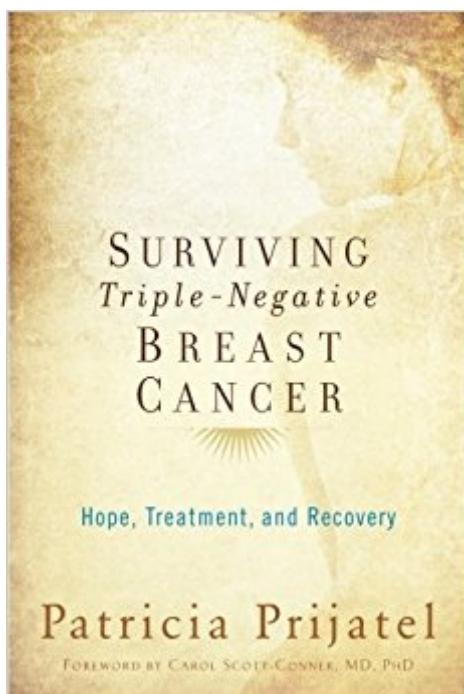


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# Surviving Triple-Negative Breast Cancer: Hope, Treatment, And Recovery



## Synopsis

After her diagnosis of hormone-negative breast cancer, health journalist Patricia Prijatel did what any reporter would do: start investigating the disease, how it occurs, how it's treated, and how to keep it from recurring. While she learned that important research on triple-negative breast cancer (TNBC) was emerging, she found a noticeable lack of resources on the disease, which differs from hormone-positive breast cancer in important ways, including prognosis and treatment options. Triple-negative breast cancer disproportionately affects younger women and African-American women--and some forms of it can be more dangerous than other types of breast cancer. But there are many reasons to be hopeful, as Prijatel shows in this book. *Surviving Triple-Negative Breast Cancer* delivers research-based information on the biology of TNBC; the role of genetics, family history, and race; how to navigate treatment options; understanding a pathology report; and a plethora of strategies to reduce the risk of recurrence, including diet and lifestyle changes. In clear, approachable language, Prijatel provides a fact-filled guide based on a vast array of scientific studies. Woven throughout the book are stories of women who have faced TNBC. These are mothers, wives, daughters, and sisters who went through a variety of medical treatments and then got on with life--one competes in triathlons, two had babies after being treated with chemo, one got remarried in her 50s, and one just celebrated the 30th birthday of the son she was nursing when she was diagnosed. Writing with honesty and humor, Prijatel delivers an inspiring message--that TNBC is a disease to take seriously, with proper and occasionally aggressive treatment, but it is not automatically a killer. Most women diagnosed with the disease survive and go on to live full lives. *Surviving Triple-Negative Breast Cancer* is a roadmap for women who want to be empowered through their treatment and recovery.

## Book Information

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## Customer Reviews

This well-written and informative book would certainly benefit anyone whose life has been touched by triple-negative breast cancer. It is written by a journalist who clearly knows how to research information, and she explains the most important messages in terms that readers of most educational backgrounds can understand without overwhelming them. \* Sandra Joy Peacock, University of New Mexico Cancer Center, Doody's \* Prijatel's journalistic skills are evident in her fluid prose and the detail with which she lays out the specifics of TNBC . . . She states her goal here is to 'inform, educate, calm, and encourage.' She does so in fine form. Highly recommended. \*

Library Journal, starred review \* With its blending of facts, personal information, and gentle humor, this book will be valuable to anyone diagnosed with breast cancer, whether triple-negative or not. \*

Madlyn Ferraro, former network coordinator of cancer clinical trials, Lineberger Comprehensive Cancer Center, University of North Carolina, Chapel Hill \* The voice of a true friend echoes throughout these pages. I congratulate [the author] on a monumental achievement. She has distilled a great deal of information down to a highly readable volume. \*

Carol EH Scott-Conner, Professor of Surgery, University of Iowa Carver College of Medicine \*

A wonderful blend of memoir, health information, and hope. \*

Julie Silver, Assistant Professor, Harvard Medical School, and author of *What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope* (American Cancer Society) \*

*Surviving Triple-Negative Breast Cancer* is a clear and comprehensive guide, a useful companion to anyone traveling the path of a hormone-negative breast cancer diagnosis. Patricia Prijatel's tone is that of a gentle authority, as one who has made the journey and is living disease-free. Her research is thorough; her perspective, genuine. Although today, there are no targeted therapies, she focuses on current promising possibilities within the patient's control, such as diet modification and weight loss. Patricia shares her valuable knowledge generously, relaying a hopeful message. \*

Lori Redmer, Executive Director, Triple Negative Breast Cancer Foundation \*

Patricia Prijatel, E.T. Meredith Distinguished Professor Emerita at Drake University, has helped educate, motivate, support, and challenge people for the better part of three decades. She is a nationally published magazine writer, an award-winning teacher, and a well-respected writing coach. Her "Positives About Negative" blog has reached more than 100,000 readers and is one of the few

sites that deals specifically with triple negative breast cancer.

I had never heard of Triple Negative Breast Cancer, until it became my diagnosis. I never paid attention enough to realize there are different breast cancers, until now. This book not only gave me much needed info. on TNBC, the treatment options, side effects of chemo, necessary diet changes, and real stories of survivors...it gave me hope. I have shared this book with family and friends who are interested in TNBC.

I bought this book after a dear friend of mine was diagnosed with triple negative breast cancer. I had never even heard of this form of breast cancer. I was very discouraged after trying to research this disease on line. This book has given me much more current information on the disease. It is an easy to read book and the information is explained in such a way that individuals who don't have a medical background can understand. It also has interviews with women who have had the disease and their experiences which humanizes triple negative. It provides good questions and navigation for patients, so they can select the best doctor for them. Most importantly the author has taken great efforts to try to look at a bad situation in a more positive light. It has given me hope!

Dr. Prijatel has explained all aspects, not only about triple negative cancer, but also the effects of the BRCA 1 gene mutation. Her explanations are in simple English which made it easy for me to understand. In addition, her discussion of the BRCA 1 gene mutation was also helpful. I recommend this book for those who have triple negative cancer and also for loved ones who want to educate themselves and be a support for those loved ones. Most importantly, she is positive and gives a positive outlook which provides hope to overcome this frightening disease.

Read this book ASAP! It was helpful in explaining what we have just been told. After reading this book, am more comfortable about choice of surgery, and am going back to the Oncologist to revisit chemotherapy recommendations. Thanks!

Very helpful in preparing me for my first meeting with my Medical Oncologist. I was prepared with the right questions and I understood all of his answers. Mackenzie Barrett

Prijatel's narrative is balanced, realistic, and encouraging. Her straight forward writing its easy to understand, even while she refers to research studies and statistics. The inclusion of others' stories

is very helpful, illustrating from real life what she has just discussed from research and theory. All in all a valuable resource for anyone who faces this journey.

The book is packed full of information about TNBC which is presented in a simple and empowering way. I wish the author had written more about her personal experiences e.g with chemotherapy and healing from the operation. The book didn't focus much on this perhaps understandably as its primary mission is to provide information about the disease.

I am a triple negative breast cancer survivor. There is not a lot of information specifically for triple negative, so I read everything I can find. This book not only gives a large amount of information but weaves in stories of people who have battled it. This keeps you from getting bogged down with just facts -- it gives the human picture too. I am very interested in learning all I can. There are links to many web sites that give additional facts, studies, etc. I have found it to be a great resource and encouragement.

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