



A Breast Cancer Alphabet

Madhulika Sikka

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A definitive and approachable guide to life during, and after, breast cancer

The biggest risk factor for breast cancer is simply being a woman. Madhulika Sikka's *A Breast Cancer Alphabet* offers a new way to live with and plan past the hardest diagnosis that most women will ever receive: a personal, practical, and deeply informative look at the road from diagnosis to treatment and beyond.

What Madhulika Sikka didn't foresee when initially diagnosed, and what this book brings to life so vividly, are the unexpected and minute challenges that make navigating the world of breast cancer all the trickier. *A Breast Cancer Alphabet* is an inspired reaction to what started as a personal predicament.

This A-Z guide to living with breast cancer goes where so many fear to tread: sex (S is for Sex - really?), sentimentality (J is for Journey - it's a cliché we need to dispense with), hair (H is for Hair - yes, you can make a federal case of it) and work (Q is for Quitting - there'll be days when you feel like it). She draws an easy-to-follow, and quite memorable, map of her travels from breast cancer neophyte to seasoned veteran.

As a prominent news executive, Madhulika had access to the most cutting edge data on the disease's reach and impact. At the same time, she craved the community of frank talk and personal insight that we rely on in life's toughest moments. This wonderfully inventive book navigates the world of science and story, bringing readers into Madhulika's mind and experience in a way that demystifies breast cancer and offers new hope for those living with it.

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