

After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients after Cancer, Potter/Ten Speed/Harmony/Rodale, 2015, 304 pages, Gerald Lemole, Pallav Mehta, Dwight Mckee, 2015, 9781623365035

Supportive Care in Cancer publishes papers devoted to medical, technical and surgical topics as they relate to supportive therapy and care that supplements or substitutes basic cancer treatment at all stages of the disease. The journal focuses on papers and reviews that report on intervention studies and policy-related issues to manage treatment-related toxicities and other supportive care endpoints. Papers devoted to nursing, rehabilitative, psychosocial and spiritual issues of support are also considered for publication. The journal is dedicated to publishing supportive care intervention studies that address patients' needs. The journal does not publish papers that focus on tumor outcomes. Back to top. Every patient with cancer has the right to get clear information about the diagnosis and treatment so he or she can take full part in making decisions. Most medical centers have trained interpreters or have other ways to help with language differences. If cultural beliefs will affect decisions about treatment and care, the health care team should be told about these beliefs. For example, a common Western belief is that an informed patient should make the final decision about cancer care. There may be problems with communication. There are many things that can block communication between the pa... Follow-up Care Is Individualized. The period after cancer treatment is fraught with distinct stresses. "When patients finish therapy, they're exhausted physically and emotionally," McCabe says. What's more, there are no more treatments to go through; no more intensive contact with doctors; no more battle mentality. Instead, the follow-up period involves watchfulness, and a cancer survivor may feel dread before appointments or during the anniversary of a cancer diagnosis. Knowledge is power, so Raghavan strongly urges survivors to read up on their cancer. "Educated patients are much better consumers. They should go online to reputable sources that have good information." Bob Hammer agrees that patients must be active on their own behalf. The Definitive Self-Care Guide to Getting and Staying Well for Patients With Cancer. By Gerald M. Lemole, MD and Pallav Mehta, MD and Dr. Dwight McKee. Purchase. Comments. Purchase. Comments. After the intense experience and range of emotion that comes with surgery, radiation, or chemotherapy (or all three), cancer patients often find themselves with little or no guidance when it comes to their health post-treatment. After Cancer Care, from Drs. Gerald Lemole, Pallav Mehta, and Dwight McKee, is the much-needed authoritative, approachable guide that fills this gap. According to Drs. Lemole, Meh