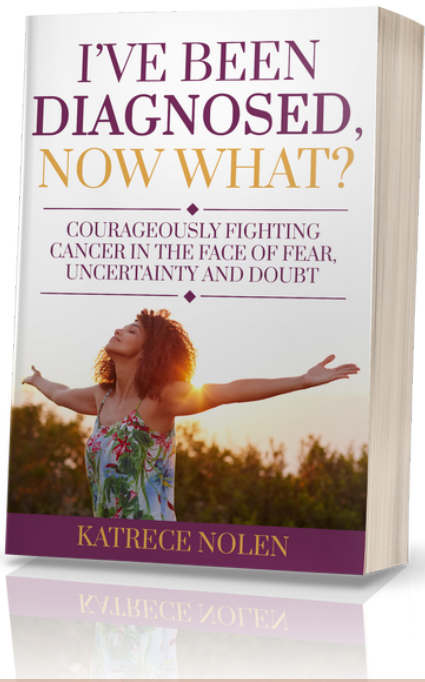


MEDIA KIT



Author: Katrece Nolen
Category: Memoir, Self-Help
ISBNs:
978-1-7352250-0-5 (Paperback)
978-1-7352250-1-2 (eBook)
Publisher: NMG Publishing



KATRECE NOLEN - AUTHOR

Katrece Nolen has a considerable amount of compassion for patients who are fighting cancer. A nine-year survivor of Stage 3 Inflammatory Breast Cancer, mentor and cancer advocate she shares her strategies with other survivors who may be feeling isolated and uncertain. She works as a consultant and lives in the Washington, D.C. metro area with her husband and three children. For more information visit www.katrecenolen.com



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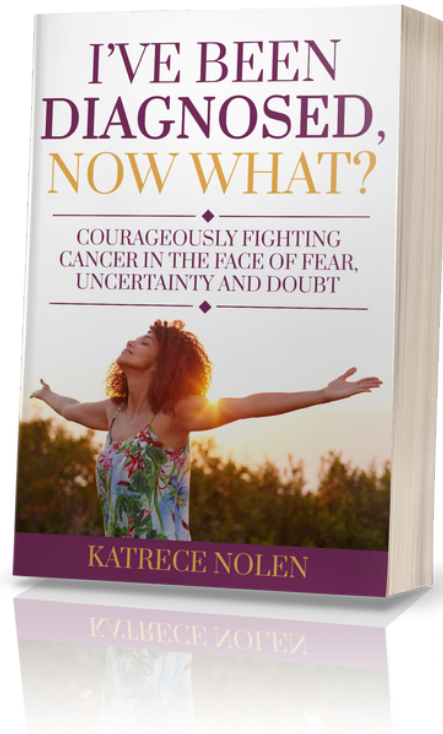
[/KATRECENOLEN](https://twitter.com/katrecenolen)

BOOK DESCRIPTION

In *I've Been Diagnosed, Now What? Courageously Fighting Cancer in the Face of Fear, Uncertainty and Doubt* Ms. Nolen, a seven-year survivor of Stage 3 Inflammatory Breast Cancer, shares her journey from uninformed patient to self-advocate.

After coming to grips with the diagnosis, she made a conscious decision to get the best treatment available and to bring together the best support team possible. She used a variety of methods, to learn how to build a strong medical team and surround herself with a support structure of her family, friends, and social media communities.

Now, Ms. Nolen is sharing her strategies with other survivors who may be feeling isolated and uncertain. With inspiring stories from other survivors, resource lists for every stage of the process, and survivor secrets, readers will be able to build their own community of support and not just survive, but thrive!



CONTENTS

- Part 1: My Life Changed
- Part 2: I Become a Self-Advocate
- Part 3: How to Handle Shock, Anger and Fear
- Part 4: Managing Expenses
- Part 5: Managing My Treatment
- Part 6: What Normal Looks Like Now

TESTIMONIAL

“Friends and family can be a major source of support for a cancer patient. Katrece Nolen shares her journey of moving beyond fear and doubt to becoming a self-advocate who took control of her treatment.”

Nadine Kwebetchou, Patient Experience, Inova Schar Cancer Institute

TARGET AUDIENCE

Newly diagnosed cancer survivors, family, friends, and caregivers.

BENEFITS

- Inspirational stories from survivors
- Websites and Resources
- Survivor Strategies to build a support system and assemble a superior medical team

I'VE BEEN DIAGNOSED, NOW WHAT?

—◆—
COURAGEOUSLY FIGHTING
CANCER IN THE FACE OF FEAR,
UNCERTAINTY AND DOUBT
—◆—



KATRECE NOLEN

TESTIMONIAL

“As an organization serving women facing a breast cancer diagnosis, we found this book to be full of practical advice and valuable tips for patients. This resource candidly and openly shares the author’s lessons gained through her personal journey with her diagnosis and treatment.”

Step Sisters - www.StepSisters.org

BOOK EXCERPT

CHAPTER 3: Waiting for Answers

I had NEVER heard of Inflammatory Breast Cancer (IBC). Heck, I didn't even know there were DIFFERENT types of breast cancer. I did what any information seeker would do; I left the surgeon's office, drove to our nearest grocery store (because I still had grocery shopping to do), and looked up Inflammatory Breast Cancer in Google Search.

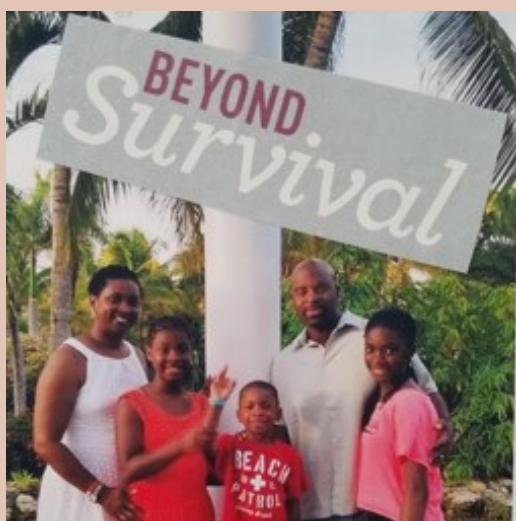
I did NOT like the Google search results. I was in the grocery store parking lot reading about IBC when I burst into tears. I learned IBC is one of the most aggressive forms of breast cancer. The earliest state of detection was Stage 3. It is rare, and the chances of survival from this form of breast cancer is low. With this heaviness in my heart, I pulled myself together, went grocery shopping, and went home to a typical evening with the family. That night, my husband and I spoke about our faith and how we were confident we would get through this thing together.

They performed the skin biopsy the next morning, and it was uneventful. The appointment was on a Friday, and the surgeon indicated she would request a rush on the evaluation. The results could be in as early as Monday or Tuesday evening. Thankfully, she wouldn't make me come back into the office to find out the results but would call me to share the news and relay the next steps.

That was one LONG weekend. I cried a few times, and we called my parents to let them know what was going on. They were shocked at what was happening and said they would be there for us, regardless of the results, and were praying for the best outcome. About mid-afternoon on that following Monday, my cell phone rang. I looked at the caller ID and saw it was the breast surgeon's office. My heart pounded as I answered the call. The surgeon said the results had come back positive for cancer and would like to meet with me the following day. I thanked her for calling me and hung up the phone. I didn't cry then because I think I was all cried out from the weekend and perhaps still a bit in shock.

INTERVIEW QUESTIONS

- How did your cancer diagnosis change your opinion about the quality of care available to survivors?
- When did you realize self-advocacy was important?
- Share an example of assistance you received from cancer support groups?
- How does a cancer diagnosis affect family members?
- What are some of the things friends and co-workers can do to support a survivor?
- What is the first thing you recommend a newly diagnosed patient should do?
- What are some of the options for care available to survivors today?



Testimonial

"In a world full of Pink Awareness Katrece Nolen had to fight to get the answers she needed, for a diagnosis that no woman wants to hear. She tells the readers of her journey honestly and gives coping and practical tips as she shares how she navigated her way through cancer, holding her family and faith close to her heart."

Terry Lynn Arnold, Founder, The IBC Network Foundation