



# Paula McLaren's Top Tips When Dealing With A Breast Cancer Diagnosis

*Paula McLaren*

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## **Paula McLaren's Top Tips When Dealing With A Breast Cancer Diagnosis** Paula McLaren

Born with a keen sense of adventure, Paula McLaren aspired to travel the world from a young age, settling for many years in Orlando, Florida. Always living life to the full, experiencing travel industry work and qualifying as a Florida Realtor, Paula has made the most of every opportunity along the way. After four years of living life back in the UK with her young son, Paula was diagnosed with early stage breast cancer in May 2011 after discovering a small lump in her right breast. Surgery, chemotherapy and radiotherapy followed. Paula is now taking a break from a course of aromatase inhibitor treatment due to severe side effects, and has made many lifestyle changes including diet, exercise and reducing stress levels. During Paula's cancer journey she experienced trials and tribulations with various aspects of the treatment. Making notes along the way to help her recovery Paula found she had acquired a great deal of information that could be of use to others in a similar situation. This book was written unconsciously initially and if just one tip could help another person dealing with a breast cancer diagnosis then that is a great thing.

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