

BREAST FRIENDS

A Husband's Guide Through Breast Cancer

Jeffrey Allen Solheim

A Resource to Help Husbands and Partners Better Support the Woman They Love

When a woman is diagnosed with breast cancer, she is immediately surrounded by medical information, treatment decisions, and support resources.

Her husband or partner often is not.

Breast Friends was written specifically for husbands and partners navigating the emotional and practical realities of supporting a loved one through diagnosis, treatment, and beyond.

Written from firsthand experience rather than a clinical perspective, this concise guide helps husbands and partners better understand their role, communicate more effectively, and remain a steady source of support throughout the journey.

Why This Resource Matters

Breast cancer affects entire families. While excellent educational materials exist for patients, husbands and partners may struggle with:

- Fear and uncertainty following diagnosis
- Understanding how to provide meaningful support
- Managing their own emotions while supporting someone they love
- Navigating treatment and what comes next

Breast Friends addresses these challenges directly from the perspective of a husband who has walked this path himself.

Where It Can Fit

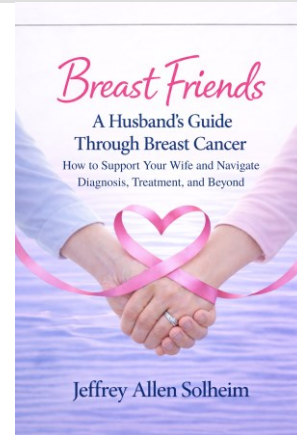
- ✓ At or soon after diagnosis
- ✓ Through nurse navigator programs
- ✓ In breast centers and oncology clinics
- ✓ In patient and family resource libraries
- ✓ In waiting rooms, support groups, and survivorship programs
- ✓ Alongside existing patient education materials

Why It May Help

- ✓ Short, accessible, and easy to read
- ✓ Firsthand husband/partner perspective
- ✓ Complements, not replaces, medical guidance
- ✓ Encourages communication and meaningful support
- ✓ Helps husbands and partners feel less isolated and more prepared

About the Author

Jeffrey Allen Solheim is a husband and author who walked alongside his wife, Yvonne, through breast cancer diagnosis, treatment, and beyond. He wrote Breast Friends to provide the practical, husband-to-husband resource he wished had existed when their journey began.



Recommend It or Provide It

Print and share the complimentary Husband & Partner Companion, or provide copies of Breast Friends directly to families.

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