

The First Year

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A Patient-Expert  
Walks You Through  
Everything You Need  
to Learn and Do®

THE FIRST YEAR®

# Prostate Cancer

*An Essential Guide for the Newly Diagnosed*

Christopher Lukas

Foreword by Herbert Lepor, MD

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A patient-expert walks those newly diagnosed with lupus through everything they need to learn and do during their first year with the condition. Lupus, a serious rheumatological, autoimmune disease found predominantly in women, affects the connective tissues and linings throughout the body. Because of the diversity of its symptoms and severity with which it can manifest, it remains one of the most difficult conditions to identify and diagnose. Since her diagnosis with the disease, author Nancy C. Hanger educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step-by-step through their first year with lupus. Starting with the day of diagnosis, Hanger provides vital information on a variety of subjects including:

- Strategies for accomplishing necessary lifestyle changes
- Guidelines and tips for modifying your diet
- Choosing the right medical team
- Coping with overlapping syndromes
- Discussing your condition with family, friends, and co-workers
- Current medical research and medications
- Effective alternative therapies
- Support group resources

By providing reliable, useful, empathetic, and up-to-date information you need to know when you most need to know it, *The First Year™—Lupus* is an invaluable guide for everyone learning to live with their lupus diagnosis.

作者介绍:

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