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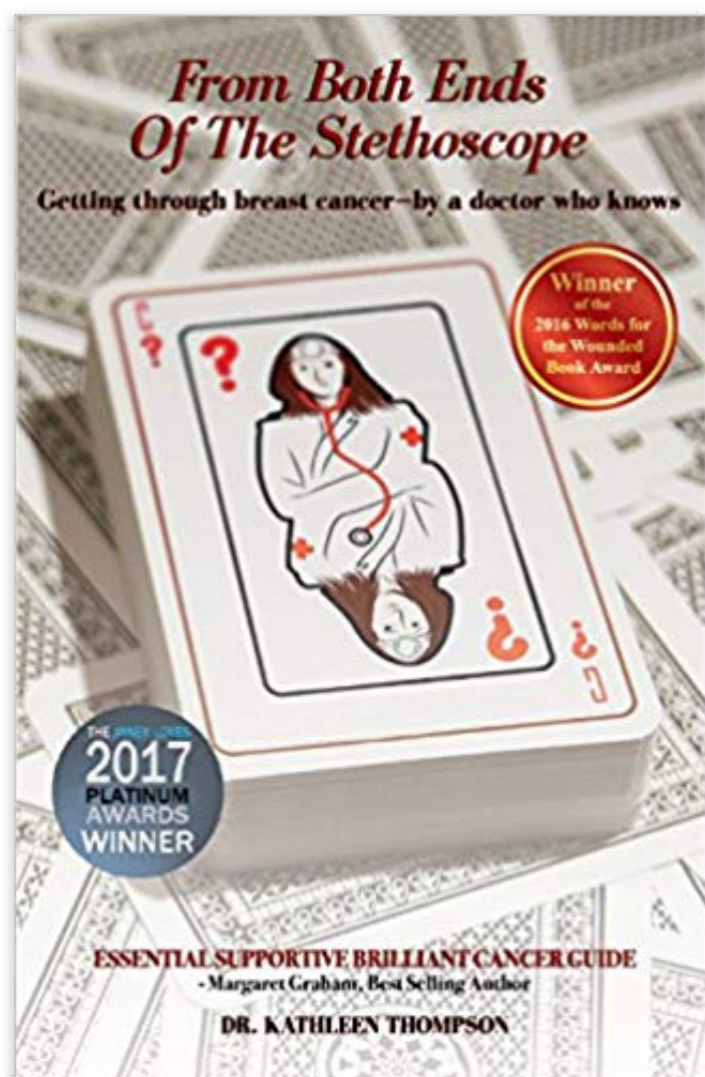
# From Both Ends of the Stethoscope: Getting through breast cancer—by a doctor who knows

1st Edition, Kindle Edition

by Dr Kathleen Thompson (Author)

★★★★★ 4 customer reviews

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WINNER OF WORDS FOR THE WOUNDED BOOK AWARD 2016 and WINNER OF JANEY LOVES 2017 PLATINUM AWARDS (RADIO 2'S JANEY LEE GRACE) Kathleen Thompson—Medical Doctor, Drug Researcher and Breast Cancer Patient— uses her own cancer experience to guide the reader through diagnosis and treatment, both when things go smoothly, and when they don't. Recognising that anyone diagnosed with cancer is in a state of shock, she delivers factual information intermingled with

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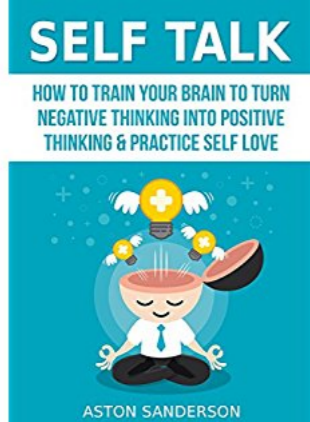
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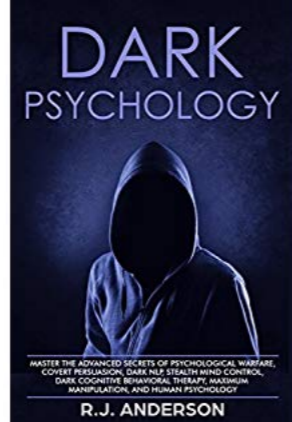
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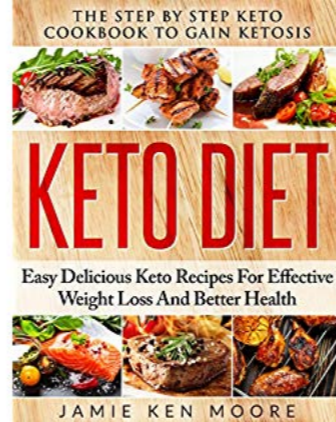
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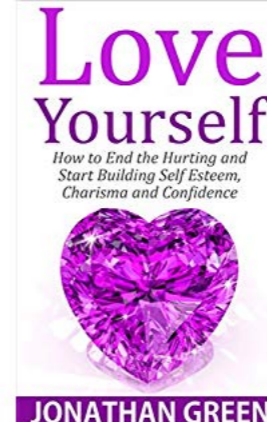
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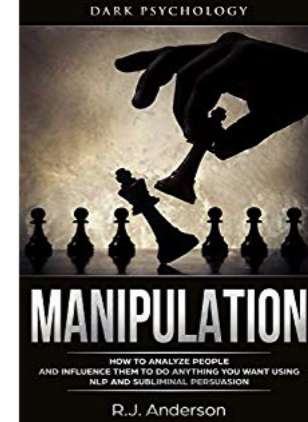
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### Review

'This is an essential, supportive, brilliant guide and should be read by anyone with cancer, or given to anyone we know with cancer. And we all know someone ...' Margaret Graham, Bestselling Author 'This book is a nice balance between the personal story of the author and useful facts and references. The advice is both practical and sympathetic and would also help friends and relatives trying to support someone, providing insight into how it feels to be the patient. Although the author is specifically writing about her experiences with breast cancer, many of the issues and emotions will be relevant to other cancer diagnosis. It is also well written and I found it a real 'page turner'. I would recommend this book to anyone who has received a cancer diagnosis.' Reader 'I consider this book is vital reading for any person who is suffering the trauma of breast cancer. It is technically informative and offers advice on how to approach the medical profession for advice, the questions to ask and how to understand the answers. It will be a great aid for lessening the anxiety that cancer sufferers experience by giving them the necessary knowledge that will reduce the fear of the unknown.' Reader 'If you or a family member has had a diagnosis of breast cancer, then this book will be essential reading. As someone who has been through the process herself, and has experienced both the caring professionalism and the shortcomings of breast cancer treatment today, Dr Thompson speaks frankly and with great wisdom, wearing, as she says, both her 'doctor head' and her 'woman head'. She takes a very balanced and practical view of current breast cancer treatment and lets sufferers and their families know what to expect.' Reader 'This book approaches what could be a dismal and frightening prospect with honesty and indeed good humour. We meet the people she met along her path to recovery and we feel what she felt. It is surprising that even a well-qualified and fully experienced health professional can find herself going through the maze feeling vulnerable and bewildered, but one can only admire the way in which she gradually asserts herself tactfully but respectfully where necessary. This book will answer so many questions: How am I meant to feel? What should I ask? What should I do if I think my treatment is inappropriate? To what am I entitled? Where can I go for help if I feel I am being ill-served by the system? What can I expect will happen? There is so much sound advice here for both the sufferer and her (or indeed his) family. Dr Thompson includes guidance on improvements we should all make to our diet and lifestyle to best avoid the incidence and recurrence of cancer. Some myths are exploded and new theories and therapies explored. This has to be the best all-round, self-help book on this subject. As someone who has been part of the way through this minefield myself, I would not hesitate to recommend this book to any breast cancer sufferer and to their nearest and dearest.' Reader 'I consider this book is vital reading for any person who is suffering the trauma of breast cancer. It is technically informative and offers advice on how to approach the medical profession for advice, the questions to ask and how to understand the answers. It will be a great aid for lessening the anxiety that cancer sufferers experience by giving them the necessary knowledge that will reduce the fear of the unknown.' Reader 'Dr Kathleen Thompson's foray into combining medical and patient "expertise" results in a tight but still emotionally evocative journey through her experience of breast cancer diagnosis and treatment. The book - deliberately - exposes a key issue facing patients going through any such experience (which could apply to all illness), namely, how

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**File Size:** 471 KB

**Print Length:** 257 pages

**Publisher:** Faito Books; 1 edition (January 4, 2016)

**Publication Date:** January 4, 2016

**Sold by:** Amazon Digital Services LLC

**Language:** English

**ASIN:** B01A7DM42Q

**Text-to-Speech:** Enabled

**X-Ray:** Not Enabled

**Word Wise:** Enabled

**Lending:** Enabled

**Enhanced Typesetting:** Not Enabled


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### Biography

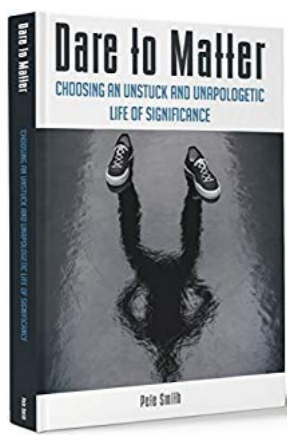
Kathleen is a medical doctor, specialising in pharmaceutical drug research.

A few years ago her life changed completely, when she was diagnosed with breast cancer. She realised there was a huge need for an easily-digestible guide for getting through this illness, and, as a doctor and patient, she felt eminently qualified to write this. She writes medical contributions for Frost e-Magazine and has written guest articles for Fabafterfifty e-Magazine. She has authored various scientific research publications through her career.

She has two long-suffering children, who patiently tolerate their mother's crazy projects, and rescue her from frequent IT catastrophes.

She has a passion for ballroom dancing and enjoys adventures. She has climbed Mount Kilimanjaro, walked the Camino de Santiago (500 miles) and cycled the mountains of Kerala, and also through Rajasthan. During two of these activities she raised funds for Women v Cancer –which provides funding for three cancer charities, including Breast Cancer Care.

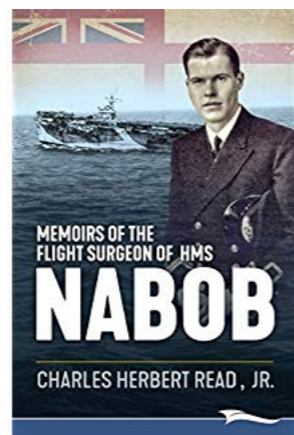
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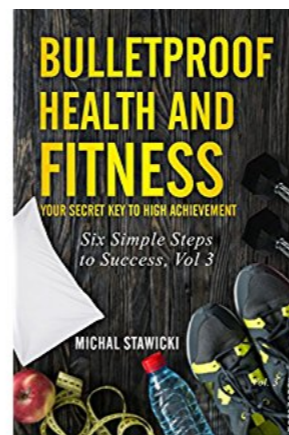
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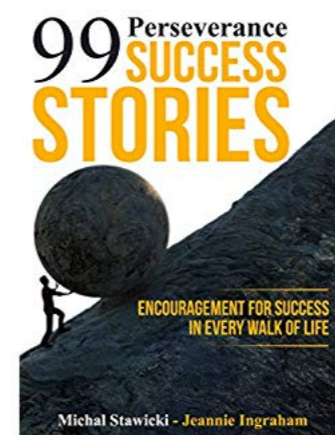
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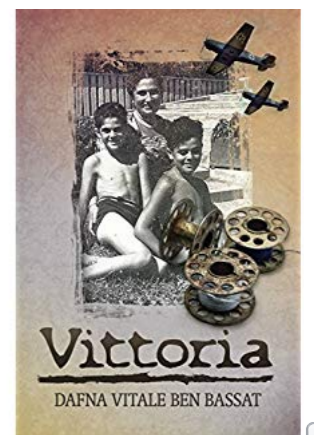
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★★★★★ **A must read for all women...and men too.**

October 21, 2017

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Dr. Kathleen Thompson's perfectly organized life as a physician and a mother was turned upside down by the devastating diagnosis of breast cancer. Suddenly, she found herself "on the other side of the stethoscope" going through all the frightening experiences and the emotional roller coaster ride that all cancer patients endure. She describes her arduous journey in vivid and honest details sprinkled with a bit of humor here & there. All this makes for a very interesting and engrossing story which Dr Thompson narrates in an easy, fluid, conversational and enjoyable style of writing.

Perhaps more importantly, this is a guidebook for anyone who has been diagnosed with cancer, especially a cancer of the breast. The writer describes in details every test & procedure the breast cancer patient may undergo, the different types of health professionals they might see and the role each one plays. She provides a most valuable advice about what to do and what not to do at every step of the cancer journey. As a physician myself as well as a cancer survivor, I highly recommend this book for everyone, especially women who may have just received a cancer diagnosis.



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robin mcgee

★★★★★ **The true friend of the patient**

March 6, 2016

I read this book avidly as a cancer survivor and as a healthcare provider. The book is organized with chapters describing in easy layman's language the basics of breast cancer investigation and treatment - very valuable. However, the true power of the book lies in the passages in which she describes her own personal experiences with breast cancer. Those parts are harrowing and vivid, with dashes of surprising humour. I read about her experiences with the medical bungling with a racing heart. If care that bad can happen to a doctor, what hope is there for the rest of us? Her story is a painful reminder that we must be constantly vigilant when dealing with "the system." Throughout, I was charmed by her open and confidential writing style, and I look forward to more work from this true friend of the patient.



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Margaret Graham

★★★★★ **Essential reading: well written, clear, amusing, helpful.**

June 4, 2016

Many of you will be familiar with Frost Magazine's Dr Kathleen Thompson's regular health features, which are topical, succinct accessible and helpful.

It is no surprise, therefore, that Dr Kathleen Thompson brings just the same skills to From Both Ends Of The Stethoscope – Getting through breast cancer – by a doctor who knows.

This guide should be read by anyone with cancer, or given to anyone we know with the disease. Not only that, it should be read by relatives who are suddenly thrust into a unexpected supportive role, which leaves them as confused and upset as the patient.

In the guide, Dr Kathleen Thompson has the courage to use her personal experiences of breast cancer to explore the situation. She acknowledges not only her reluctance to face up to the symptoms, but her initial fear and confusion as she adjusted to this change in her fortunes.

As a medical insider, she reflects and applies her understanding of the medical procedures brought to bear to counteract the progress of the disease. She suggests the questions patients could, or perhaps should ask. She explains the possible treatments, (remember, that knowledge is power).

This is the key to the guide, it seemed to me: it is important for the patient to take control of the situation, and for the relatives to support this stance. To control a situation you need education because education leads to knowledge, which leads to power. Here I must acknowledge the fantastic Andy McNabb, who made



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Penny Deacon

★★★★★ **This is a brilliant book. It doesn't patronise or indulge the cancer ...**

June 18, 2016

This is a brilliant book. It doesn't patronise or indulge the cancer sufferer. With wit and experience as both doctor and patient, Dr Thompson lets you know what to expect, what to ask for and what to do for yourself if you find yourself faced with a breast cancer diagnosis. This books let you take charge of looking after your own body as far as you can and acknowledges your right to clear answers and appropriate treatment. She doesn't dismiss the help of diet and faith and the support of friends, but she also asserts the essential role of medical treatment. Other books may have similar content - this one presents it in a way that can be accessed in small doses for those lacking the energy to want more than the answer to an immediate

question (chapter summaries, key points, a good index) whilst also providing a readable, often humorous, account of her own direct experience. I'm not surprised to see that it's won the Words for the Wounded Independent Author Book Award.

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