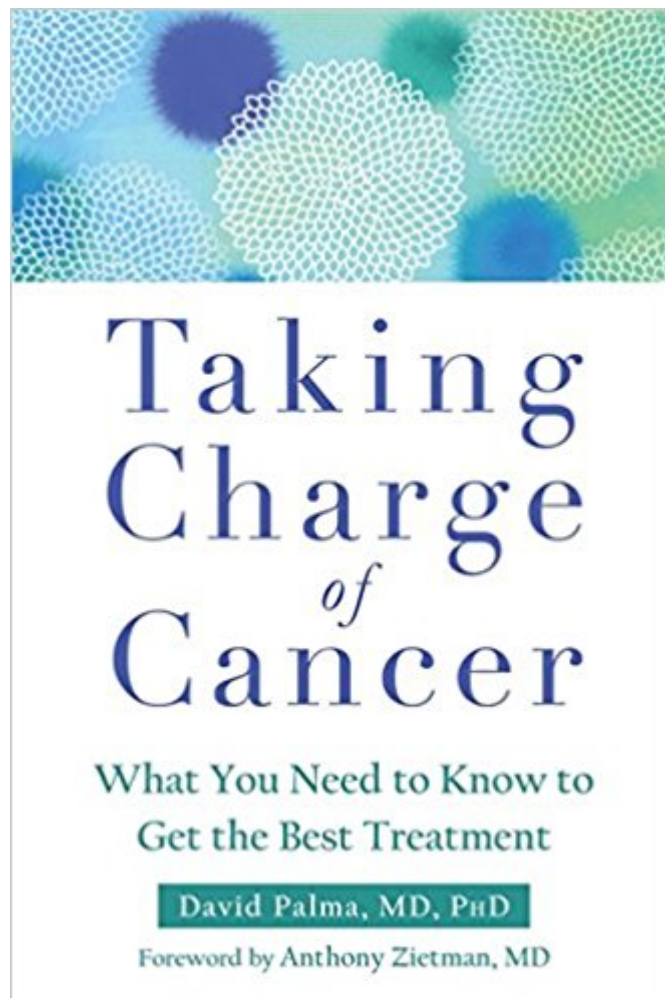




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Taking Charge Of Cancer: What You Need To Know To Get The Best Treatment



Synopsis

A critical resource for anyone with a cancer diagnosis. Written by a radiation oncologist and cancer researcher, *Taking Charge of Cancer* offers an insider's guide to understanding and receiving the best treatment options, choosing the right medical team, and approaching this difficult time with knowledge and hope. Receiving a cancer diagnosis can be terrifying, and the first thing you probably want to know is: How am I going to survive this? Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The chances of cure and survival for any given patient depend on the expertise of the cancer team, and whether procedures are in place to ensure that cancer care is delivered properly. So, how can you make sure you choose the right treatment team and ensure the best chances of survival and long-term health after being diagnosed with cancer? *Taking Charge of Cancer* is a different type of book for cancer patients—one that goes beyond the cancer information that is currently available, allowing you to truly take control of your cancer treatment. You'll learn how to obtain and understand medical records, and why these records are critical to your care. You'll also find the tools you'll need to determine if the recommendations made by doctors are in keeping with accepted treatment guidelines. You'll discover how doctors use evidence to decide which treatments are best, as well as how doctors can become biased in their recommendations. And, most importantly, you'll be able to evaluate whether surgery, radiation, or chemotherapy make the most sense in your specific case—and whether or not these serious treatments are being delivered effectively and safely according to the highest standards. Now that you've received a cancer diagnosis, it's time to set a plan in motion for your recovery. This book will help you do just that—every step of the way.

Book Information

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Customer Reviews

“This is a long-awaited book written specifically for patients sailing through the cancer journey, and is an invaluable resource for them to empower themselves in their cancer care.”
• Simon S. Lo, MB, ChB, FACR, professor and vice-chair for strategic planning of radiation oncology at the University of Washington School of Medicine, and internationally renowned expert in stereotactic radiation delivery and neurologic radiation oncology
“David Palma has developed a refreshing resource for patients who must endure the complicated journey that comes with the diagnosis of cancer. He highlights what questions to ask, why certain tests are done, and where to look for potential mistakes that can affect their outcomes.”
• Drew Moghanaki, MD, MPH, director of clinical radiation oncology research at Hunter Holmes McGuire Veterans Affairs Medical Center
“David Palma has written a how-to manual that should be considered a must-have book for anyone with cancer. In clear and easily readable prose, Palma helps patients and their family members navigate the unfamiliar territory in which they find themselves after receiving a diagnosis of malignancy. With a combination of illustrative patient stories and well-explained medical evidence, the book provides authoritative guidance in a general sense, and also specific advice on where to find more information on an individual patient’s particular situation. I will recommend it to my patients and to my own family and friends diagnosed with cancer. I am sure they will gain comfort and reassurance from Palma’s thoughtful insights.”
• Brian D. Kavanagh, MD, MPH, FASTRO, professor and chair in the department of radiation oncology at the University of Colorado Denver School of Medicine
“If you use a guidebook for a journey, you will need Taking Charge of Cancer for a cancer journey. Cancer patients are overwhelmed with information related to the diagnosis, and commonly, it is confusing. Palma’s how to approach to complex information is surely a brilliant guiding light.”
• Tony Mok, MD, chair in the department of clinical oncology at the Chinese University of Hong Kong
“Palma has provided important advice that is easy to read and understand. It is an essential read for any patient with cancer who is about to undergo any type of cancer therapy.”
• Robert J. Cerfolio, MD, MBA, FACS, FCCP, chief of thoracic

surgery and is a director of the Lung Cancer Service Line at NYU Langone Cancer Center

David Palma, MD, PhD, is a radiation oncologist and cancer researcher focusing on the treatment of lung, head and neck, and metastatic cancers. He holds advanced degrees from Harvard University, the VU University in Amsterdam, and Western University in Canada. Palma has published more than one hundred scientific research articles, and has won several awards for academics and teaching. He lives in Canada with his wife Cheryl Smits and a family doctor and their three children. He is an avid marathon runner and Ironman triathlete. Foreword writer Anthony Zietman, MD, is Shipley Professor of Radiation Oncology at Harvard Medical School, and former president of the American Society for Radiation Oncology (ASTRO). He is chief editor of the International Journal of Radiation Oncology Biology Physics, one of the world's leading radiation oncology journals and is a trustee of the American Board of Radiology.

A diagnosis of cancer can be sudden and overwhelming. Patients are often faced with a whirlwind of appointments, often with multiple specialists, and within a short time-frame. As a physician in training for oncology, some of the common questions I've seen in clinics are:- "If you were me, should I have treatment? Which treatment should I take?"- "I'm not sure what to ask, I don't think I have questions. There was a lot of information just given"- I read somewhere that this type of injection/vitamin/food takes cancer away, should I take it?"- "Which websites or books should I read to learn more?" This book is like that friend that you can ask for advice. The author's goal is so that "every patient receives world-class cancer care". Each chapter is designed to teach, and to empower patients so that information makes sense, and so that you can decide on the best care for you. It holds physicians accountable, and contains check-lists of things to look for and to ask your doctor. It gives patients back the control that sometimes disappears after a cancer diagnosis. It teaches how to make a decision about your treatment, and the weighing of risks and benefits. The book is also brutally honest about possible influences on physicians and how to spot them. In the end, it's designed to form a connection between patients and their cancer doctors, a how-to manual to navigate a cancer diagnosis. After reading it, I believe it would help a substantial number of cancer patients, their family and friends, as well as other health professionals. It also comes with a website with patient tools, and resources that are frequently updated. Dr. Palma is a well-respected physician in the field of radiation oncology. This book reflects the care that he has for all of his patients, and wanting them to have the best care possible. Finally, all proceeds go to cancer research.

I'm not even half way through this book and couldn't put it down. The Idea of this book is brilliant, certainly one of the best or one of the only comprehensive ones teaching cancer patients how to go through their journey with the cancer even if no one is around them for support. It is not only for cancer patients, I found it useful for everyone. It is even helpful for any one with any illness. Thank you for such inspired writing. Your work on this book reflects how much you like your career and the optimal care you provide your patients with. A valuable path for health care provider who lacks any communication skills with his patients. A guidance for any sick patient, family member, friend, basically to everyone. My greatest love is helping people and it has come along at the time in my life when I was thinking of the quality of care that sick patients are getting. This book should be translated to other different languages. Best of luck,

Excellent resource for anyone affected by cancer ãfÂçÃ â ã ã œ patients, family, friends and anyone working in the healthcare field. This book will better prepare you for navigating and understanding the cancer journey from diagnosis, getting second opinions, deciding on what treatments to have and what important questions to ask. The book is divided up into sections tailored to each phase of the journey so you can simply read the sections as they become important to you and leave the rest for later. The chapter on cancer myths and truths will leave you de-mystified and provide you with strategies to more easily spot false claims instantly! Highly recommend this book!

Great read. Like many, I have friends and family with complicated medical needs with respect to their cancer treatment. This book is worth every second I put into reading it and I think it will make a big difference for anyone who reads it. Thanks to Dr. David Palma for taking the time to consolidate his insights on our complicated healthcare system. On top of that, David has about 15 degrees - he must be a genius! Worth every penny! All the best on your healthcare journey! Mitch.

Very inspiring read. It is great to know that there are still practitioners out there that are passionate about their patient care and treatment delivery. In a time where you may feel like you have no control over your life, this gives you a starting point to start advocating for yourself.

This book is a fantastic source of information for anyone who has been affected by cancer. It reads as a concise and easy to understand guide with respect to being educated about the disease and

ensuring that yourself or your loved ones obtain the necessary knowledge to seek the best care possible. I've highly recommended this book to my own family members and will continue to do so in the future.

Fantastic resource. Dr. Palma is extremely passionate and knowledgeable. This book is a very thorough look at the process of going through cancer treatment and I would recommend it to anyone who has cancer or knows someone close to them who has cancer. I have already given a copy away and will do so more in the future. You are bound to learn a lot from this book!

A great insight from diagnosis to treatment options and possible outcomes. It's written so anyone can understand it and guide them in the direction to getting the best possible health care. A must read in these times of cut backs and longer wait times. Being educated is powerful. Thank you Dr. Palma!

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Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) [ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH] By Ballweg, Mary Lou (Author) 2003 [Paperback] The Truth about Cancer: What You Need to Know about Cancer's History, Treatment, and Prevention The Value of Escharotics Medicines Which Will Destroy Any Living or Fungus Tissue in the Treatment of Cancer, Lupus, Sarcoma or Any Other Forms of Malignancy (Spine Title: Cancer: its Proper Treatment At Dr. Nichols Cancer Sanatorim by Escharotic... Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library) What To Do If You Get Colon Cancer: A Specialist Helps You Take Charge and Make Informed Choices Taking Control of Your Headaches: How to Get the Treatment You Need An Empowering Guide to Lung Cancer: Six Steps to Taking Charge of Your Care and Your Life You Don't Know What You Don't Know: Everything You Need to Know to Buy or Sell a Business

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