

You can have new breasts after mastectomy. This book shows you how.

"A guide that acts as a well-informed friend. It answers many of the big (and little) questions women have."

**Claudia Pratt, RN, MA, BSN,
Nurse Coordinator, Seton Breast Health Center**

"At a time when they're most vulnerable, women who lose their breasts to cancer must make decisions that will impact them for the rest of their lives, often without the information they need. Finally, women have a blueprint of the reconstruction process. They have choices. This book explains them all."

**Sue Friedman, Exec. Director
FORCE (Facing Our Risk of Cancer Empowered)**

No woman wants to lose her breasts. But when mastectomy is necessary, you have options to recreate what breast cancer takes away. But how real will your reconstructed breast look? Will it match your opposite breast? What if you don't want implants? Will your insurance company pay? How long will reconstruction take and how painful will recovery be?

The Breast Reconstruction Guidebook answers these questions and many more. It will help you sort through the benefits and limitations of each reconstructive procedure, and decide which, if any, is right for you.

You'll discover how to:

- Choose how your reconstruction will be done
- Decide when your breast will be rebuilt
- Find an experienced plastic surgeon
- Deal with your insurance company
- Prepare for surgery and plan for recovery
- Identify your risk of breast cancer (if you're considering preventative mastectomy)
- Exercise to restore your strength and mobility
- Take action if you're unhappy with your results

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