The Mayo Clinic Breast Cancer Book: A New Resource for Patients Navigating Breast Cancer

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The Mayo Clinic Breast Cancer Book is a trusted resource designed to help patients and their families better understand the disease, make informed decisions regarding their care, and cope with the emotional and physical effects of diagnosis and treatment.

The book is designed to demystify breast cancer and give patients step-by-step guidance and tools for what to do if they are at risk or have a diagnosis of breast cancer. The book's medical co-editors are renowned experts Charles L. Loprinzi, M.D., a breast cancer and oncology specialist and Lynn C. Hartmann, M.D., a breast oncologist and researcher—both from the Mayo Clinic Cancer Center.

Using helpful graphics to convey cutting-edge medical information, *The Mayo Clinic Breast Cancer Book* addresses numerous questions about breast cancer, including:

- Understanding your personal and family risk for breast cancer
- How to interpret your biopsy report
- Understanding treatment options
- Updates on the latest research findings
- Living with breast cancer and long-term survivorship

Weaving in personal stories from breast cancer patients and survivors, *The Mayo Clinic Breast Cancer Book* is organized into three parts:

- Part 1 includes an overview of cancer in general: What it is, how it develops, and how it spreads.
- Part 2 looks specifically at breast cancer and provides a comprehensive discussion of the disease, from risk and

prevention to the latest technologies in diagnosis and treatment. Included in this section are decision guides to help determine the best treatment option based on individual circumstances.

- Part 3 focuses on strategies for dealing with the emotional, social, spiritual, and physical challenges that accompany cancer treatment and survival.

The Mayo Clinic Breast Cancer Book (\$22.95/soft cover, 432 pages) is currently available wherever books are sold, beginning on October 1, 2012. Mayo Clinic's proceeds from the book will support medical education and research at Mayo.

Charles L. Loprinzi, M.D., is a medical oncologist and the Regis Professor in Breast Cancer Research at Mayo Clinic Cancer Center, Rochester, MN, USA. He is a past chair of the Division of Medical Oncology at Mayo Clinic. Dr. Loprinzi has authored more than 350 scientific publications. His primary areas of research involve doctor–patient communication and the control of cancer-related symptoms. Dr. Loprinzi is also a recipient of two Susan G. Komen Foundation awards: the Brinker International Award and Komen Foundation Professor of Survivorship Award.

Lynn C. Hartmann, M.D., is a medical oncologist and the Blanche R. and Richard J. Erlanger Professor of Medical Research at Mayo Clinic Cancer Center, Rochester, MN, USA. Dr. Hartmann led the effort to develop a Women's Cancer Program at Mayo Clinic to advance the scientific understanding of breast and gynecologic cancers and to educate professionals, patients, and the public about these cancers. With funding from the National Cancer Institute, Department of Defense, American Cancer Society, and the Susan G. Komen Foundation, Dr. Hartmann has authored more than 200 research articles. Her focus is on the identification and management of women at high risk of breast cancer.

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