

...A smorgasbord of intelligent essays on every aspect of breast cancer...This is not a sad book, but a compilation of so much hope and possibility that you will find yourself smiling, enjoying the ride.  
- Anne E. Hemingway Feuer, RN, BSN, MS

From screening tests to chemotherapy, reconstruction options and more, this is a comprehensive look at breast cancer. A variety of experts share their experiences and knowledge to help guide women who are dealing with this disease.  
- Diana Gonzalez, Health Producer

*Miami Breast Cancer Experts* is a must read for all genders because we are all affected by cancer in some way. You will be inspired, lifted, educated while you laugh and cry at the same time. More than anything you will see that nothing overcomes the human spirit and the wonders that it brings as we overcome that rip tide called cancer.  
- Vince Papale, [www.vincopapale.com](http://www.vincopapale.com)



**Cindy Papale** (right) joined the team at the Miami Breast Center in July of 2010. A Long Island New York native, she moved to Miami in 1972, where she received a Bachelor's Degree in Business from the University of Miami. Cindy's boundless passion for helping other breast cancer survivors became even more pronounced in the aftermath of her own diagnosis and treatment in July of 2009. She has appeared on the South

Florida Today Show and 101.5 LITE FM Radio. Cindy is in the process of collaborating with Peabody Award-winning producer Derek Britt on a feature film inspired by her breast cancer journey. Find her on Facebook as Cindy Papale, follow her on twitter @CindyPapale, and contact her at the Miami Breast Center.

**Sabrina Hernandez-Cano** (left) RDN, NC, CDE is a Graduate of Florida International University and a Registered Dietitian, Nutrition Counselor, and Certified Diabetes Educator. She is in private practice in Miami Florida where she specializes in bariatric nutrition. A member of the Academy of Nutrition and Dietetics since 1994, she served as president of Miami Dietetic Association from 1999-2000 and was the recipient of the Miami Herald Silver Knight award for dedication in community service. Sabrina is also a co-founder of Hummingwell Wellness Bar. She can be reached at [sabrina@hummingwell.com](mailto:sabrina@hummingwell.com).



MIAMI BREAST CANCER EXPERTS



PAPALE-HAMMONTREE  
HERNANDEZ-CANO



Your indispensable guide  
to breast health.

# MIAMI BREAST CANCER EXPERTS

CINDY PAPALE-HAMMONTREE  
AND  
SABRINA HERNANDEZ-CANO

# **Miami Breast Cancer Experts Your Indispensable Guide To Breast Health**

**Patrick Vollmar**



## **Miami Breast Cancer Experts Your Indispensable Guide To Breast Health:**

**Miami Breast Cancer Experts** Cindy Papale-Hammontree, Sabrina Hernandez-Cano, 2015-10-02 Your Indispensable Guide to Breast Health In their brand new book a follow up to their popular 2007 release *The Empty Cup Runneth Over* co authors Cindy Papale Hammontree and Sabrina Hernandez Cano RD NC CDE have once again created a must read for everyone affected by breast cancer by gathering an incredible group of experts and survivors updating contents and adding several chapters to inform readers about the latest treatment options As noted by Gail Ironson M D Ph D in the Foreward The terrific thing about this book is that it covers multiple topics and does so in a readable interesting way enabling us to be better informed about how to cope what to expect and how to make wise treatment decisions It will also help you discuss options with medical personnel Miami Breast Cancer Experts has also received rave reviews from well known critics like Vince Papale colon cancer survivor and former NFL football player upon whose life the 2006 film *Invincible* was based Notes Papale As you read through the book Miami Breast Cancer Experts and experience the compelling and courageous stories of the survivors you will certainly find out that the savior is yourself first To me invincibility is the synergy of mind body and spirit and these women have truly proven themselves to be *Invincible* Anne Hemingway RN BSN MS and niece of Ernest Hemingway raves This book is a smorgasbord of intelligent essays on every aspect of breast cancer Everyone nurses doctors and people dealing with the disease for the first time will find chapters of this book helpful Co authors Cindy Papale Hammontree and Sabrina Hernandez Cano state We saw very close up and personal how critical it is to stay on top of the latest details particulars discoveries and facts about surviving a cancer diagnosis The faster the detection the better the chances of recovery and survival Since the launch of our first edition research has emerged with new scientific evidence explanations and perspectives on the prevention and treatment of Breast Cancer Thus we ve added new advances including the latest treatment of chemotherapy and radiation the latest research and state of the art techniques on topics such as plastic and reconstructive surgery key new topics such as fat grafting thermography pain management and a chapter written by an oncology nurse We also delve into delicate subjects such as money and death in response to feedback from readers and new scientific evidence on super foods in an updated nutrition chapter There s even a Bariatric chapter to inform women about their options in the case of obesity and chapters that address the physical emotional and mental health of women like exercise yoga and mind spirit healing *Experts in Pink* Sabrina Hernandez Cano, Cindy Papale Hammontree, 2018-09-10 *Experts in Pink* Your Guide to Breast Health is the third installment on the topic of breast cancer from Cindy Papale Hammontree and Sabrina Hernandez Cano RD NC CDE Following the success of their popular releases *The Empty Cup Runneth Over* 2007 and *Miami Breast Cancer Experts* 2015 the co authors expanded upon an invaluable foundation of knowledge that breast cancer patients and their caregivers need to navigate their way through this complex and difficult disease New chapters of the book inform readers about the impact of breast cancer treatment on often overlooked functions

of the body like cardiac and dental health in addition to exploring the healing benefits of Yoga and participation in music and singing If you are dealing with breast cancer or care for a breast cancer patient Experts In Pink is your indispensable ally through diagnosis treatment and recovery Experts In Pink has received critical acclaim from prominent reviewers like Mariel Hemingway who enthuses [New York Magazine](#) ,1992-04-13 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea [Embrace, Release, Heal](#) Leigh Fortson,2011-05-01 After her third cancer diagnosis in three years Leigh Fortson was given few options by her doctors and little hope for a bright future For weeks she mourned the life she thought she was losing until she was introduced to an idea that changed everything our thoughts and emotions influence every cell in our body This revelation gave her the hope that would begin her journey to becoming cancer free and more joyful than she had ever been before Embrace Release Heal shares her inspirational story and the fruits of her research in one empowering book Created to help anyone whose life has been affected by cancer this in depth resource offers interviews with both allopathic and integrative medical experts remarkable accounts from people who transcended terminal cancer and are now thriving snapshots of progressive treatment techniques and insights into other key factors that can affect well being including thoughts emotions and diet **New York Magazine** ,1991-11-18 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea [The Advocate](#) ,2005-01-18 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **A Prescription for Retail Pharmacy** Jean-Marc Bovee Pharm.D.,2011-03-02 Have you ever wondered what your friendly neighborhood pharmacist is really thinking behind that pharmacy counter If so look no further A Prescription for Retail Pharmacy offers an honest politically incorrect no holds barred look at the inner workings of the world of retail pharmacy Pharmacist Jean Marc Bovee answers all of your pharmacy related questions and discusses real life situations problems and solutions If you are a patient gain a better understanding of how a pharmacy functions if you are a health care provider learn how to better communicate with retail pharmacists A Prescription for Retail Pharmacy provides helpful advice for those already working behind the counter as well Explore what is expected of pharmacy technicians and new techniques for pharmacists to use in handling the typical problems they encounter Whether your problems are in front of the counter or behind it A Prescription for Retail Pharmacy provides the cure [Associations' Publications in Print](#) ,1984

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*Working Mother* ,2002-10 The magazine that helps career moms balance their personal and professional lives

**NIH** National Institutes of Health (U.S.),United States. Department of Health and Human Services,2004

**Directory** ,1986

**Men's Health** ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

**Glamour** ,2000

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