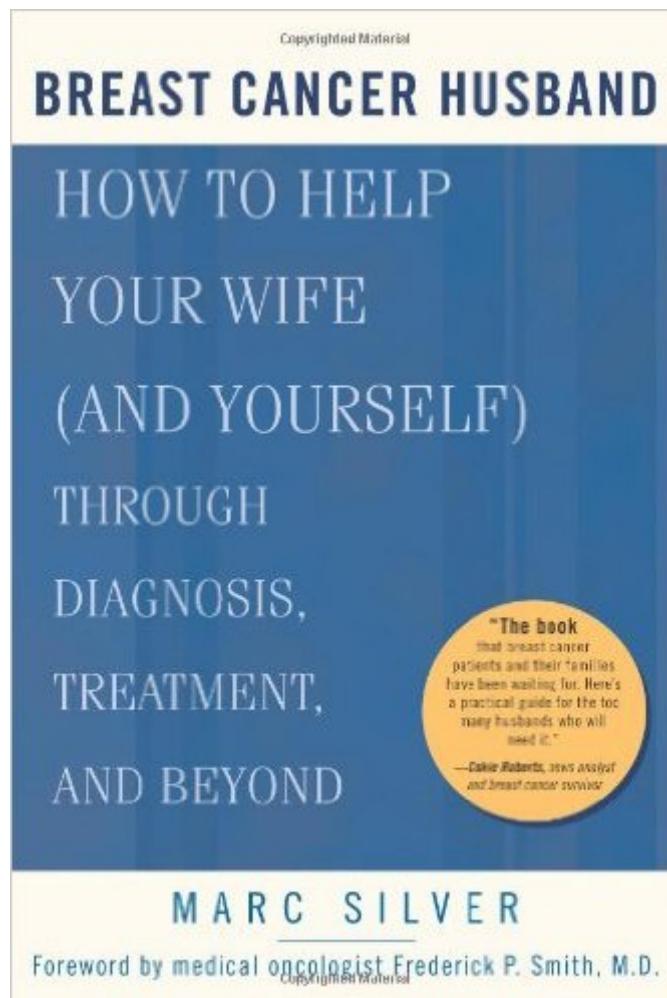


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# Breast Cancer Husband: How To Help Your Wife (and Yourself) During Diagnosis, Treatment And Beyond



## Synopsis

A unique guide, like none other on the market-packed with medical information, practical tips, psychological insight, and coping strategies-to help men help the women they love through this trying time. When Marc Silver became a breast cancer husband three years ago, he learned firsthand how frightened and helpless the breast cancer husband feels. He searched in vain for a book that would give him the information and advice he so desperately sought. Now this award-winning journalist has compiled just the kind of emotionally supportive and useful resource that he wished he had been able to consult-to give men the tools they need to help their wives, their families, and themselves through this scary, uncertain time. In his years as a consumer journalist and veteran of the News You Can Use staff at U.S. News & World Report, Marc Silver learned what kind of information and advice on medical crises readers found most valuable. He draws on that experience as he covers in depth all the issues couples coping with breast cancer will have to face during diagnosis, treatment, and beyond. Highlights include: - The shared experiences of other breast cancer husbands- Guidance from top cancer doctors in the country- Advice on when, how, and what to tell your young children- Tips on coping with radiation and chemotherapy - A candid discussion of sex and intimacy following breast cancer surgeryMore than 200,000 women are diagnosed with cancer each year in the United States. At last, with this book, the men who love them have a road map to help them through a difficult and unprecedented journey.

## Book Information

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## Customer Reviews

If you are reading this, there is a good chance that you are a new (and doubtless unwilling) member of the not-so-elite group of men who have become Breast Cancer Husbands. If so, stop reading this and buy this book. (Full disclosure: I was contacted by Marc Silver, the author, last year and interviewed extensively about my own experiences; I am quoted several times in the book.) I only wish that this book existed two years ago when my wife of 23 years was diagnosed with breast cancer; it is an invaluable resource that informs men in an accurate, succinct fashion exactly what is likely to happen at each stage of the diagnosis and treatment process. But Mr. Silver's approach to the topic is hardly clinical. He deals with some of the most heart-wrenching topics any man will ever have to face with an eye on reality and a deft touch of humor. Breast cancer and humor in the same sentence? You've got to be kidding, right? Well, he pulls it off, managing to inject a lighter touch without ever minimizing the seriousness of his topic. Personally, I think most people use humor anyway to deal with the toughest situations, and the big "C" was no exception for my wife and I. Whether you are starting this journey, or if you've been through it like Marc and I have, this book is bound to become your most valuable resource, because it is told from the mouths of real Breast Cancer Husbands with real, true-life stories. With literally hundreds of books available for women who are dealing with this horrible disease, a book like this directed at the men simply did not exist. It was long overdue.

I'll chime in from the daughter's point of view: I got this book for my stepfather after reading the reviews, and it did not disappoint. It speaks directly to men and concerns they might not want to talk about (no beating around the bush) but the tone isn't annoying or Neanderthal. After reading it one thinks much of it is common sense-- but sometimes one needs to be reminded of what's common sense! (And maybe what seems like common sense to a 30-something woman may not be the first thing that comes to mind for the average 50 to 80-year-old guy under stress.) Anyway, my stepfather finished it in three days, so that's a good sign. It opened my eyes to some things too. One tip: Cure rates are very high for early-stage breast cancer these days. Guys, skip the later chapters about "dealing with loss" unless you get to that point. Most women will recover, so no need to freak oneself out at the beginning. As we say in my family, "We'll fall off that bridge when we come to it." Also recommended for women or for very involved family members: "Just Get Me Through This" (lots of helpful tips) and the two books by John Link (lots of technical info).

My only regret about this book is that I didn't get it sooner. I found this book while my wife was already half-way through treatment, at a breast cancer symposium. (As an aside, very few

husbands attended the symposium other than me, a real shame; I felt deep anguish for the many women clearly going through treatment who were there alone and unsupported.) My wife is young, and her diagnosis really hit us from nowhere. I'm someone who is an eternal optimist, and the succession of worsening news about her condition nearly brought me to my knees. When I found this book I believe I was quietly depressed. It was so important to me not to "steal the spotlight" of attention from my wife that I intentionally avoided dealing with my own fears, trauma, and anger. I started reading the book on a long plane ride back home from a business trip, and as I read it I literally felt weight lifted off my shoulders. I cried, and I laughed, and mostly I felt tremendous relief. I have had the opportunity to meet the author at a speaking engagement, and I spoke up and told him that at a moment in my life where I felt all alone and very scared, he was my best friend. If you are a breast cancer husband, you simply must read this book.

This book is wonderful! I bought it for my husband after we recently learned that I have breast cancer for a second time and we are both reading it. It is packed with information but somehow reads like a good novel. I already can tell my husband is being more sensitive to my needs because of Marc's advice. So many things Marc Silver has written that I am so glad my husband will be reading. They are things I want him to know!

First, a disclaimer. The author and I know each other. Both of our wives were diagnosed with breast cancer in about the same time frame. We were interviewed for the book. By the time the book came out, my wife had "finished" her course of treatment so much of what is in the book I had to learn on my own. The day after we got the diagnosis, I found myself standing in front of the "disease" section at one of the local book store chains. I didn't know exactly what I was looking for at first. My original purchase of about a half dozen books were either very focused on the medical aspects of the disease or on women's experiences as survivors. While one or two of these books had parts of chapters for husbands, partners or significant others, none gave much information on what to expect and how to help. Ultimately, I sought out a therapist who specialized in helping those who deal with medical crises. That helped a great deal, but Marc's book offers so much more. He is recounts the experiences of couples from almost every part of society, shares insights from medical experts and relates his own personal experiences. While no substitute for working with a qualified and caring therapist, his book is one of the only resources out there for husbands. Had it been available three years ago, I suspect I could have avoided some of the mistakes I made along the way. While it is true that the learning curve is pretty steep, the first few weeks are crucial. No

husband should leave the first appointment with the surgeon or oncologist without a copy of this book.

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