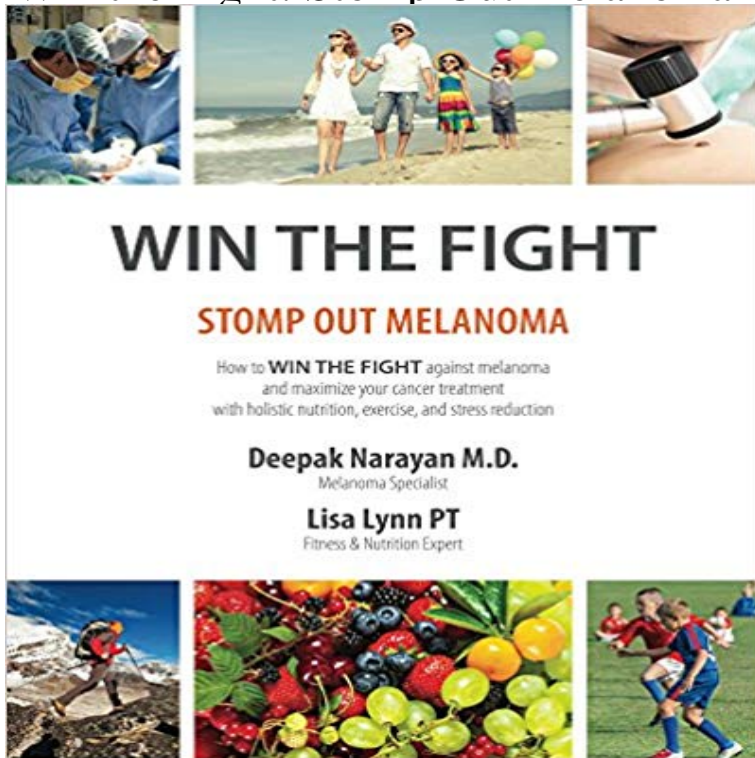


# Win the Fight: Stomp Out Melanoma



Win the Fight: Stomp Out Melanoma is an all-encompassing book that covers everything from melanoma skin cancer risk factors and diagnosis procedures to living well after treatment. With greater public awareness, early detection of melanoma skin cancer is on the rise while mortality rates are declining. This medical guide emphasizes that all patients should be well-informed decision-makers in their own treatment. It is updated with the latest patient treatment guidelines along with an advanced dictionary of cancer-related terms and critical questions to ask your health-care administrator Melanoma Specialist, Dr. Deepak Narayan, a renowned skin cancer expert and Surgical Oncologist, joined forces with Fitness and Metabolic Expert, spiritual mentor, and award-winning author Lisa Lynn to provide patients and their families with everything they need to know to Stomp Out Melanoma and Win the Fight against this deadly disease. Lynns perspective as a former melanoma patient offers the unique perspective of both survivor and thriver. This book also offers insight into the emotional issues that directly affect treatment success and provides the healthy steps needed to win this battle, while staying healthy for life physically, mentally, and spiritually. The practical format approaches the disease in phases, making it easier for melanoma patients to comprehend. It starts with a step-by-step process that Dr. Narayan refers to the you just found out phase. This is the most stressful and intense phase that ranges from the diagnosis to initial treatment. Dr. Narayans peaceful keep it simple approach helps patients and readers through this intense, critical time, with an easy-to-understand plan to help maximize cancer treatment with holistic nutrition, exercise, and stress reduction. Win the Fight does not stop there, however. After the initial phase is over the real life,

ongoing phase begins. Life resumes its normal pace but, as most patients will admit, there is nothing normal about life anymore. They would all admit to living life with fears and lingering concerns about a new melanoma popping up, as well as metastasis. Both Dr. Narayan and Lynn address the common questions and fears while emphasizing that prevention is the ultimate cure. Win the Fight is a must-have guide for real people who are afflicted with any disease that affects the quality of life. More importantly, it brings hope to patients, families and caregivers. It offers a road map that leads to both surviving and thriving.

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