

A Guide To Survivorship For Women With Ovarian Cancer

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This guide provides essential information and resources for women navigating survivorship after ovarian cancer treatment. Learn about managing side effects, maintaining physical and emotional well-being, building a support network, and accessing valuable resources to thrive after your ovarian cancer journey. We cover topics like long-term health monitoring, nutrition, exercise, and coping strategies to help you live a full and active life.

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A Guide to Survivorship for Women with Ovarian Cancer

Offers women with ovarian cancer support and resources to help them deal with the physical and emotional impact of their disease.

A Guide to Survivorship for Women Who Have Ovarian Cancer

The comprehensive guide for women who are living with ovarian cancer. This updated and expanded second edition offers a wealth of information to ease the physical and emotional suffering of women who have ovarian cancer. The expert authors include highly respected and experienced oncologists, gynecologic oncology nurse specialists, researchers, and ovarian cancer survivors. Throughout the book they emphasize the concepts of survivorship, or living life well in the face of daunting uncertainties, and self-determination: the right of each patient to be informed, involved, and in control of her care. Detailed information on diagnosis and treatment, including surgery, chemotherapy, radiation, pain management, and integrative medicine, constitutes a key feature of the book. Also covered in depth are image recovery, nutrition, pain control, and genetic testing. Women who have ovarian cancer share advice on coping with the life-changing disease and its treatments. Offering candor, compassion, and hope, this remarkable book explains how to add quality to your life and take care of medical and social needs while living with ovarian cancer.

A Guide to Survivorship for Women with Ovarian Cancer

There are approximately ten million people living with cancer, and more than half of them are women. Whether you're a newly diagnosed woman with cancer, a survivor, or a friend or relative of someone with cancer, this book offers help. The only text to provide both the patient's and doctor's views, this invaluable resource provides up-to-date, authoritative, practical answers to the most common questions asked by women with cancer and survivors, whether active or remissive.

100 Questions & Answers for Women Living with Cancer: A Practical Guide for Survivorship

Providing views from both healthcare professionals and patients, "100 Questions & Answers about Life After Cancer" offers authoritative, practical answers and is an invaluable resource.

100 Questions and Answers about Life After Cancer

This book was written both for survivors and health professionals, some of whom are cancer survivors, too. Our goal is to provide you with a survivor's road map. --Dr. Ernest H. Rosenbaum * More than 30 medical professionals reveal insights on surviving cancer to empower cancer survivors and their caregivers, as well as the doctors who manage their continued care. The CDC's National Action Plan for Cancer Survivorship estimates that there are 9.6 million persons living following a cancer diagnosis. And this number is strictly related to patients. It does not include family members, friends, or caregivers. For anyone approaching life from the perspective of remission, respected oncologist Dr. Ernest Rosenbaum leads a team of 34 oncology specialists and medical contributors--some of whom are both doctors and survivors themselves--in creating a guide specifically geared for cancer survivorship. The growing number of people approaching life post-cancer will find solace, understanding, and opportunity with information specifically geared to managing the lingering effects of cancer treatment, such as: * Lifestyle changes to improve health and longevity * What survivors need to know following anticancer therapy * How to manage the side effects of chemotherapy and radiation therapy * How to set goals for the future

Everyone's Guide to Cancer Survivorship

These concise, easy-to-follow how-to guides address ovarian cancer treatments and prostate cancer treatments from start to finish. The texts navigate the overwhelming maze of treatment decisions, simplifies the complicated schedule that lies ahead, and provides valuable tools to help patients to put together a plan of care.

Johns Hopkins Patients' Guide to Ovarian Cancer

A survivor of ovarian cancer offers advice to women with cancer on managing the emotional and physical aspects of the disease and discusses what to expect at all stages, from diagnosis through treatment.

Being Single, with Cancer

This book discusses the impact on women of the diagnosis and treatment of early breast cancer. Readers will learn about the risks of breast cancer recurrence and interventions to reduce these, such as endocrine therapy and bisphosphonate therapy, as well as the role of lifestyle factors such as diet and exercise. The long-term effects of treatment on fertility, the heart and other systems are discussed, as well the psychological burden for women who are increasingly likely to be cured from their cancer. Each chapter provides background and a practical guide in the management of women after the initial phase of diagnosis and treatment. Authored by a multidisciplinary team this book provides all the relevant expertise as well as different perspectives, providing a holistic picture of early breast cancer consequences. From oncologists to general practitioners as well as specialist nurses, gynaecologists, psychologists and other healthcare professionals involved in the long-term care of women with breast cancer, this book provides a timely and indispensable guide to practitioners caring for early breast cancer survivors.

Breast Cancer Survivorship

The first goal of this book is to provide the patient with accurate information. The second goal is to show how a combination of "orthodox medicine" and complementary therapies can help people through their cancer diagnosis, treatment and follow up. Early chapters apply to all women diagnosed with cancer, followed by chapters for each specific site of disease. Then follow chapters on chemotherapy, radiotherapy, pain management, complementary therapies and spiritual approaches. The book incorporates a novel "4 cusp" approach, which enables women to explain to their families where they are in the process.

Women's Cancers: Pathways to Healing

"All of the research has reinforced that ovarian cancer is not a silent disease as was once thought and as is shown quite eloquently in this collection of stories.... The value of this collection of stories

is that it helps raise awareness about symptoms, need for patient persistence, and the importance of being treated by a gynecologic oncologist." Barbara A. Goff, MD Professor and Co-Director, Division of Gynecologic Oncology University of Washington School of Medicine Women of ages 17 to 78 join to tell their true stories. Find out about the lessons they have learned along their ovarian cancer journeys; from symptoms to diagnosis, through treatments, and survival. Ovarian cancer facts: Occurs in 1 out of 57 women 89% have symptoms at the early stages of the disease 75% are diagnosed in the late stages of the disease 90% do not have history of ovarian cancer in their family Early detection is critical and can improve survival rate to 90%

Ovarian Cancer Journeys

"Ovarian Cancer: A Comprehensive Resource for Patients and Families" is a vital guide for anyone impacted by ovarian cancer. This book provides a thorough exploration of the disease, offering clarity and support through each stage, from initial diagnosis to treatment and beyond. Understanding Ovarian Cancer The journey begins with an introduction to ovarian cancer, including its epidemiology, types, and stages. Gain an understanding of the ovaries' role in the female reproductive system and how cancer affects these vital organs. Recognizing Risk Factors and Early Detection Learn about the genetic and environmental risk factors associated with ovarian cancer and the importance of early detection. This book covers the challenges of early detection, screening methods, and the critical role of diagnostic testing. Navigating Diagnosis and Treatment Delve into the diagnostic process, including understanding pathology reports and the role of biopsy. Explore comprehensive treatment options, from surgery to chemotherapy, radiotherapy, and the latest in targeted therapy and immunotherapy. Managing Side Effects and Complications Understand and manage the side effects and complications associated with treatment, including pain management and coping with emotional and physical stress. Nutrition and Lifestyle during Treatment Discover the importance of nutrition and lifestyle changes during treatment, with practical advice on diet, exercise, and lifestyle modifications for optimal health. Psychological Impact and Support Find guidance on coping with the emotional and psychological impacts of ovarian cancer. Learn about the importance of psychological support, counseling, and the role of community and support groups. Recurrence and Long-term Management Address the challenges of recurrence and long-term management of ovarian cancer, including strategies for monitoring, follow-up care, and understanding recurrence. Advances in Research Stay informed about the latest advances in ovarian cancer research, emerging treatments, and the future direction of care and clinical trials. Special Considerations in Care Gain insights into special considerations for ovarian cancer care, including issues relevant to young women, fertility, and menopausal management post-treatment. Advocacy and Awareness Understand the importance of raising awareness and advocacy for ovarian cancer. Discover support networks and resources available to empower patients and families. "Ovarian Cancer: A Comprehensive Resource for Patients and Families" is an indispensable tool, offering comfort, clarity, and hope to those navigating the complexities of ovarian cancer. It is a comprehensive guide that not only provides medical information but also addresses the emotional and practical aspects of coping with the disease.

Ovarian Cancer

In 2014, an estimated 1.66 million people will receive a diagnosis of cancer. They will join a pool of 13.7 million Americans already living with a history of cancer. Almost 600,000 Americans will die from cancer. For some, cancer will be only a short divergence. For others, however, it will be a dramatic fork in the road. And for still others, the beginning of the end of the line. This book guides cancer patients along their journey where no one knows the duration or the destination. Divided into the three parts of being a cancer patient—the diagnosis, initial treatment, and on to survivorship—the book will help the newly diagnosed cancer patient navigate a complex health care system, make astute decisions at difficult junctures, and manage the emotional turbulence that can rock his or her world. Lastly, it shares the story of how the author and his wife, as well as other cancer patients, have confronted their disease.

After You Hear It's Cancer

"I'm thrilled that this book is available to cancer survivors. I only wish I'd had a copy 10 years ago when I was diagnosed with breast cancer." —Jill Eikenberry, actor and breast cancer advocate "A valuable resource for survivors." —Peari Moore, RN, MN, FAAN, Executive Director, Oncology Nursing Society "A Cancer Survivor's Almanac is a clearly written, sensitive, and sensible guide to surviving with cancer. This almanac can help you more comfortably and knowledgeably take charge of your life with cancer."

—David Spiegel, MD, Professor of Psychiatry & Behavioral Sciences, Stanford University School of Medicine, and author, *Living Beyond Limits* (Ballantine, 1994) "This indispensable guide provides helpful information and much-needed support that will improve the quality of life for cancer survivors."

—Richard Klausner, MD, Director, National Cancer Institute "From the time of its discovery and for the balance of life, an individual diagnosed with cancer is a survivor." —National Coalition for Cancer Survivorship

Charter A Cancer Survivor's Almanac: Charting Your Journey serves as a guide to help survivors, caregivers, families, and friends chart a survivorship journey. Written by the survivors and professionals who founded the cancer survivorship movement, *A Cancer Survivor's Almanac* provides essential up-to-date, practical information on:

- The latest information in medical diagnosis, treatment, pain control, and long-term and late effects of cancer treatment
- Health insurance — how to find and keep it under the most current laws (including the federal health reform law which takes effect in 1997)
- Tips on how to find and work with the best doctors and hospitals
- Understanding the risks and benefits of unconventional treatments
- How to win the battle against job discrimination
- Clear answers to legal and financial questions
- How to cope with the personal and social impact of cancer
- Communicating with family and friends, including dealing with grief and loss
- The benefits of peer support, with tips on starting your own peer-support network
- Advocating for yourself and others

In addition, an expanded Resource Section lists hundreds of organizations and agencies that offer help regarding specific cancer-related issues and explains how to find cancer information through the Internet. Cancer survivors and their caregivers, families, and friends share their greatest gifts to today's survivors—the power of knowledge. No cancer journey is easy. This book, however, provides the information, understanding, support, and resources to help dispel the myths and improve the quality of life with, through, and beyond cancer. All royalties from the sales of this book benefit the National Coalition for Cancer Survivorship.

A Cancer Survivor's Almanac

A clear, concise, and essential guide providing key information about cancer survivors and their needs—and how those needs can best be met. *Excellent Care for Cancer Survivors: A Guide to Fully Meet Their Needs in Medical Offices and in the Community* is edited by the director of the Lance Armstrong Cancer Survivorship Program at the Dana Farber Cancer Institute and comprised of articles by experts from that prestigious institution, from the Harvard Medical School, and other leading cancer programs. Its goal is simple: to assure that the millions of cancer survivors in the United States get the help they need to live life to its fullest. This timely work, enriched by conversations with cancer survivors themselves, explains the array of challenges that may affect survivors, from physical needs to psychological, spiritual, sexual, and financial issues. Topics such as nutrition and exercise are also addressed, as are risk assessment, rehabilitation, and possible cognitive dysfunction after chemotherapy. A final section explains the nuts and bolts of starting a professional cancer survivorship program, from staffing to fundraising, exploring what can and is being done to help cancer survivors in different settings achieve optimal health and quality of life.

Excellent Care for Cancer Survivors

In this essential guide, Dave Visel draws on expertise hard-won during his wife's battle with lymphoma. He provides an overview of the varieties of cancer and all the basic types of treatments available. Chapters dispel common myths associated with these treatments and provide tips on nutrition and physical fitness. Visel also moves beyond the hospital to provide information and strategies to help with the emotional, practical, and financial effects of a diagnosis. Cancer patients will find the tools they need to make well-informed decisions on questions ranging from the right time to tell coworkers to whether to travel for treatment. Because medical bankruptcies affect nearly two million Americans each year, Visel devotes several chapters to financial issues. He also addresses the effects of cancer on relationships, such as how to deal with a difficult parent or whether to reconcile with an estranged spouse. In addition, *Living with Cancer* provides a comprehensive overview of the most useful corporate, government, and non-profit resources available. Anyone looking for help in understanding the full range of personal, professional, and legal issues associated with cancer will welcome this book. As inspiring as it is informative, it is a survival guide in the truest sense.

Living With Cancer

During her recovery from surgery and chemotherapy for ovarian cancer in August of 2007, Deborah Waun wrote this book as a form of therapy for herself and to help others going through similar situations.

Understanding Ovarian Cancer

This book provides a clinically useful resource for evaluation and management of the symptoms and issues that burden survivors of breast cancer. Improvements to breast cancer screening and treatment have resulted in more patients than ever before having been cured after local definitive and systemic therapies. Primary care providers and specialists must be increasingly familiar with the issues that breast cancer survivors routinely face. This is the first book to provide a single resource for common issues faced by breast cancer survivors from a truly multidisciplinary perspective; each chapter of this text is coauthored by at least one oncologist and one specialist outside the field of oncology in order to include the perspectives of relevant disciplines. User-friendly and clinically applicable to all specialties, individual chapters also include tables and figures that describe how best to conduct initial evaluation of the given symptom as well as an algorithm, where applicable, outlining the optimal management approach. *Common Issues in Breast Cancer Survivors: A Practical Guide to Evaluation and Management* empowers non-cancer specialists and practitioners who care for breast cancer survivors to address common issues that impact patient quality of life.

Survivor's Guide to Chemo

Healing and Cancer strives to bring the concepts of healing and whole person care further into health care delivery so that people with cancer feel better and live longer. This important book places the concepts, science, delivery tools, and access to further resources for whole person care into the hands of cancer care teams for use with patients and caregivers. These days, cancer care generally focuses on attacking and killing the cancer cell—a laudable goal. However, if eliminating the tumor overshadows everything else, teams can lose sight of the care and healing of the person as a whole. This has great costs: for the person there are costs in time, money, side effects, and fear; and for the care team there are costs in the joy of practice, the energy to improve practice, and in overall vitality. Often, key patient needs are inadvertently pushed to the background for lack of time, tools, and resources. Moral injury and human suffering ensue. Advances in science have now clearly demonstrated that cancer does not develop in isolation, and its occurrence, progression and regression are largely influenced by the surrounding environment—the immune system, inflammation in the body, and things we ingest and are exposed to. By utilizing the methodologies and concepts outlined in this book, oncology teams can bring the full science of cancer biology into the care of the patient while inviting the person into full engagement in their own care. Doing so, they will have achieved the highest quality of care for people diagnosed with cancer. Care teams that practice deep listening—up front and early on—to patients as people move beyond patient-centered care to person-centered and whole person care. With increasing numbers of survivors of cancer and the intensity and duration of relationships in oncology, cancer care is a field uniquely positioned to further the uptake of whole-person care and to join colleagues in primary care who are doing the same. *Healing and Cancer* first defines what whole person cancer care is, and drawing on examples from around the world, illustrates how and why it needs to be standard in all of oncology. The authors describe the science behind whole person care and the evidence that supports its application, including real-world examples of how it's being done in small clinics and large institutions, both academic and community-based. Finally, *Healing and Cancer* directs readers to the best tools and resources available so that cancer care teams, primary care clinicians, integrative practitioners and those with cancer can incorporate whole person care into the healing journey. *Healing and Cancer* is intended to be read and actively used by teams caring for people with cancer and by caregivers and patients themselves to enhance healing, health, and wellbeing.

Common Issues in Breast Cancer Survivors

As women quickly discover, their life when treatment ends is very different from what it was before their diagnosis. Often exhausted, anxious, and emotionally volatile, they are beset by physical discomforts, fearful of intimacy, afraid for their children, worried about recurrence. Anticipating a return to “normalcy,” they discover that the old version of normal no longer applies. There could be no more knowledgeable guide for women embarking on this complicated journey than Hester Hill Schnipper, who is herself both an experienced oncology social worker and a breast cancer survivor. This comprehensive handbook provides jargon-free information on the wide range of practical issues women face as they navigate the journey back to health, including:

- Managing physical problems such as fatigue, hot flashes, and aches and pains
- Handling relationships: your children, your partner, your parents, your friends.
- How to regain emotional and sexual intimacy
- Coping with financial and workplace issues
- Genetic testing:

why, whether, when •How to move beyond the fear of recurrence •And much more This indispensable book will help you rediscover your capacity for joy as you move forward into the future—as a survivor.

Healing and Cancer

"Be informed. Be empowered. Be well." If you are concerned that the cancer in your family is hereditary, you face difficult choices. Should you have a blood test that may reveal whether you have a high likelihood of disease? Do you preemptively treat a disease that may never develop? How do you make decisions now that will affect the rest of your life? This helpful, informative guide answers your questions as you confront hereditary breast and ovarian cancer. Developed by Facing Our Risk of Cancer Empowered (FORCE), the nation's only nonprofit organization dedicated to supporting families affected by hereditary breast and ovarian cancer, this book stands alone among breast and ovarian cancer resources. Equal parts health guide and memoir, it defines complex issues facing previvors and survivors and provides solutions with a fresh, authoritative voice. Written by three passionate advocates for the hereditary cancer community who are themselves breast cancer survivors, *Confronting Hereditary Breast and Ovarian Cancer* dispels myths and misinformation and presents practical risk-reducing alternatives and decision-making tools. Including information about genetic counseling and testing, preventive surgery, and fertility and family planning, as well as explanations of health insurance coverage and laws protecting genetic privacy, this resource tackles head-on the challenges of living in a high-risk body. Confronting hereditary cancer is a complex, confusing, and highly individual journey. With its unique combination of the latest research, expert advice, and compelling personal stories, this book gives previvors, survivors, and their family members the guidance they need to face the unique challenges of hereditary cancer.

After Breast Cancer

Over twenty-two thousand American women will get ovarian cancer this year. No screening test exists for this disease, and the symptoms are often vague and mistaken for other illnesses. This cancer is almost always diagnosed in advanced stages, thus requiring extensive surgery and heavy doses of chemotherapy. The recurrence rate is close to 80%, which means most ovarian cancer patients will need additional chemotherapy and sometimes more surgery. In this breakthrough book, Dr. Benedict B. Benigno offers a compassionate, easy-to-understand in-depth look into standard and out-of-the-box ovarian cancer treatments and a thorough examination of the basic science research that will eventually cause a revolution in the way all cancers will be treated. His own patient experiences are interwoven with the stories of survivors who beat the odds. The evolution of a simple, new diagnostic test is described in detail—a test which may prove to be 100% accurate and which may offer women a way to be screened for ovarian cancer when it is at its earliest stage. The cure rate for a stage one ovarian cancer is over 90%! In this book you will:

- Learn what symptoms to look for to help diagnose ovarian cancer earlier.
- Get clear facts about current modalities of diagnosis and treatment.
- Gain an insight from a board certified gynecologic oncologist into new forms of therapy not yet standard of care for ovarian cancer.
- Discover how basic science is the key to new ovarian cancer therapy and why molecular biologists will soon replace oncologists.
- Find out how advances in genetic research will eradicate many current forms of cancer treatment.

The *Ultimate Guide to Ovarian Cancer* is the one book you want to read if your life has been even remotely touched by ovarian cancer.

Confronting Hereditary Breast and Ovarian Cancer

According to the National Cancer Institute, there are an estimated 13.7 million living Americans who are cancer survivors. The institute expects that number to rise to almost 18 million over the next decade. The Institute of Medicine notes that patients diagnosed with cancer have an estimated 64% chance of surviving five years, up from 50% three decades ago. And most of them have lingering symptoms, both physical and emotional. The *Cancer Survivor* is a companion and guide for those millions of individuals who are finally done with treatments but are still on the journey to wholeness. Beth Leibson completed her chemotherapy and radiation in 2007. She had beat cancer, but was left with lingering memory issues, exhaustion, depression, pain, and the fear that at any point, the cancer could return. Here she tells the story of how she rebuilt her life, and shares advice from other experts, addressing the emotional, medical, and professional challenges of life after cancer. Here are the questions you're afraid to ask ("When will my sex drive come back?"), the questions you hadn't yet considered ("How do I reenter the work force after a 'break' of a year or more?"), and those you know you should be thinking about but haven't had the energy for ("What supplements or alternative therapies should I be taking to

regain my strength?"). Warm, honest, and full of sage advice, this is the book Leibson wishes she had had when the nightmare of cancer treatments drew to a close and the overwhelming reality of starting life over again began.

The Ultimate Guide to Ovarian Cancer

The growing number of cancer survivors presents a new challenge to generalists and specialists involved in their care. Prior cancer treatments may compound known comorbidities or contribute to future health risks. The ultimate success of cancer treatments ultimately depends on the meticulous management of post-cancer care, and this requires a clinical workforce that is engaged and ready. Cancer survivorship has now become recognized as an independent field of research and clinical practice. This new concise guide is intended for cancer clinicians as well as generalists and specialists who meet cancer survivors in their practices for routine check-ups or specialized consultations. With an expanding population known to have complex medical, psychosocial and emotional needs, we hope this book sparks interest and provides answers for those involved in their care.

The Cancer Survivor Handbook

"Unlock the secrets to demystifying ovarian cancer with this comprehensive guide. In "Ovarian Cancer Demystified: Doctor's Secret Guide," we delve into the complex world of ovarian cancer, equipping you with the knowledge to understand the disease, manage it, and thrive beyond it. From the biology of ovarian cancer and its risk factors to early detection and screening, this book provides an in-depth look at the disease itself. But we don't stop there. We explore a holistic approach to ovarian cancer prevention, including lifestyle modifications, nutritional strategies, and stress management techniques. Discover how environmental factors play a role and how to integrate holistic approaches into your life. Medical interventions are also covered extensively, from surgical options to the latest in chemotherapy, targeted therapy, and immunotherapy. Learn how to approach ovarian cancer with a comprehensive medical perspective. For those battling ovarian cancer, supportive care is crucial. This book offers guidance on emotional support, nutritional care, pain management, and fertility preservation options. Enhance your quality of life while undergoing treatment. Coping with ovarian cancer can be a challenging journey. Find emotional coping strategies, nurture relationships, discover meaning and purpose, and explore alternative therapies to support your emotional well-being. Self-care is a cornerstone of managing ovarian cancer. We dive into physical, emotional, and spiritual self-care, helping you create a self-care routine that empowers you throughout your journey. Complementary therapies, such as acupuncture, herbal medicine, mind-body techniques, and energy healing, are explored in depth. Understand how these therapies can complement traditional medical treatment. Lifestyle modifications, including sleep hygiene, stress management, and cultivating a positive mindset, are discussed to help you maintain well-being in the long term. Build healthy relationships and support systems for your journey. Mindfulness techniques are a powerful tool for reducing stress and enhancing emotional well-being. Learn how mindfulness can be integrated into your daily life, from stress reduction to mindful eating. For those considering alternative therapies, we provide insights into herbal medicine, acupuncture, and energy healing. Make informed decisions about these approaches and explore integrative solutions. Ovarian cancer survivorship is celebrated in this guide, with information on long-term follow-up care, managing treatment-related side effects, embracing life after cancer, and navigating relationships and intimacy. Inspiring stories of ovarian cancer survivors offer hope and encouragement. Finally, "Ovarian Cancer Demystified" emphasizes the importance of advocacy. Understand why advocacy is crucial, discover how you can support ovarian cancer research, raise awareness, and find valuable advocacy resources. Your advocacy journey awaits. If you're seeking a comprehensive, informative, and empowering resource on ovarian cancer, "Ovarian Cancer Demystified" is your guide to understanding, managing, and thriving through this challenging journey."

Essentials of Cancer Survivorship

The complete resource for Cancer Patients and Caregivers. This three part guide contains proven tips and strategies to navigate a cancer journey, a comprehensive directory of over 400 cancer support groups, plus the My Cancer Journey Workbook, a step-by-step workbook to guide you through from diagnosis to health. Record your appointments, medication, test results and more. This is the essential handbook for every cancer patient and caregiver. Contains everything you need to get through the trauma of diagnosis and treatment and on to recovery and wellness. You can survive and thrive!

Ovarian Cancer Demystified Doctors Secret Guide

Been There, Done That: Practical Tips & Wisdom from Cancer Survivors for Cancer Patients is, first and foremost, an HONEST, true-to-life book. It contains detailed, first-hand information of cancer experiences from 19 brave and amazing cancer survivors, some of who survived multiple cancers and even metastasis. The survivors range in age from 21 to 91, with cancer backgrounds covering cancers of the blood & bone marrow (chronic lymphocytic leukemia), breast (triple negative & triple positive, included), colon, kidney, ovaries, pancreas, prostate, rectum, salivary glands and soft tissue sarcoma and skin.

Ultimate Guide To Cancer Support for Patients and Caregivers

"Dr. Benedict B. Benigno offers a compassionate, easy-to-understand in-depth look into standard and out-of-the box ovarian cancer treatments and a thorough examination of the basic science research that will eventually cause a revolution in the way all cancers will be treated. His own patient experiences are interwoven with the stories of survivors who beat the odds"--P. [4] of cover.

Been There, Done That: Practical Tips & Wisdom from Cancer Survivors for Cancer Patients

A state-of-the-art, multidisciplinary approach to cancer and aging With the majority of cancers occurring in individuals over the age of 65 against a backdrop of an expanding aging population, there is an urgent need to integrate the areas of clinical oncology and geriatric care. This timely work tackles these issues head-on, presenting a truly multidisciplinary and international perspective on cancer and aging from world-renowned experts in geriatrics, oncology, behavioral science, psychology, gerontology, and public health. Unlike other books on geriatric oncology that focus mainly on treatment, Cancer and Aging Handbook: Research and Practice examines all phases of the cancer care continuum, from prevention through evidence-based diagnosis and treatment to end-of-life care. Detailed clinical and research information helps guide readers on effective patient care as well as caregiver training, research, and intervention. Coverage includes: Epidemiology of cancer in older adults, plus the unique physical, mental, and social issues involved Strategies and guidelines for prevention, screening, and treatment of older individuals with cancer The most common cancers in the elderly, including breast, colorectal, lung, prostate, and ovarian cancer Cancer survivorship in older adults as well as the all-critical issues of palliative care and pain management Emerging topics such as caregiver and family issues, different models of care, and cost considerations An essential resource for clinicians and caregivers as well as researchers interested in this evolving field, Cancer and Aging Handbook is also useful for public health professionals and policymakers who need to formulate services and allocate resources for the growing population of older cancer patients.

The Ultimate Guide to Ovarian Cancer

Covers detailed information on diagnosis and treatment of ovarian cancer, including surgery, chemotherapy, and radiation treatment. Information on genetic testing, nutrition, pain control, and dealing with loss are covered also. Personal testimonials are included as well.

Cancer and Aging Handbook

This book is a valuable source for oncologists and all other physicians dealing with cancer survivors. It provides detailed information on the evidence-based benefits and forms of intervention, with contributions by a highly prestigious and well recognized panel of experts. Chapters deal with all features of survivorship outlining the role of the oncologist and other caregivers and discusses survivorship care in different countries and different settings. The book addresses new challenges and complex issues broader than medical issues faced by patients who are cured highlighting that cancer is no longer a death sentence. It provides evidence-based management guidance and addresses issues such as symptom management, palliative care, screening for recurrence, rehabilitation, fertility issues among others. This is an indispensable resource for oncologists, oncology nurses and other professionals dealing with cancer patients as well as patient advocacy groups and cancer leagues.

A Guide to Survivorship for Women Who Have Ovarian Cancer

This unique guide for ovarian cancer gives women crucial medical information to improve the chance for lengthy remission and cure, as well as emotional support for the journey. Although many ovarian cancers are discovered after they have spread, having information about surgery and best practices

can be life-saving. For example, choosing a surgeon from the new specialty of gynecologic oncology for staging and de-bulking surgeries strongly impacts survival. Women need to at least consider newer chemotherapy and biological treatments in research trials. Women also want to hear the stories of others who live with the ambiguity of remission. Ovarian Cancer includes: Ten things to know at the time of diagnosis, for optimal outcome How choosing a gynecologic oncology surgeon impacts survival When and how you can consider newer treatments, now in clinical trials Stories of dozens of women living with ovarian cancer, some for many years ""Questions for Your Doctor"" for all decision points A focus on epithelial cancers, the most common and difficult to treat, with additional information on germ cell, sex cord-stromal cell, and low malignant potential ovarian cancers Noted cancer writer Kristine Conner and patient advocate Lauren Langford provide ovarian cancer patients with a supportive and much-needed resource.

Survivorship Care for Cancer Patients

Discover the comprehensive guide to ovarian cancer that delves deep into its intricacies, from its historical context to the latest groundbreaking research and therapies. In "Unlocking Ovarian Cancer," we embark on a journey through the complex landscape of this formidable disease, offering invaluable insights for both patients and healthcare professionals. Explore Ovarian Cancer Like Never Before: Dive into the historical perspective of ovarian cancer, uncovering its origins, challenges, and triumphs in the realm of medicine and research . Global Insights and Collaborations: Learn about international efforts, collaborative initiatives, and clinical trials that are shaping the future of ovarian cancer treatment . In-Depth Understanding: Gain a profound understanding of ovarian cancer's epidemiology, risk factors, pathogenesis, and genetic predisposition . Holistic Health Approaches: Discover holistic health strategies and primary prevention measures to mitigate ovarian cancer risk factors . Cutting-Edge Treatment Modalities: Explore the latest advancements in surgical techniques, targeted therapies, immunotherapy, and precision medicine . Patient-Centered Focus: Dive into patient-centered research and advocacy, understanding the significance of patient-reported outcomes and their role in shaping treatment decisions. "Unlocking Ovarian Cancer" is not just a treatise; it's a beacon of hope for those affected by this challenging disease. Whether you're a patient seeking to understand your condition, a caregiver supporting a loved one, or a healthcare professional looking to expand your knowledge, this book provides the most up-to-date information and empowers you with the knowledge needed to navigate the world of ovarian cancer with confidence.

Ovarian Cancer

Handbook of Geriatric Oncology is a practical resource for oncologists and related clinicians who want to provide comprehensive, patient-centered care to the elderly cancer patient. Divided into nine succinct sections, it includes topics spanning an Overview of Geriatric Oncology and Aging, Geriatric Syndromes, Geriatric Assessment, Select Cancers Commonly Diagnosed in the Elderly, Communication with the Older Cancer Patient, the Nursing Home Patient with Cancer, Models of Care and Survivorship, Palliative Care, and Integrative Medicine. Complex issues such as the physiologic changes of aging and their effect on cancer, corresponding social and psychological aspects that accompany aging and a cancer diagnosis, assessment of frailty, managing comorbid conditions and diseases, effective communication among healthcare providers, the patient and caregivers, as well as the risks and benefits of cancer screening, are made simpler with helpful clinical guidance and clinical pearls. Spearheaded by world experts in geriatric oncology from Memorial Sloan Kettering Cancer Center in New York, this book is the definitive resource for oncologists and related clinicians to meet the demands of clinical management along the continuum of geriatric cancer care. Key Features: Provides best practices for evaluating geriatric syndromes such as functional dependency, falls, cognitive impairment and dementia, delirium, depression and anxiety, social isolation as well as syndromes related to nutrition, comorbid conditions, and polypharmacy. Includes practical guidance on when to treat and when not to treat cancer in older patients Discusses unique factors associated with breast cancer, prostate cancer, colorectal cancer, lung cancer, ovarian cancer, bladder cancer, pancreatic cancer, head and neck cancers, and myelodysplastic syndromes in the elderly that impact care plans and treatment.

Unlocking Ovarian Cancer: Advances in Understanding, Treatment, and Hope

100 questions and answers about ovarian cancer gives practical answers to questions about treatment options, including information and advances in chemotherapy post-treatment quality of life, sources of support, and much more.

Handbook of Geriatric Oncology

[OFFICIAL CURRENT VERSION] From the National Comprehensive Cancer Network (NCCN) comes this essential guide to Ovarian Cancer. Based on clinical treatment guidelines used by doctors and oncology professionals around the world, these NCCN Guidelines for Patients help patients and caregivers talk with their doctors and make treatment decisions. Topics include: Ovarian cancer basics, Treatment guide, Survivorship, Making treatment decisions, Words to know, NCCN Contributors, NCCN Cancer Centers, Index.

100 Questions & Answers About Ovarian Cancer

A self-management program for cancer survivors offers counsel on how to take charge of one's physical, mental, and emotional challenges, in a step-by-step reference that makes recommendations for navigating the health-care system, obtaining affordable medication, and managing stress. Original.

NCCN Guidelines for Patients® Ovarian Cancer

This book is dedicated to all the women and men who are struggling and have struggled with the challenges of breast cancer. I wanted to recognize all the people who lost the battle with cancer due to this dreadful illness. I want to thank all my friends and family for their constant support and for being present in our lives. Last, but not least, I want to thank God for keeping and protecting me. He has given me strength in my body and a message from my heart, to help others who are suffering from cancer by explaining how to walk through this journey in peace and without fear. The book is an introduction to the world of cancer and how it changes a person into someone they don't recognize. The book will address the side effects of chemotherapy, statistical measures, how to decrease risk, sexuality, mental well-being, self-care, and a host of other topics. It's uplifting as people try to regain their health and take back their lives. You will learn to live with the disease and appreciate life more than ever before. The book is energetic and takes you into areas that are thought-provoking. The goal is to be happy right where you are today. I am a registered nurse with 28 years of experience, who has spent the last 10 years working with patients in an oncology center as a care manager. I have worked with all types of cancers, especially breast cancer. I wanted the experience in the area because I am 18 years triple-negative breast cancer survivor. Those 18 years have not been a walk in the park. The cancer had returned three times. It was the hardest thing I ever had to do in my life. I lived this journey every day, and I would like to encourage and motivate other people who are going through the same journey on how to get to feeling well again. In this book, I want to share my story and help you with recovery. I will teach you how to live again. I will teach you acceptance of the new you.

The Cancer Survivor's Guide

Back Here Again