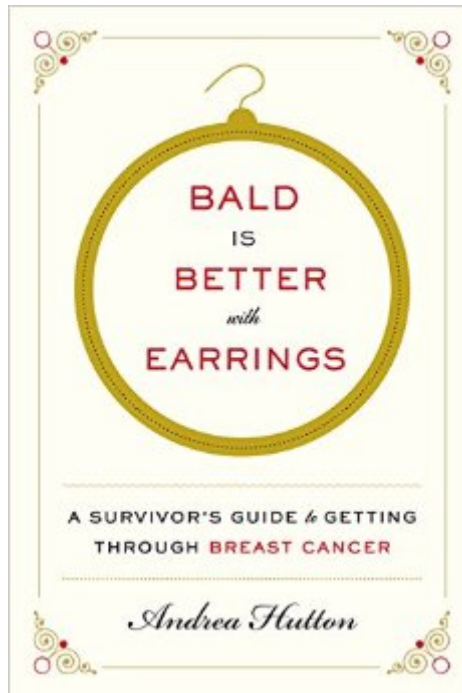


The book was found

# Bald Is Better With Earrings: A Survivor's Guide To Getting Through Breast Cancer



## Synopsis

The breast cancer guide every woman needs for herself, her best friend, and her sister—a warm, practical, relatable handbook, that dispels the terror, taking you step-by-step through the process, from diagnosis to post-treatment. When Andrea Hutton was diagnosed with breast cancer, she wanted to know everything. She voraciously read books, articles, and websites and talked to everyone she knew. But nothing prepared her for what the surgery, chemotherapy, and radiation would feel like. Were there tricks that could ease her pain and discomfort? What was fatigue—and how would it affect her? At what exact moment would her hair fall out and how? Hutton wanted what she could not find: a clear how-to guide for the cancer girl she had become. *Bald Is Better with Earrings* is Hutton's answer for women diagnosed with breast cancer: a straightforward handbook, leavened with humor and inspiration, to shepherd them through the experience. Warm and down-to-earth, Hutton explains what to expect and walks you through this intense and emotional process: tests, surgery, chemo, losing your hair and shaving your head, being bald, radiation treatments. Hutton offers a wealth of invaluable advice—from tricks for surviving chemo, to treating your skin during radiation, to keeping track of meds—and includes a practical list of tips for each stage of the process at the end of every chapter. Compassionate, friendly, and shaped by Hutton's first-hand knowledge, *Bald Is Better with Earrings* is the comprehensive, essential companion for anyone dealing with breast cancer.

## Book Information

Paperback: 224 pages

Publisher: Harper Wave (July 7, 2015)

Language: English

ISBN-10: 0062375652

ISBN-13: 978-0062375650

Product Dimensions: 5.3 x 0.5 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars — See all reviews (26 customer reviews)

Best Sellers Rank: #252,200 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #730 in Books > Health, Fitness & Dieting > Women's Health > General #1663 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

[View larger](#)    How Breast Cancer Changed My Life by Andrea Hutton    I know, I knowÃ¢â¬Âso clicÃ¢â¬ÂfÃ¢â¬Â. The thing is, though, last year I was interviewed by my local paper and at the end of the interview, the interviewer asked, "How has having breast cancer changed your life?" I answered, "In every single way." Having breast cancer changed all of me: body and soul. ItÃ¢â¬Âs not that IÃ¢â¬Âve changed my life. I still eat way too much chocolate, watch TV, read the same. ItÃ¢â¬Âs more that I have been changed. LetÃ¢â¬Âs start with the obviousÃ¢â¬Âmy body. I lost those pesky seven pounds IÃ¢â¬Âd been fighting for years. Nothing like a little chemo diet to get you started. And of course, the more obviousÃ¢â¬ÂIÃ¢â¬Âm not only minus those seven pounds, but a breast as well. No, my breast did not weigh seven poundsÃ¢â¬ÂI wish! My hair might have though. It was pretty darn thick and luscious. Now it&#039;s thick and kind of like a poodle&#039;s. In addition, one of my toenails has never quite recovered from its bout with chemo and at any given moment, I&#039;m likely to burst into flames from the early medically induced menopausal hot flashes. That&#039;s just the outside. The less obviousÃ¢â¬ÂI slowed down. Almost every breast cancer survivor whom I&#039;ve met has said the same thing. ItÃ¢â¬Âs not that I changed my religion, or found yoga (in fact, I hate yoga). I didnÃ¢â¬Ât give up coffee or anything else, for that matter (except Diet CokeÃ¢â¬Âmy son made me do that). I just found that I can enjoy a different pace now. It&#039;s not exactly "take time to smell the roses" slower, but it&#039;s different. Life is short and that stupid, pink, ribbon-wearing elephant takes up a lot of room in my house and mind so there&#039;s less room for clutter. When you undergo treatment for cancer, people always say, "YouÃ¢â¬Âre so strong." Or, "YouÃ¢â¬Âre so brave." The truth is, most of us are strong and weak, brave and terrified. And thatÃ¢â¬Âs okay. We learn the truth about ourselves in those dark momentsÃ¢â¬Âand sometimes the truth about those around us. I dealt with some of it well, and some of it horriblyÃ¢â¬Âjust like everyone else. I definitely learned how to say, "IÃ¢â¬Âm sorry." That and "I have to lie down." Not entirely sure which one I said more. So, when we moved to Santa BarbaraÃ¢â¬Âlucky meÃ¢â¬ÂI could walk on the beach, collect sea glass, and be happy with that. For the first time, I didn&#039;t feel like I had to be outwardly productive all the time. It turns out quiet time is productive too, but it was during my year of nothing-but-cancer that I was able to learn that. When your life is filled with doctorÃ¢â¬Âs appointments, blood tests, infusions, and side effects, you simply don&#039;t have the time to do everything you used to do. So you learn to do less, and that seems to stick. Then there&#039;s the not-so-obvious. I became a writer. I realized that all the information I had gathered along my breast cancer road needed to get out there. I wanted to share all the tips and hints that the amazing doctors, nurses, survivors and my own research had taught me. Never in a million years did I think I

could write a whole book. YetÃ¢ÂÂI did. Cancer changed my family as well. I wonÃ¢ÂÂt speak for them (because they hate it when I do that), but without a doubt, we are all changed.

[Download to continue reading...](#)

Bald Is Better with Earrings: A Survivor's Guide to Getting Through Breast Cancer DIY Jewelry making Tutorial Wedding Earrings, Practical Step by step Guide on How to make Handmade Beaded Earrings with Swarovski crystals and Beads Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor Leader of the Band: The Story of a Four-time Cancer Survivor The New Generation Breast Cancer Book: How to Navigate Your Diagnosis and Treatment Options-and Remain Optimistic-in an Age of Information Overload Turning Off Breast Cancer: A Personalized Approach to Nutrition and Detoxification in Prevention and Healing Anatomy of Drumming: Move Better, Feel Better, Play Better Learning to Improve: How America's Schools Can Get Better at Getting Better The Survivor Dr. Susan Love's Breast Book (A Merloyd Lawrence Book) The Bottle, The Breast, and the State: The Politics of Infant Feeding in the United States Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy Advances in Cancer Survivorship Management (MD Anderson Cancer Care Series) Period Repair Manual: Natural Treatment for Better Hormones and Better Periods Ace Your C-Suite Interview: International Headhunter Reveals Insider Strategies for Executive Job Search, Tips to Master Interviewing, Negotiating Better Salaries and Getting Hired Fast! Beyond Codependency: And Getting Better All the Time Getting Financial Aid 2016 (College Board Guide to Getting Financial Aid) Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us. Under Our Skin: Getting Real about Race--and Getting Free from the Fears and Frustrations that Divide Us The Anticancer Diet: Reduce Cancer Risk Through the Foods You Eat

[Dmca](#)