Breast Reconstruction Resources

A comprehensive guidebook to breast reconstruction following mastectomy: either for breast cancer treatment or for prophylactic risk reduction. The author reviews surgical and reconstruction options in detail in order to help facilitate decision-making. Other topics covered include understanding breast cancer risks, finding a physician, dealing with costs and insurance, what to expect pre- and post-surgery and recovery. This resource should be used in combination with consultation from appropriate specialists (e.g. breast surgeon, plastic surgeon). The Breast Reconstruction Guidebook can be ordered through www.breastrecon.com (via Amazon) for $16.75.

2) Show and Tell: Powerful and Positive Images of Women After Mastectomy
FORCE, an organization for BRCA carriers, has produced this book which takes a concept from their annual conference and puts it into book form. It features stories and images from 29 women who had mastectomies (for treatment and/or prevention) with or without reconstruction who volunteered to share their experiences. It details which surgeries they have had, a brief overview of their story, their likes and dislikes about their surgical/reconstruction outcome, and several tasteful unclothed photographs of their breasts/torsos post-surgery. The women featured represent a diverse range of ages, body types, and reconstruction choices. The book can be purchased from FORCE for $12 at http://www.facingourrisk.org/get-involved/how-to-help/shop-smart/detail.php?shop=65

3) www.breastcancer.org
This comprehensive site provides information on a wide range of topics related to breast cancer including risks, diagnosis, treatment, reconstruction, menopause, support and research. This site is committed to informing and empowering women with breast cancer and has easy to read text and numerous helpful pictures.

4) http://www.myselftogetheragain.org/
The Myself: Together Again project was started as a resource for young women diagnosed with breast cancer who have chosen to have breast reconstruction after mastectomy. This website includes black and white photographs taken by a professional photographer which documents one woman’s decision to have breast reconstruction using implants and provides a photo-narrative of the reconstruction process.

5) www.breastcenter.com
This is a website for the Center for Restorative Breast Surgery in New Orleans, Louisiana. This site features a photo album of actual patients who have agreed to allow their ‘before’ and ‘after’ photographs to be used as a resource for other women contemplating breast reconstruction. Various methods of breast reconstruction are featured on this site. These images are graphic and may not be suitable for everyone.