

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Your Journey Through Cancer Treatments: Preparing for the Trip</i>	7
Chapter 1: Recognizing the Realities of Chemotherapy and Radiation	9
Chapter 2: The Mutants Take Over: A Primer on Cancer	25
Chapter 3: You Will Be Tested: What All Those Tests Show	45
<i>Part II: Your Choices along the Way: Making Good Ones</i>	63
Chapter 4: Defining Chemotherapy: The Anticancer Drugs	65
Chapter 5: Defining Radiation: A Burning Issue	81
Chapter 6: Setting New Standards: The Role of Clinical Trials	93
Chapter 7: Getting a Second Chance: Bone Marrow Transplants	105
<i>Part III: Chemotherapy: What to Expect and How to Deal with Side Effects</i>	119
Chapter 8: What to Expect During Chemotherapy: A Head-to-Toe Mouthwash ...	121
Chapter 9: Gimme a Boost: Immune and Bone Marrow Stimulants	135
Chapter 10: Coping with Serious Side Effects of Chemotherapy	145
Chapter 11: Coping with Less Serious Side Effects of Chemotherapy	167
<i>Part IV: Radiation: What to Expect and How to Deal with Side Effects</i>	179
Chapter 12: What to Expect During Radiation: Tattoos and Moisturizer	181
Chapter 13: Coping with Side Effects of Radiation Therapy	195
<i>Part V: Your Success Strategies: Assembling Your Support Team</i>	213
Chapter 14: Your Health Professionals: Your Friends and Guides	215
Chapter 15: Good Nutrition: Eating Right No Matter How You Feel	235
Chapter 16: Meeting Spiritual Needs: Turning to Prayer and Meditation	247
Chapter 17: Finding a Support Group: Realizing You Are Not Alone	257

<i>Part VI: Your Future after Cancer Treatments: Looking Ahead</i>	267
Chapter 18: Finishing Therapy: An End and a Beginning	269
Chapter 19: Dealing with Recurrence: Here We Go Again	281
Chapter 20: Defining Yourself after Cancer: The New Normal	293
<i>Part VII: The Part of Tens</i>	305
Chapter 21: Ten Myths about Cancer	307
Chapter 22: Ten Ways for Family and Friends to Help You	313
Chapter 23: Ten Things Beyond Your Control	319
Chapter 24: Ten Ways Life Will Be Better after Cancer	323
Chapter 25: Ten Sources for More Information	329
<i>Glossary</i>	333
<i>Index</i>	339

Table of Contents

.....

<i>Introduction</i>	1
About This Book	1
Conventions Used in This Book	2
What You Don't Have to Read	2
Foolish Assumptions	2
How This Book Is Organized	3
Part I: Your Journey Through Cancer Treatments:	
Preparing for the Trip	3
Part II: Your Choices along the Way: Making Good Ones	3
Part III: Chemotherapy: What to Expect and	
How to Deal with Side Effects	4
Part IV: Radiation: What to Expect and	
How to Deal with Side Effects	4
Part V: Your Success Strategies: Assembling Your	
Support Team	4
Part VI: Your Future after Cancer Treatments: Looking Ahead	4
Part VII: The Part of Tens	5
Glossary	5
Icons Used in This Book	5
Where to Go from Here	6

<i>Part I: Your Journey Through Cancer Treatments:</i>	
<i>Preparing for the Trip</i>	7

Chapter 1: Recognizing the Realities of	
Chemotherapy and Radiation	9
Making Peace with Your Diagnosis	10
Registering your emotions	10
Taking time to process the news	10
Experiencing a range of emotions	11
Telling family and friends	11
Gathering Information	12
Shopping for Cancer Specialists	12
Finding good doctors	13
Preparing to embrace a new culture	14
Considering Options	15
Understanding chemotherapy and radiation	15
Looking into clinical trials	16
Taking a chance on a transplant	16

Exploring Virtual Chemotherapy	17
Getting started on chemo	17
Taking care of your immune system	17
Signing up for side effects	17
Trying on Radiation Therapy for Size	18
Getting set up for the first treatment	18
Managing side effects	19
Sending for Help	19
Making room on the team bus	20
Practicing good nutrition	20
Tending to your spirit	21
Finding support from strangers	21
Looking Beyond Cancer Treatments	22
Beginning anew	22
Returning to square one	23
Making peace with a new you	23
Chapter 2: The Mutants Take Over: A Primer on Cancer	25
Demystifying the “C” Word	26
Understanding how cancer develops	27
What causes cancer?	28
Listing the types of cancer	29
Differentiating among tumors	30
Watching the Immune System in Action	30
Discovering How Treatments Fight Back	32
Considering Risk Factors	34
Blaming your genes	34
Looking for other causes	35
Looking to the Future: Ongoing Research	37
Targeting genetic culprits	38
Developing fortified antibodies	38
Speaking of the “C” Word	39
Practicing saying the word	39
Scheduling pity parties	40
Comforting the people around you	41
Playing the blame game	42
Keeping Your Sense of Humor	43
Chapter 3: You Will Be Tested: What All Those Tests Show	45
Passing a Battery of Tests	46
Having blood drawn	46
Stretching out on a table	47
Undergoing a biopsy	51
Playing the Waiting Game	52
Setting the Stage for Treatment	53
Hearing your numbers	55
Ignoring your numbers	55

Recognizing Symptoms of Cancer56
 Resisting the urge to self-diagnose57
 Analyzing pain57
 Appreciating Early Detection58
 Knowing the types of screening tests59
 Redirecting anger about tests60

***Part II: Your Choices along the Way:
 Making Good Ones63***

Chapter 4: Defining Chemotherapy: The Anticancer Drugs65

Getting Some Chemotherapy Basics66
 Sorting out the different drugs67
 Taking heart from new developments68
 Investigating Different Delivery Systems69
 Having intravenous chemotherapy70
 Wearing a pump73
 Taking chemotherapy by mouth74
 Looking at lesser-known forms of chemotherapy74
 Evaluating Your Oncologist’s Recommendation75
 Setting up a treatment plan75
 Determining the dose76
 Getting a second opinion77
 Making the Best Choice for You78
 Asking the right questions79
 Getting the right answers79
 Moving forward with confidence80

Chapter 5: Defining Radiation: A Burning Issue81

Understanding Radiation Therapy82
 Defining external radiation therapy83
 Defining internal radiation therapy85
 Exploring ways to improve radiation therapy treatments89
 Evaluating Your Radiation Oncologist’s Recommendation89
 Setting up a treatment plan89
 Determining the dose90
 Meeting the team91
 Getting a second opinion91
 Making the Best Choice for You91

**Chapter 6: Setting New Standards:
 The Role of Clinical Trials93**

Grasping the Importance of Clinical Trials94
 Realizing the scope of cancer trials94
 Understanding the development of clinical trials94

Deciding Whether to Participate	96
Considering the benefits	97
Considering the risks	97
Asking questions	98
Seeking more information	99
Taking Part in a Clinical Trial	100
Meeting eligibility guidelines	100
Knowing your rights	101
Feeling Good About Taking Part	101
Hearing what participants have to say	102
Banishing the notion of guinea pigs	103

Chapter 7: Getting a Second Chance: Bone Marrow Transplants105

Demystifying Bone Marrow Transplants	106
Defining bone marrow	106
Identifying the purpose of a transplant	107
Recognizing the source of stem cells	108
Exploring the Types of Transplants	108
Looking at autologous transplants	109
Looking at syngeneic transplants	110
Looking at allogeneic transplants	110
Looking at an alternative	110
Searching for a Donor	111
Preparing for a Bone Marrow Transplant	112
Acknowledging your emotions	112
Appointing a caregiver	113
Comparing Retrieval Methods	114
Harvesting the bone marrow	114
Obtaining peripheral blood stem cells	114
Undergoing the Rescue Process	115
Experiencing external changes	115
Experiencing internal changes	116
Keeping an Eye Out for Post-Rescue Problems	116

Part III: Chemotherapy: What to Expect and How to Deal with Side Effects 119

Chapter 8: What to Expect During Chemotherapy: A Head-to-Toe Mouthwash121

Your First Appointment: Getting the Toughest One Out of the Way	122
Assessing your feelings	123
Preparing for your first treatment	123
Arriving for your treatment	125

Undergoing your first treatment125
 Heading for home126
 Continuing with Chemo127
 Keeping your appointments128
 Reporting changes in your health128
 Protecting your health129
 Asking for the Support You Need129
 Delegating responsibilities to your family130
 Appointing a “Chemo Buddy”131
 Allowing friends to help131
 Giving Yourself a Break133
 Keeping everything in perspective133
 Keeping an eye on the future134

Chapter 9: Gimme a Boost: Immune and Bone Marrow Stimulants135

Boning Up on Bone Marrow136
 Boosting the Immune System137
 White blood cells137
 Red blood cells139
 Platelets141
 An additional complication142
 Recognizing an Infection143
 Considering Supplements143

Chapter 10: Coping with Serious Side Effects of Chemotherapy . . .145

Considering What’s to Come146
 Reading a firsthand report147
 Predicting your experience147
 Keeping an Eye on Kidney and Bladder Function148
 Combating Nausea149
 Eating smart149
 Drinking smart150
 Comforting yourself150
 Facing Fatigue151
 Checking for anemia152
 Conserving energy152
 Fighting Pain154
 Nailing neuropathy154
 Watching out for mouth sores155
 Dealing with dry mouth156
 Demystifying Depression157
 Facing your fear157
 Identifying other causes of depression157
 Getting the help you need158

Confronting Infertility	159
Being proactive	159
Planning to wait	160
Losing Your Hair	160
Caring for your hair before it goes	161
Planning ahead for hair loss	162
Growing new hair	165

Chapter 11: Coping with Less Serious

Side Effects of Chemotherapy167

Considering What's to Come	168
Battling Intestinal Disarray	168
Dealing with diarrhea	169
Dealing with constipation	170
Retaining Fluids	170
Experiencing Vision Problems	171
Fighting Fuzzy Thinking	171
Losing Interest in Food	172
Mistrusting your sense of taste	172
Boosting your appetite	173
Cutting back on drinking	174
Troubleshooting Skin and Nail Problems	174
Itching to scratch	175
Knowing how to treat nails	176
Attacking acne	176
Suffering from sunburn	176
Reacting to radiation	177

Part IV: Radiation: What to Expect and How to Deal with Side Effects 179

Chapter 12: What to Expect During Radiation:

Tattoos and Moisturizer181

Your First Appointments: Getting the Toughest Ones	
Out of the Way	182
Knowing what to expect	182
Mapping the area to be treated	183
Determining the dose to use	185
Getting tattoos	185
Setting up your schedule	186
Experiencing the Real Thing	187
Assessing your feelings	187
Arriving on the first day	188

Soothing Your Skin189
 Making Wardrobe Adjustments190
 Seeking the Support You Need190
 Giving Yourself a Break191
 Keeping your appointments192
 Keeping everything in perspective192
 Keeping an eye on the future193

Chapter 13: Coping with Side Effects of Radiation Therapy195

 Considering What’s to Come196
 Identifying your type of therapy197
 Predicting your experience197
 Fending Off Fatigue198
 Learning an important word198
 Getting your timing right199
 Caring for Your Skin200
 Using protective strategies200
 Watching for warning signs200
 Soothing Inflamed Mucous Membranes201
 Experiencing Diarrhea201
 Saying “No” to Nausea202
 Making wise food choices202
 Making wise drink choices203
 Finding comfort204
 Living with Lymphedema204
 Looking Out for Pneumonitis205
 Running to the Restroom205
 Watching Your White Blood Count206
 Dealing with Hair Loss207
 Pampering your hair while you have it207
 Making plans in advance208
 Recognizing Depression210
 Asking for help210
 Working through fear and grief211

***Part V: Your Success Strategies:
 Assembling Your Support Team213***

**Chapter 14: Your Health Professionals:
 Your Friends and Guides215**

 Communicating with Your Doctors216
 Building a good relationship216
 Considering less-than-ideal situations219

Seeking Help from a Psychologist	220
Allowing yourself to accept help	221
Knowing what kind of help to expect	222
Meeting Other Health Professionals	222
Making time for massage	223
Yearning for yoga	225
Renewing with reiki	227
Taking up tai chi	228
Trying meditation	229
Fitting in fitness	231

Chapter 15: Good Nutrition: Eating Right No Matter How You Feel 235

Welcoming New Members to the Team	236
Knowing When You Need Help	236
Catching Up on the Food Fights	237
Boning Up on the Benefits	238
Acknowledging the “A” List	239
Finding time for fluids	239
Pumping up with protein	239
Embracing carbohydrates and fats	240
Mulling over vitamins and minerals	242
Plumbing the Pitfalls of Poor Eating	242
Considering Problems that May Develop	242
Realizing how tumors impact nutrients	243
Seeing how surgery affects eating habits	243
Knowing how chemotherapy influences nutrition	244
Acknowledging problems caused by radiation therapy	245
Assessing effects of bone marrow and stem cell transplants	245

Chapter 16: Meeting Spiritual Needs: Turning to Prayer and Meditation 247

Defining Distress	248
Tallying Up the Benefits of Faith	248
Talking about Spirituality with Your Doctors	251
Examining Prayer Practices	252
Personalizing prayers	252
Praying in free verse	252
Meditating in a prayerful manner	253
Accepting Prayers from Others	254
Assessing the Healing Power of Prayer	254
Listening to a Doctor on Spirituality	255
Squaring Faith with Cancer	256

Chapter 17: Finding a Support Group: Realizing You Are Not Alone 257

Determining Your Level of Interest	258
Defining “Group”	258

Locating a Group259
 Asking the Right Questions261
 Seeking One-on-One Support262
 Looking at the Benefits262
 Assessing the Risks263
 Handling the hard stuff264
 Protecting yourself emotionally264
 Helping Newcomers265

***Part VI: Your Future after Cancer Treatments:
 Looking Ahead267***

Chapter 18: Finishing Therapy: An End and a Beginning269

Monitoring Your Health after Cancer270
 Expecting a recovery period270
 Scheduling follow-up care271
 Keeping appointments271
 Telling the truth272
 Worrying about recurrence273
 Coping with Long-Term Side Effects273
 Fighting fatigue273
 Putting up with pain274
 Managing lymphedema274
 Making the best of mouth problems274
 Facing bladder or bowel problems275
 Accepting early menopause275
 Sorting out sexual issues276
 Reducing Your Hormone Level277
 Hearing arguments for hormone therapy277
 Considering different approaches278
 Sizing up the side effects278
 Deciding what’s best for you279
 Working Out a Wellness Plan279

Chapter 19: Dealing with Recurrence: Here We Go Again281

Defining Recurrence282
 Recognizing signs of recurrence282
 Getting up to speed on semantics283
 Redefining Survivor283
 Riding the Emotional Roller Coaster284
 Questioning everything284
 Moving on285
 Establishing a Treatment Plan286
 Understanding your options286
 Making the most of past experiences287
 Setting treatment goals when a cure isn’t possible288

Considering Unconventional Treatments	288
Facing the Future, Whatever Comes	289
Finding comfort in hospice care	290
Debunking the myths of hospice	291
Traveling on	292

Chapter 20: Defining Yourself after Cancer: The New Normal . . . 293

Looking at Life Through New Eyes	294
Reaping the benefits	294
Getting a physical boost from positive thinking?	295
Making Semantic Decisions	296
Allowing for Negativity	296
Finding Inspiration in Amazing Recoveries	297
Looking at Time Differently	298
Hearing the wakeup call	298
Living in gratitude	299
Spending time on yourself	299
Protecting Yourself Emotionally	301
Looking out for number one	301
Making friends with lingering fear	302
Defining Your Boundaries at Home and Work	302
Lightening Up	303

***Part VII: The Part of Tens*305**

Chapter 21: Ten Myths about Cancer 307

Myth #1: When You Get Cancer, You Die	307
Myth #2: If the Cancer Doesn't Kill You, the Treatments Will	308
Myth #3: Cancer Treatments Are One-Size-Fits-All	308
Myth #4: You Can't Work while You're Having Cancer Treatments	309
Myth #5: It Takes Forever to Get Over Cancer Treatments	309
Myth #6: It's Your Fault You Got Cancer	309
Myth #7: The Medical Community Suppresses Alternative Healing Methods	310
Myth #8: Now Your Family Will All Get Cancer	310
Myth #9: Cancer Always Comes Back	310
Myth #10: Nothing Is Ever the Same after Cancer	311

Chapter 22: Ten Ways for Family and Friends to Help You 313

Acknowledging That You Have Cancer	313
Giving You Time to Accept the Diagnosis	314
Holding You While You Cry	314
Making You Laugh	315
Seeking Help Coping from Someone Else	315
Asking for Specific Ways to Help You	315

Carrying Out Your Requests	316
Offering What You Are Reluctant to Ask For	316
Helping to Protect You	317
Celebrating with You	317
Chapter 23: Ten Things Beyond Your Control	319
Turning Back the Clock	319
Keeping the Diagnosis a Secret	320
Encountering an Alien Culture	320
Making New Friends	320
Experiencing Mood Swings	321
Facing Your Own Mortality	321
Suffering Power Outages	321
Missing Some Good Times	322
Choosing the Texture of Your New Hair	322
Receiving Help from Many Sources	322
Chapter 24: Ten Ways Life Will Be Better after Cancer	323
Cancer Goes Away	323
Treatments End	324
Fear Recedes	324
A Sense of Adventure Grows	324
Inner Strength Builds	325
People Matter More	325
Forgiveness Gains in Importance	325
Support Comes Naturally	326
The Tongue Loosens	326
Time Flies	326
Chapter 25: Ten Sources for More Information	329
Searching the Web	329
National Cancer Institute	330
American Cancer Society	330
National Comprehensive Cancer Network	330
American Society for Therapeutic Radiology and Oncology	331
People Living With Cancer	331
OncoLink	331
Planet Cancer	331
Coalition of National Cancer Cooperative Groups	332
National Marrow Donor Program	332
Coping with Cancer Magazine	332
<i>Glossary</i>	333
<i>Index</i>	339

