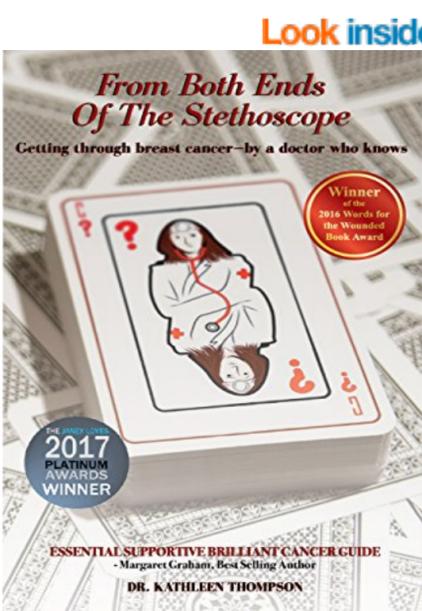




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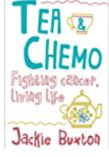
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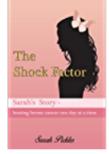
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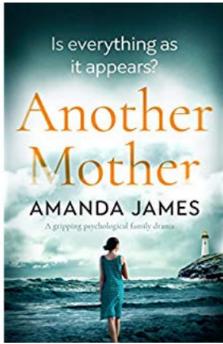
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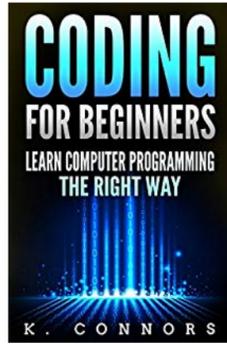
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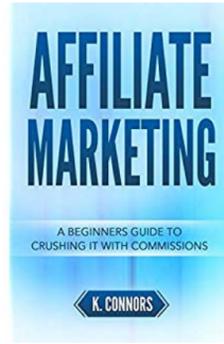
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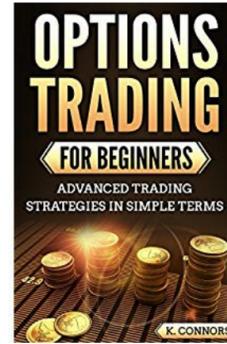


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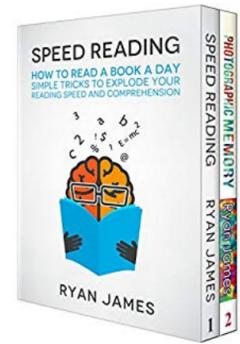


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Review

'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 do you take control of your patient experience to ensure you get the best treatment?' Gerard Dugdill Pink Ribbon

About the Author

Kathleen Thompson is a doctor. Originally a paediatrician, she now specialises in pharmaceutical medicines and research. She has two long-

Product details

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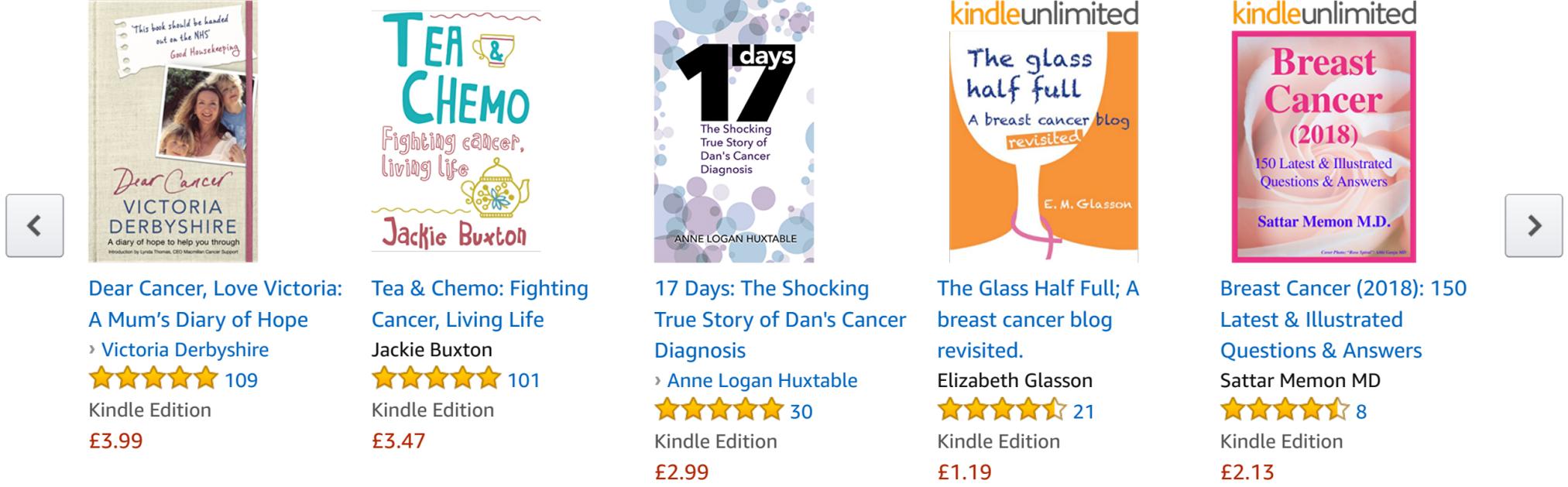
Biography

Kathleen is a physician, specialising in pharmaceutical drug research.

A few years ago her life changed completely, when she was diagnosed with breast cancer. This became the inspiration for her book, 'From Both Ends of the Stethoscope'.

She has a passion for sharing her medical expertise and writes regular medical features for Frost e-Magazine. She has also written guest features for Fabafterfifty and has been interviewed for BellaboutTown by literary blogger Georgina Lane, and by Tracy Baines

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PT
 ★★★★★ **making it a good and easy read**
 15 January 2016
 Format: Paperback | **Verified Purchase**

Having had two close family members diagnosed with breast cancer, I was looking for a book which would explain more and answer the myriad of questions I had. This book seemed to fit the bill, a book about breast cancer, written by a doctor who had experienced it. Having read it, I find this book offers so much more. It certainly gives me the hard facts of the diagnosis; the disease and the treatments, which I needed to know, but it is also a personal story of a woman's journey through the stages of her treatment. Kathleen talks of her emotions during that journey from diagnosis; through her battle to get the right treatment and her personal experience of the operations and radiotherapy. She leaves the reader with no doubt that this is a serious condition with necessary yet unpleasant treatments, but that there is hope and you must take control; ask the right questions and challenge to get the most positive outcome. Whilst serious in the information this book delivers, it does also include some amusing observations about her experiences and those she met along the way, making it a good and easy read. This book has helped me so much to make some sense of what a diagnosis of breast cancer really means. Highly recommended.

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Fireandfire.
 ★★★★★ **A truly outstanding book. Loved it.**
 I have to admit that I thought From Both Ends of

Format: Paperback | [Verified Purchase](#)

I would recommend this book without reservation to anyone diagnosed with breast cancer or who has relatives going through the cancer journey, regardless of the type of cancer. It is a very human account of the processes involved in the diagnosis and treatment of this illness. The medical information is clearly stated in bite sized pieces and I particularly liked the fact that these sections are interspersed with autobiographical accounts of Dr Thompson's own experiences as a patient. The subject matter is serious but Dr Thompson has managed to keep an underlying sense of hope throughout. I was surprised to find that the book was so very readable, in fact I did not want to put it down once I has started to read. It is humorous in places and the characters we meet throughout the book are very real. It also quite moving and very different from any other medical book which you are likely to come across. This is a useful book for everyone to read. Don't wait until you need to - read it now!

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 Steve R

★★★★★ Read this book if you have Cancer, don't have cancer, know someone or don't know anyone who has it!!

19 July 2017

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Initially I thought this book would only be for those unfortunate to have cancer which thankfully I don't, or it would be hard to follow because of medical terminology but it was recommended to me so I downloaded it onto my Kindle as a somewhat odd holiday read. I'm so glad I did!

The book is informative and hugely entertaining in spite of its sad subject matter and I couldn't wait to pick it up each time to see how the author, herself a doctor, was getting on in the stages of her treatment. It is a timeline from first discovery to the end of treatment and each chapter is divided between factual information (you will learn loads even if you think you're well informed) and the authors own experiences good and staggeringly bad. The book is an eye opener to the (sadly) inadequacies of the NHS but it is also a triumph for many of the dedicated staff who work in it. The book names many great employees of the NHS and also highlights some of the arrogance at consultant level and the unbelievable episodes experienced by the author in her treatment schedule will make you cheer and cringe in so many pages. It was far better and more entertaining than most of the fiction novels I read on holiday!!

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 Susie

★★★★★ This is a brilliant book. It's honest and brave of the author ...

2 March 2016

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This is a brilliant book. It's honest and brave of the author to share her experience. It's enlightening and provides so much information. Not an easy subject for anyone to deal with but this book is full of advice, explanation and positive energy. A must to read for anyone experiencing cancer or close to someone who is going through this.

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 Frufrub

★★★★☆ If you know someone going through it, recommend it to them. It is mostly uplifting.

12 June 2016

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I was not looking forward to reading this and skipped bits here and there at first. The style is easy and honest and each chapter is divide into fact and experience (written in italic). At times I wanted to read her experience only and other times the facts only. In either case it is a good book to learn about breast cancer because knowledge is power. If you know someone going through it, recommend it to them. It is mostly uplifting.

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★★★★★ If you are wondering whether this book is for you, just buy it. Life's too short to procrastinate!

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ITo probably best to read this book when you don't think you need it. Dr Kathleen Thompson takes you on

the Stethoscope would be good. I also knew that it would educate me, but what I didn't realise was that Dr Kathleen Thompson would... [Read more](#) ▶

Published on 16 May 2016

 Ms N.

★★★★★ A great read...

I found this book to be a great story in itself- it is not just a guide to breast cancer treatment- but also you really wanted to know more about the Author and her experience. [Read more](#) ▶

Published on 4 May 2016

 David C. Dawson

★★★★★ I strongly recommend this book

I strongly recommend this book. After reading it, I gave it to a friend of mine who recovered from breast cancer two years ago. [Read more](#) ▶

Published on 2 May 2016

 AC

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For such a subject matter, it's hard to admit that I really 'enjoyed' this book, but I did. The author has struck the perfect balance of easy to understand medical facts against... [Read more](#) ▶

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her personal journey in a lonely guide to cancer sort of way. It's an easy to digest and enjoyable read and it leaves you aware of both the technical aspects of cancer and also the emotional bewilderment that accompanies it.

This book that should grace the shelves of institutions that deal with cancer victims, it's an accessible read and deserves to be accessed by those who need it, either as a patient or as a friend, relative or care giver.

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 Nana M

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