Joan Lunden's triple negative breast cancer diagnosis made headlines in 2014. Discover the TNBC approach a doctor and breast cancer conquerer recommends. You are just propelled at this meteoric speed straight to a cancer surgeon. The first thing I must question (and you should too) is why is there such a stigma around triple negative breast cancer? If a woman has TNBC, is it REALLY the doom-and-gloom scenario that traditional doctors (and Lunden) say that it is? The reality is that there is much hope for healing TNBC, especially when one is open to adding evidence-based natural medicines to their healing protocol. Triple-negative breast cancer is a kind of breast cancer that does not have any of the receptors that are commonly found in breast cancer. Think of cancer cells as a house. The front door may have three kinds of locks, called receptorsâ€”. But chemotherapy is still an effective option. How Is Triple-Negative Breast Cancer Treated? Often, patients first need to have the lump removed (a lumpectomy) or the entire breast removed (a mastectomy). Then they have chemotherapy treatments to target any cancer cells that canâ€™t be seenâ€”cells remaining in the breast or that may have spread into other parts of the body. Sometimes doctors recommend chemotherapy before surgery to shrink the cancer. Lumpectomy. If youâ€™ve been diagnosed with triple-negative breast cancer (TNBC), you may wonder how this diagnosis will affect your life. Some questions you may have are: What is triple-negative breast cancer? Is it treatable? What will treatment be like? Whatâ€™s my long-term outlook? The answer to those and other questions you may have will depend on several factors, such as the stage of the cancer and how well it responds to treatment. Keep reading to learn more about TNBC and your outlook. Survival rates. The outlook for breast cancer is often described in terms of 5-year survival rates. Survival rate re The book has little specific information about triple negative breast cancer - most of it is general. This is disappointing because TNBC is a minority condition and patients need better information than this. Read more. This book was quick to read and offered answers to questions I didn't even know that I had. It gave much more information than any online searches so far Read more.