

After Cancer Treatment

AFTER CANCER TREATMENT

HEAL FASTER, BETTER, STRONGER



Julie K. Silver, M.D.

*Recipient of the 2006 American Cancer Society
Lane Adams Quality of Life Award*

A JOHNS HOPKINS PRESS HEALTH BOOK

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At age 36, Julie Silver was enjoying an exciting career as a physician at the Harvard Medical School and a rewarding personal life as a mother, wife, and award-winning writer. But she had the sense that something was wrong. Two years and multiple doctors later, she was diagnosed with the breast cancer she had suspected all along and was catapulted into the role of cancer patient. Like many cancer patients who experience serious side effects from treatment, Dr. Silver emerged from therapy feeling not better, but exhausted and physically devastated. As she worked to heal herself, she became determined to write a book to help others recover after cancer treatment. Here Dr. Silver shares her own cancer journey and offers a step-by-step plan for physical healing, including exercise and diet recommendations and instructions for fighting fatigue, monitoring mood, and overcoming setbacks. Dr. Silver's advice comes from the heart—and from her experience as both a cancer survivor and a doctor who has spent her career helping people heal from serious illnesses and injuries. No matter where they are in their own journey with cancer, readers will find *After Cancer Treatment* a personal, practical, and powerful guide to recovery.

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