice, Henry Stebbing, Charles Wentworth Dilke, Thomas Kibble Hervey, William Hepworth Dixon, Norman Maccoll, Vernon Horace Rendall, John Middleton Murry, 1896 *Reminiscences of James A. Garfield* Corydon Eustathius Fuller, 1887 *Boys' Life* , 1924-03 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting **Culturally Responsive Self-Care Practices for Early Childhood Educators** Julie Nicholson, Priya Driscoll, Julie Kurtz, Doménica Márquez, LaWanda Wesley, 2019-12-23 The first self care book designed specifically for the early childhood field Culturally Responsive Self Care Practices for Early Childhood Educators is filled with helpful strategies and tools that you can implement immediately Recognizing that self care is not one size fits all the authors present culturally responsive strategies drawn from diverse early childhood staff working in a range of roles across communities and contexts By tying the importance of educator self care to goals of social justice and equity this book advocates for increased awareness of the importance of self care on both an individual and institutional level Through key research findings effective strategies and personal anecdotes this accessible guide helps readers understand and engage with the critical role self care and wellness oriented practices play in creating strong foundations for high quality early learning programs

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