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# THE JOURNEY SURVIVING BREAST CANCER AND MANAGING LYMPHEDEMA

THE JOURNEY  
SURVIVING  
BREAST CANCER  
AND  
MANAGING LYMPHEDEMA



BY: Freda Whalen-Plues, CN, RMT, LMT, MTI.  
Certified Medical Massage Practitioner/Master Level

WITH:

Stan Plues  
Peter de Ipolyi, M. D.  
Ernest Cronin, M. D.  
Erik Maus, M. D



## Synopsis

**THE JOURNEY: SURVIVING BREAST CANCER AND MANAGING LYMPHEDEMA**  
**BY: Freda Whalen-Plues, CN, RMT, LMT, MTI. Certified Medical Massage Practitioner/Master Level**  
Freda Whalen-Plues was born in Mamou Louisiana, in 1943. She is a licensed Massage Therapist specializing in Deep Tissue Medical Massage for the past twenty-five years. A ten year survivor of breast cancer, Freda suffers with Lymphedema and still manages to work a full eight to ten hour day. Stan Plues was born in London, England, in 1940. He is a Third Generation Master Butcher. In September of 2009, he was diagnosed with Non Hodgkins Lymphoma. He also suffers with Lymphedema in his right leg. He and Freda have been married for the past 16 years. They live and work in Lake Charles, Louisiana  
Peter de Ipolyi, M. D. was born in Mank, Austria. He is on the surgical staff of Christus St. Joseph Hospital and serves as Associate Scientific Director at The Stehlin Foundation for Cancer Research in Houston, Texas. He is board certified by The American Board of Surgery. He has a Surgical Oncology practice in Houston, Texas.  
Ernest Cronin, M. D. was born in Houston, Texas, he is Chief of Staff of Christus St. Joseph Hospital. He is board certified by both the American Board of Otolaryngology and the American Board of Plastic Surgeons. He practices in Houston, Texas.  
Erik Maus, M. D. was born in Mexico City. He is assistant professor of Medicine at The University of Texas in Houston and the director of The Memorial Hermann Center for Lymphedema Management. He is board certified by the American Board of Internal Medicine and The American Board of Preventive Medicine in Hyperbaric Medicine. He practices in Houston, Texas.  
This book is a must read for anyone facing Breast Cancer !!  
“The Journey” offers the reader, answers and solutions to many of your un-answered questions. If you are faced with a diagnoses of breast cancer and lymphedema, Freda’s experience will help you to understand what is actually happening to your body and help guide you while making the many decisions which will affect not only your whole life, but your relationships with your partner and indeed your whole family. You will better understand the importance of managing lymphedema and be informed concerning what is right or wrong in controlling this often mis-understood and under diagnosed condition. The medical expertise included in this book is invaluable towards helping you to make the necessary preparations when facing breast cancer. The information provided by Dr. Erik Maus will be essential in helping you protect your limbs should you develop lymphedema, whether after your surgery or many years later.

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