



# Surviving Triple-Negative Breast Cancer: Hope, Treatment, and Recovery

*Patricia Prijatel*

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After her diagnosis of hormone-negative breast cancer, health journalist Patricia Prijatel did what any reporter would do: start investigating the disease, how it occurs, how it's treated, and how to keep it from recurring. While she learned that important research on triple-negative breast cancer (TNBC) was emerging, she found a noticeable lack of resources on the disease, which differs from hormone-positive breast cancer in important ways, including prognosis and treatment options. Triple-negative breast cancer disproportionately affects younger women and African-American women--and some forms of it can be more dangerous than other types of breast cancer. But there are many reasons to be hopeful, as Prijatel shows in this book.

*Surviving Triple-Negative Breast Cancer* delivers research-based information on the biology of TNBC; the role of genetics, family history, and race; how to navigate treatment options; understanding a pathology report; and a plethora of strategies to reduce the risk of recurrence, including diet and lifestyle changes. In clear, approachable language, Prijatel provides a fact-filled guide based on a vast array of scientific studies. Woven throughout the book are stories of women who have faced TNBC. These are mothers, wives, daughters, and sisters who went through a variety of medical treatments and then got on with life--one competes in triathlons, two had babies after being treated with chemo, one got remarried in her 50s, and one just celebrated the 30th birthday of the son she was nursing when she was diagnosed.

Writing with honesty and humor, Prijatel delivers an inspiring message--that TNBC is a disease to take seriously, with proper and occasionally aggressive treatment, but it is not automatically a killer. Most women diagnosed with the disease survive and go on to live full lives. *Surviving Triple-Negative Breast Cancer* is a roadmap for women who want to be empowered through their treatment and recovery.



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