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Active Patient

The Activist Cancer Patient: How to Take Charge of Your Treatment by Beverly Zakarian

Cancer survivor Beverly Zakarian knows firsthand that you can improve your odds of surviving cancer if you take an active role in your treatment. Now, you too can discover the benefits of taking charge. Published in 1996 by John Wiley & Sons, Inc., New York, NY.

Answer Cancer: Answers for Living, the Healing of a Nation by Stephen C. Parkhill

Is there a cure for cancer? the medical profession has been looking for one for decades, concentrating mainly on how the body produces these deadly cells. Only recently, a handful of doctors in the vanguard have studied the power of the mind in healing. Though they have met with some success, they have yet to ask the next logical question-- is it possible that cancer is actually produced by the mind? And if so, can the mind be used not just to heal cancer, but to prevent it in the first place? Published in 1995 by Health Communications, Inc., Deerfield Beach, FL.

Cancer Cure: The Complete Guide to Finding and Getting the Best Care There Is by Gary L. Schine

The secret of getting the very best care is to take charge! If you have a serious illness, it's time you put faith in yourself and take responsibility for yourself. No one can do a better job than you of finding the best information and learning about the most up-to-date and viable developments to get started on the road to recovery. Only you are uniquely qualified to make the best choices. And Gary L. Schine is qualified to know. Diagnosed with incurable cancer, he finally found the treatment that led him back to recovery and health. Published in 1993 by Kensington Books, New York, NY.

Cancer Increasing your Odds for Survival by David Bogнар

A thorough, state-of-the-art overview of all-current mainstream, alternative, and complementary methods of fighting cancer, this book is the companion to the four-part series of the same name, hosted by Walter Cronkite, airing on PBS-TV in September 1998. Published in 1998 by Hunter House Publishers, Alameda, CA.

Cancer: What Cutting-Edge Science Can Tell You and Your Doctor About the Causes of Cancer and Impact on Diagnosis and Treatment by Robert M. McAllister, MD, Sylvia Teich Horowitz, PhD, Raymond V. Gilden, PhD

Providing more in-depth information from the frontiers of cancer research than any other book for non-specialists, this book is a gold mine of cutting-edge information, an invaluable resource for health professionals as well as patients and their families. Published in 1993 by Basic Books, New York, NY.

The Intelligent Patient's Guide To the Doctor-Patient Relationship. Learning How to Talk so Your Doctor Will Listen by Barbara M. Korsch, M.D. and Caroline Harding

Gives advice on getting the most out of doctor visits, illustrated by doctor-patient conversations and real-life experience. Tells how to ask the right questions, understand the answers, and how to survive managed care. Published in 1997 by Oxford Paperbacks, NY.

Patient Power: How to Protect Yourself from Medical Error by Richard N. Podell, MD, and William Proctor

This comprehensive, easy-to-understand book gives you the knowledge, vocabulary and techniques you need to make informed decisions about medical care. Organized by ailment, it describes what you should know when confronted with specific symptoms or complaints. Published in 1995 by Fireside.

Working with Your Doctor. Getting the Healthcare You Deserve by Nancy Keene

Getting the best healthcare in today's world requires that you participate in the process. This book will help you to be your own advocate, to get the very best in healthcare, and to have the best possible relationship with your doctors. Published in 1998 by O'Reilly, Cambridge, MA.

Alternative Treatment

Alternative Medicine Definitive Guide to Cancer by W. John Diamond, W. Lee Cowden, Burton Goldberg

A guide to the safest and most effective treatment alternatives known today, with 55 documented patient case histories demonstrating successful alternative approaches that can make a difference. Published in 1997 by Future Medicine Publishing, Tiburon, CA.

American Cancer Society's Guide to Complementary and Alternative Cancer Methods foreword by David S. Rosenthal, MD

Helps patients and families evaluate claims for cancer cures or treatments found on the Internet and in the popular press. Entries on specific methods offer review and evaluation of each method, its history; evidence for its claims, and possible complications and dangers. Published in 200 by American Cancer Society, Atlanta, GA.

American Cancer Society: Women and Cancer: A Thorough and Compassionate Resource for Patients and Their Families by Carolyn D. Runowicz, M.D., Jeanne A. Petrek M.D., Ted S. Gansler M.D., Carolyn Runowitz, Jeanne Petrick

Concise, thorough and up-to-date, this American Cancer Society guide offers concrete help to women who have been diagnosed with cancer of the reproductive system. The guide, covers the female organs where most cancers occur (breast, cervix, uterus, and ovaries). For each, the authors explain normal structure and function, detail how cancer occurs, describe in detail diagnosis, testing and staging of the disease, and then treatment. Published in 1999 by Villard Books, ***.

American Cancer Society Guide to Complementary and Alternative Cancer Methods by American Cancer Society. Foreword by David S. Rosenthal

This book is designed to help consumers, patients, and their families understand what works, what's dangerous, and how best to evaluate

the hundreds of alternative medicine claims that can be found on the Internet and in the popular press. Each entry has been researched based on scientific evidence, with possible complications identified and highlighted for easy reference. Published in 2000 by the American Cancer Society, ***.

Aromatherapy; An A-Z by Patricia Davis, Patricia Davis

This is a comprehensive guide to the therapeutic use of essential oils and herbal remedies. This book contains a vast amount of medical, pharmaceutical, and scientific knowledge into an organized, fascinating, easy-to-understand guidebook. Published in 1995 by Barnes and Noble Books, New York, NY.

Ayurveda : The Ancient Indian Healing Art by Scott Gerson, Scott Gerson M. D.

Ayurvedic therapy takes into account the whole person. Treatment of specific illnesses and the maintenance of good health are approached through meditation practice, diet, herbal preparations, exercises and internal cleansing programs, all tailored to the individual needs of each person. Published in 1993 by Barnes and Noble Books, New York, NY.

Cancer, An Integrative Approach: Combine Conventional and Alternative Therapy for Treating the Whole Person by John A, Catanzaro M.D., Elizabeth Chapin (Contributor), and John A. Catanzaro N.D.

Dr. Catanzaro believes in an integrative approach to help cancer patients make the right decisions about their health. In this book, he gently and graciously conveys the information that can be the difference between love and bitterness, hope and despair, life and death. A beneficial resource for all people of all ages, whether they have cancer or not. A warm approach to a devastating disease. Published in 2001 by Pine Orchard, ***.

Cancer-Free: 30 Who Triumphed over Cancer Naturally by East West Foundation, Ann Fawcett, Cynthia Smith, Michio Kushi

This book contains personal accounts of thirty people from many walks of life-- who recovered from a wide range of cancers. Besides personal narratives, *Cancer-Free* includes several medically documented cases of terminal cancer remission compiled by Vivien Newbold, M.D., a physician practicing in Philadelphia. This breakthrough study is a must for everyone with an interest in safe, effective natural approaches to health. Published in 1991 by Japan Publications, Inc., New York, NY.

Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment & Prevention by Ralph W. Moss, PhD

This book details nearly 100 non-toxic or less-toxic treatments for cancer. The effectiveness and safety of all of these methods are documented through nearly 1,000 references to the standard peer-reviewed scientific literature. The book demonstrates that non-toxic therapies, far from being "quackery" are in fact a most promising avenue for cancer research. Published in 1992 by Equinox Press, Brooklyn, NY.

Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer by Michael Lerner

Written by one of the country's leading authorities on complementary cancer treatments, *Choices in Healing* is designed for the cancer patient or health professional who seeks a comprehensive overview of the available choices, both in treatments and in living with cancer. Published in 1995 by the Massachusetts Institute of Technology Press, Cambridge, MA.

The Complete Family Guide to Alternative Medicine : An Illustrated Encyclopedia of Natural Healing by C. Norman Shealy (Editor), Richard Thomas (Editor)

A complete health reference explains what various alternative therapies are now available, what they are successful at treating, which therapy is suitable for which ailment, and how to choose and find a good practitioner. Published in 1996 by Barnes and Noble Books, New York, NY.

The Complete Guide to Alternative Cancer Therapies: What You Need to Know to Make an Informed Choice by Ron Falcone

Surgery, radiation and chemotherapy are not the only cancer treatments. A growing number of clinicians now believe that nontraditional methods-- as adjuncts or on their own-- are viable, body-friendly alternatives. This book presents a balanced and comprehensive overview, replete with hundreds of references to numerous studies of the pros and cons of the standard procedures as well as 17 different holistic therapies. Published in 1994 by Carol Publishing Group, New York, NY.

The Complete Illustrated Holistic Herbal : A Safe and Practical Guide to Making and Using Herbal Remedies by David Hoffmann

This new full-color edition of Hoffmann's highly acclaimed herbal is an A-Z compendium of more than 200 herbs. In it, Hoffmann provides extensive information about the uses, actions, dosages, and cautions for each herb, as well as instructions for gathering and preparing herbal remedies. Published in 1996 by Barnes and Noble Books, New York, NY.

Comprehensive Cancer Care. Integrating Alternative, Complementary, and Conventional Therapies. by James S. Gordon, M.D. and Sharon Curtin

A uniquely authoritative guide to the integration of conventional, complementary, and alternative medicines for cancer care. Published in 2000 by Persueus Publishing, Cambridge, MA.

Conquest of Cancer: Vaccines and Diet by Virginia Livingston-Wheeler, Edmond G. Addeo

Dr. Livingston-Wheelers research has incorporated a scientific program of vaccines and diet to successfully support the immune system in the destruction of cancer cells. This book explains the "Livingston Therapy" which involves a truly holistic system toward the prevention and cure of disease in general, and cancer in particular. Published in 1984 by Waterside Productions, Inc., San Diego, CA

Dr. Rosenfeld's Guide to Alternative Medicine : What Works, What Doesn't And What's Right for You by Isadore, Md. Rosenfeld

This authoritative, comprehensive look at the controversial field of alternative medicine, written by a distinguished and experienced clinician, reviews the track records of dozens of widely used alternative therapies. Dr. Rosenfeld describes the use of each approach, the theories on which it is based, how much scientific evidence exists to support claims for it, and whether it actually works. Published in 1996 by Random House, New York, NY.

Fundamentals of Complementary and Alternative Medicine by Marc S. Micozzi (Editor)

Describes the development and key ideas and approaches of systems and therapies including homeopathy, herbalism, healing touch, ayurveda, Chinese medicine, and curanderismo, reviewing the status of scientific research in each field and discussing the relevant cultural, historical, and contemporary contexts in which to view complementary and alternative systems. Published in 1996 by Churchill Livingstone, New York, NY.

The Healer Within: The Four Essential Self-Care Techniques for Optimal by Roger Jahnke

Essentially an all-in-one beginner's guide to self-healing techniques, The Healer Within examines four practices: movement, massage, meditation, and breathing. Jahnke, an acupuncturist and doctor of Chinese medicine, makes a persuasive argument for using these mind-body healing techniques both to recover from illness and to remain healthier and happier all the time. Published in 1997 by HarperCollins Publishers, New York, NY.

Healing Lessons by Sidney J. Winawer, Nick Taylor (Contributor)

A world-renowned cancer specialist puts his love for his wife before all that he has learned in medical school and journeys with her into the world of alternative medicine when she is given only a few

months to live, in this compassionate and elegantly written memoir. Published in 1998 By Little, Brown, and Company, Boston, MA.

Herbs Against Cancer by Ralph Moss

A comprehensive and indispensable guide to the use of herbs in preventing and treating cancer. Acclaimed science writer Ralph Moss thoroughly explores the most potent anti-cancer herbs and their uses and offers both practical guidelines as well as the intriguing background of the subject. Published in 1998 by Equinox Press, Incorporated, Brooklyn, New York.

Optimal Wellness: Where Mainstream and Alternative Medicine Meet by Ralph Golan, MD

If you fall in the gray zone between health and disease, but your physician can't find anything wrong-- if you have an illness for which modern medicine can offer no cure-- if your medical treatments are "working," but you still don't feel healthy, then *Optimal Wellness* is just what the doctor ordered. This empowering self-care guide challenges the "crisis-disease" orientation of modern medicine-- prescription drugs, expensive surgery, and high-tech intervention-- and points the way to a more comprehensive system of health care that heals the whole person. Published in 1995 by Random House, New York, NY.

Options: The Alternative Cancer Therapy Book by Richard Walters

A comprehensive survey of alternative cancer treatments, *Options* is especially useful for including not only information about herbal, nutritional and other holistic approaches, but also about maverick doctors and scientists, and experimental drug therapies. If you've been diagnosed with cancer and want facts on alternative therapies, *Options* offers synopses of research, anecdotal accounts of treatment and analysis of how some medical treatments become standard, while others become quackery. Published in 1992 by Avery Penguin Putnam, ***.

Sharks Still Don't Get Cancer: The Continuing Story of Shark Cartilage Therapy by I. William Lane

In *Sharks Don't Get Cancer*, Dr. Lane told us just how shark cartilage can work. Now, in *Sharks Still Don't Get Cancer*, he focuses on the most recent developments in the use of shark cartilage. he also answers the questions that people most commonly ask about this new therapy. Published in 1996 by Avery Publishing Group, Garden City Park, NY.

Third Opinion by John M. Fink

A comprehensive guide to the growing number of alternative treatment centers located throughout the world. Everything you need to know-from addresses, phone numbers, names and prices, to philosophical approaches and methods of treatment- is provided in a clear, easy-to-use format. Published in 1997 by Avery Publishing Group, Garden City Park, New York.

Bladder Cancer

The Guide to Living With Bladder Cancer by Mark P. Schoenberg, MD, F.A.C.S. and the Faculty and Staff of Johns Hopkins Genitourinary Oncology Group.

Provides basic information on living with the challenge of bladder cancer, explaining symptoms, diagnosis, and treatment. Overviews the structure and function of the urinary tract, and discusses risk factors, surgery, and chemotherapy. Description of tests, surgical procedures, and life after surgery include insights in patients' experiences, with statements from patients providing a personal perspective. Published in 2000 by Johns Hopkins University Press, Baltimore, MD.

Overcoming Bladder Disorders by Rebecca Chalker & Kristene E. Whitmore, MD

For the millions of sufferers of bladder disorders, embarrassment, misinformation and lack of support have stood in the way of effective care and treatment for far too long. This fact-filled and supportive guide draws on the latest research, surveys, and first-person accounts to provide the most up-to-date information on the diagnosis, treatment and prevention of these conditions, including bladder cancer and prostate cancer. Published in 1990 by Harper and Row, New York, NY.

Bone Marrow Transplantation

Bone Marrow Transplants: A Guide for Cancer Patients and Their Families by Marianne L. Shaffer, RN

Only recently, bone marrow transplantation (BMT) has emerged as a viable and successful options for the tens of thousands of children and adults worldwide who are diagnosed with leukemia and other similarly severe cancers. As BMT patients' survival rates steadily increase, and medical professionals better understand the cancers BMTs can treat, we hear more and more about the procedure and its life-saving results. But what exactly is a bone marrow transplant and who is likely to have one? These questions, and many others, are answered here in clear, understandable terms. Published in 1994 by Taylor Publishing, Dallas, TX.

Breast Cancer

The Breast Cancer Companion: From Diagnosis Through Treatment to Recovery by Kathy LaTour

One of the most complete and essential sourcebooks available for breast cancer patients and the people who love them. Learn about choosing a doctor, diagnostic procedures, chemotherapy and radiation, nutrition and exercise, support groups, insurance, prosthetics, living as a survivor, sex and pregnancy, job-related issues, and much more. Published in 1993 by Avon Books, New York, NY.

The Breast Cancer Handbook: Taking Control After You've Found a Lump by Johan Swirsky and Barbara Balaban

If you think you have breast cancer, you have only one question: "What am I going to do?" This book answers that question with concrete advice and reassurance. It tells you exactly what you need to consider, and walks you every step of the way through the complicated process you are just beginning. Published in 1994 by Harper Collins, New York, NY.

Breast Cancer: The Complete Guide by Yashar Hirshaut, MD, and Peter I. Pressman, MD

Written by two authorities who specialize in the treatment of breast cancer, a surgeon and an oncologist, this is the one indispensable book women need in order to cope with a disease that will strike one out of every nine of them in the United States. Now revised to bring readers the very latest information on diagnosis and treatment, this lucid step-by-step guide contains all the latest information women require if they are to collaborate with their doctors in making truly informed decisions about the care that is right for them. Published in 1996 by Bantam Books, New York, NY.

The Breast: What Every Woman Needs to Know by Andrew and Penny Stanway

One in four women in the Western world will at some time in their lives suffer from a breast disorder. One in 20 women will die from breast cancer. Understandably, women are more concerned about their breasts than about most other parts of their anatomy. The authors take a timely and sympathetic look at all aspects of the breast and breast care, from infancy to old age. Published in 1982 by Granada Publishing Limited, New York, NY.

Breast Cancer: What You Should Know (But May not be Told) About Prevention, Diagnosis and Treatment by Steve Austin, ND, and Cathy Hitchcock, MSW

Attitudes about breast cancer diagnosis are changing, and women and their families are becoming more assertive about managing their disease. They know that more choices are available now than ever before, and they are willing to make them. A husband and wife team, Hitchcock and Austin walk you step-by-step through each part of diagnosis, treatment and prevention. With the help of a flow chart, they examine different diagnosis options. They also suggest questions to ask your doctor and offer checklists, summaries and overviews. Published in 1994 by Prima Publishing, Rocklin, CA.

The Complete Book of Breast Care by Niels H. Lauersen, MD, PhD, and Eileen Stukane

This book offers cutting-edge research and professional guidance you need to maintain the lifelong health of your breasts and to combat cancer at any age. From the first sign of any problem, through diagnosis, treatment and recovery, the authors reveal state-of-the-art discoveries and advances in technologies, treatments, medications, and surgical procedures. Published in 1996 by Ballantine Books, New York, NY.

Dr. Susan Love's Breast Book by Susan M. Love, MD

Women all over the country and the doctors and nurses who care for them have established this book as the standard reference on its subject. It contains new development in breast care, screening, diagnosis, treatment and research, including information on silicone implants, imaging techniques, genetics, risk factors and prevention, hormone use, bone marrow transplants, tamoxifen, immediate

reconstruction, and treatment for metastatic breast cancer.
Published in 2000 by Perseus Publishing Co., Cambridge, MA.

Helping Your Mate Face Breast Cancer : Tips for Becoming an Effective Support Partner for the One You Love During the Breast Cancer Experience by Judy C. Kneece

A companion book for support partners designed to help them understand how to provide a caring, healthful environment while taking care of their own emotional needs during the crisis of breast cancer. Covers a wide range of topics from dealing with her emotions and telling the children to restoring the sexual relationship, presented in an encouraging format with input from peers. Published in 1997 by EduCare, Columbia, SC.

How to Reduce Your Risk of Breast Cancer: Featuring the New Nutritional Guidelines That Can Make a Real Difference by Jon J. Michnovicz, MD, PhD

With breast cancer now the leading killer of women between the ages of 35 and 55, more women are asking, "What can I do to prevent cancer? Is there anything I can do today to reduce my risk?" The author goes beyond a low-fat diet to bring you a comprehensive cancer-protection program that works even if the cancer gene runs in your family. Published in 1994 by Warner Books, New York, NY.

My Healing from Breast Cancer by Barbara Joseph, MD

Both spiritual and physical issues are addressed in a title written by a physician who was treated for and survived breast cancer. From using herbs and supplements to nourish body and soul to understanding different approaches to healing, this includes many insights from a doctor and patient's dual perspective. Published in 1996 by Keats Publishing, New Canaan, Connecticut.

The Race Is Run One Step at a Time: Every Woman's Guide to Taking Charge of Breast Cancer & My Personal Story by Nancy G. Brinker, Catherine McEvelly Harris

Breast cancer is the leading killer of women over 30, but its victims too often know too little about it. Brinker's sister died of the disease at 36 and when Brinker herself developed breast cancer; she threw herself into research to beat the dreaded killer. She survived, and went on to found one of America's leading cancer institutions. Published in 1990 by Simon and Schuster, New York, NY.

Save Yourself From Breast Cancer: Life Choices That Can Help You Reduce the Odds by Robert M. Kradjian, MD

We're all heard how helpful early detection can be in the treatment of breast cancer. But Robert M. Kradjian, MD, says that's often not enough-- and has dedicated his practice as a breast surgeon to discovering healthful options that may greatly reduce your chances of getting breast cancer. His recommendations, based on in-depth medical studies, focus on the factors you can control-- like diet and lifestyle-- in the face of an epidemic that seems out of control. Here are the life choices that can help you make the best of the odds, rather than live in fear of them. Published in 1994 by Berkley Books, New York, NY.

Solving the Mystery of Breast of Discharge by Judy Kneece

This important handbook will help answer every question surrounding breast discharge from what causes it to what to do. Published in 1996 by EduCare, Columbia, SC.

Solving the Mystery of Breast Pain by Judy C. Kneece

This book gives straightforward answers to these questions for the woman who wants to understand and monitor her own breast health. Guaranteed to reduce anxieties and save on unnecessary diagnostic tests. Published in 1996 by EduCare, Columbia, SC.

No Less a Woman: Femininity, Sexuality & Breast Cancer by Deborah Hobler Kahane, MSW

Inspiring and life affirming, *No Less a Woman* is an invaluable resource for all women going through the diagnosis, treatment or emotional aftermath of the disease. It is also an outstanding source of

support for everyone who has been touched by breast cancer diagnosis. Published in 1990 by Hunter House, Alameda, CA.

What to Do If You Get Breast Cancer by Lydia Komarnicky, MD, and Anne Rosenberg, MD

Two physicians, both breast cancer specialists, and a breast cancer survivor offer straightforward, comforting advice to women diagnosed with breast cancer. Statistically, one of every nine women will get breast cancer in her lifetime. Yet with early detection, women can take positive action to overcome the disease and go on to lead healthy lives. The variety of treatment options, however, can seem overwhelming. Here is a reassuring step-by-step guide through the treatment process, from diagnosis to recovery. Published in 1995 by Little, Brown and Company, New York, NY.

Beauty and Cancer

Beautiful Again Restoring Your Image and Enhancing Body Changes by Jan Willis

Beautiful Again addresses a wide range of issues such as hair loss, ostomy surgery, head or neck surgery, mastectomy, lymphedema, radiation effects, chemotherapy, weight gain or loss and skin discolorations. It also provides detailed instructions and illustrations on using colors, makeup, accessories and clothing to enhance the self-image of patients dealing with these matters. Augmenting the main body of the work is a valuable resource section. Published in 1994 by Health Press, Santa Fe, New Mexico.

Beauty and Cancer by Diane Doan Noyes and Peggy Mellody, RN.

This is the first complete handbook designed to help woman improve their appearance and comfort both during and after cancer therapies. Here you'll find the information and resources for looking great while experiencing the side effects of chemotherapy, radiation and surgery. Published in 1992 by the Taylor Publishing Company, Dallas, Texas.

Cancer Prevention

Ageless Body, Timeless Mind. The Quantum Alternative to Growing Old by Deepak Chopra, MD

This book argues that aging is much more of a choice than people believe and shows how to adopt an individually tailored program of diet, stress reduction, and exercise. Published in 1993 by Harmon Books, New York.

Cancer and Nutrition A Ten-Point Plan to Reduce Your Risk of Getting Cancer by Charles B. Simone, MD

With no exotic formulas and no expensive regimen, Dr. Simone provides the average person with a realistic program that can help save his or her life. Published in 1992 by Avery Publishing Group, Inc. Garden City Park, NY.

Cancer Free: The Comprehensive Cancer Prevention Program by Sidney J. Winawer, MD, and Moshe Shike, MD

If you think there's no way to prevent cancer, you're wrong. Let the experts help you to design a personal program to increase your odds of staying cancer free. Clear, concise and comprehensive, *Cancer Free* explains what you can do for you health, now and for the decades to come. Published in 1995 by Fireside, New York, NY.

Everyday Cancer Risks and How to Avoid Them: Effective Ways to Lower Your Odds of Getting Cancer by Mary Kerney Levenstein

Thoroughly researched and documented, this book details all the major cancer causing problems we may unknowingly come face to face with on a daily basis and explains how to avoid, remove or greatly lessen the risk of exposure. Published in 1992 by Avery Publishing Group, Garden City Park, New York.

Stopping Cancer Before It Starts: The American Institute for Cancer Research's Program for Cancer Prevention

Basic recommendations for generally healthier living through diet, exercise, and lifestyle adjustments. The American Institute for Cancer Research conducts a large variety of research and educational programs. Most all of them operating from the basic premise that cancer is preventable. The bulk of this guide is concerned with nutrition: a plant-based diet is recommended, along with vigorous exercise, and a caution to avoid being either under- or overweight. Published in 2000 by Griffin Trade Paperback, ***.

Chemotherapy

The Chemotherapy Survival Guide: Information, Suggestions, and Support to Help You Get Through Chemotherapy by Judith McKay, RN, and Nancee Hirano, RN, MSN

If you are facing chemotherapy, this book can be both a reference and a comforting voice. It has real answers to many of the important questions you have. It's a self-help book that emphasizes what you can do to cope. From blood tests and intravenous medication to dealing with hair loss, nausea, stress, etc., this book is written clearly, candidly, and supportively. It contains many hints and practical suggestions that nurses give their patients, and that you can use to feel more empowered during this time. Published in 1993 by New Harbinger Publications, Oakland, CA.

Consumers Guide to Cancer Drugs By Gail M. Wilkes, RN, MS, AOCN, Terri B. Ades, RN, MS, AOCN, and Irwin Krakoff, MD

Answers common drug- related questions in easy to understand language. List the most common drugs on the market today and give the drug's actions, how to take the drug, precautions, side effects, and other important facts. Published in 2000 by Jones and Bartlett Publishers, Sudbury, MA.

Consumers Guide to Cancer Drugs by Gail M. Wilkes, Irwin H. Krakoff, and Terri B. Ades

Written in an easy to understand language, this complete reference includes side effects and precautions for over 200 cancer-related medicines, explanations of the latest cancer drugs, how drugs are administered and taken, and a comprehensive glossary of cancer treatment terms. Published in 2000 by Jones & Bartlett Publishers, Inc., ***.

Coping With Chemotherapy by Nancy Bruning

After undergoing chemotherapy for breast cancer, the author wrote this book to provide information, guidance, practical suggestions, and warm reassurance for cancer patients facing chemotherapy. She offers the latest treatment and newest drugs. If you or someone you care about must go through chemotherapy, this book will make the experience easier, less stressful, and more comfortable. Based on interviews with more than 50 chemotherapy experts, this is solid, helpful, honest and supportive advice from someone who knows what you are going through. Published in 1993 by Random House, New York, NY.

Living Well With Cancer: A Nurse Tells you Everything You Need to Know About Managing the Side Effects of Treatment by Katen Moore MSN, RN and Libby Schmais MFA, MLS

Oncology nurse practitioner Katen Moore and medical researcher Libby Schmais present a comprehensive resource for those who suffer from mild to severe side effects of chemotherapy, radiation, and drug treatments associated with cancer. The remaining portion addresses more challenging emotional concerns: stress, death and dying, nutrition, exercise, sex and sexuality. Published in 2001 by G.P. Putnam's Sons, New York, NY.

Winning the Chemo Battle by Joyce Slayton Mitchell

Information on chemotherapy drugs and their side effects, as well as tips on nutrition and coping skills, written by a survivor. Published in 1988 by W.W. Norton & Company, New York, NY.

Childhood/Pediatric Cancer

The C-Word Teenagers and Their Families Living with Cancer by Elena Dorfman

The author, a teenager survivor of cancer, wanted to write a book that spoke honestly about the emotional turmoil of being a teenager and facing cancer. She spent four years interviewing, photographing, and sharing the daily lives of five teenagers and their families. Published in 1994 by NewSage Press, Portland, OR.

Childhood Cancer: A Handbook from St. Jude Children's Research Hospital. by R. Grant Steen PhD (Editor), Joseph Mirro Jr., MD (Editor), St Jude Clinicians and Scientists

St Jude Children's Research hospital have compiled the most comprehensive and compassionate family reference available. From practical matters, such as what test to expect during diagnosis, treatment options for each kind of cancer, and the value and availability of clinical trials, to the emotional needs of children battling cancer and coping with life afterward, this invaluable guide will offer immeasurable comfort to parents and patients facing the family crisis of childhood cancer. Published in 2000 by Perseus Publishing, Cambridge, MA.

The Cure of Childhood Leukemia: Into the Age of Miracles by John Laszlo, MD

Fifty years ago, childhood leukemia was always fatal. Though the number of new cases has remained largely unchanged, what has changed is the outcome. In a counterpoint of voices from patients and parents, Dr. Laszlo recreates the tense world of hospital wards of desperately ill children, the bitter days when new therapies ended in relapses, and then the cautious hope as remissions stretched longer and longer. Published in 1995 by Rutgers University Press, New Brunswick, NJ.

Colon Cancer

Colorectal Cancer by Bernard Levin, MD and American Cancer Society

This book contains the most up-to-date information about these related diseases—from basic facts about what to do when confronted with a diagnosis of colon or rectal cancer to the latest medical data, treatment, and procedures. But more important, this book considers the patient's perspective, providing psychological and emotional support for patients. Published in 1999 by Villard Books, New York, New York.

Myths & Facts about Colorectal Cancer by Richard Pazdur, MD and Melanie Royce, MD

This book arms the colorectal cancer patient with the information he or she will need to make rational decisions throughout the course of his or her therapy. Published in 1998 by PRR Incorporated.

What to Do If You Get Colon Cancer : A Specialist Helps You Take Charge and Make Informed Choices by Paul, Md Miskovitz, Marian Betancourt (Contributor)

From initial diagnosis to the latest treatments, this encouraging, authoritative guide explores everything you need to know to make informed choices about colon cancer care. You'll learn how colon cancer develops, what to expect from diagnostic tests, and how to choose the best doctors and treatment centers. Published in 1997 by John Wiley and Sons, Inc., New York, NY.

Exercise

The Healing Power of Movement: How to Benefit from Physical Activity During Your Cancer Treatment by Lisa Hoffman M.A., Alison Freeland (Contributor), Barrie R. Cassileth PhD

Recent clinical studies show that exercise rather than rest may be the best therapy for someone undergoing cancer treatments. This book addresses this significant shift in care recommendations and clearly illustrates fifty specific exercises- from simply sitting up or moving in bed to walking or lifting light weights- for different stages of cancer. Published in 2002 by Perseus Publishing, Cambridge, MA.

General Cancer

50 Essential Things to Do When the Doctor Says It's Cancer by Greg Anderson

A cancer survivor offers readers fifty proactive steps to take when diagnosis, covering diet, treatment programs, and the importance of a healthy attitude in healing. Published in 1993 by Plume Books, New York, NY.

Cancer Supportive Care: A Comprehensive Guide for Patients and Their Families by Ernest H. Rosenbaum, MD and Isadora Rosenbaum, MA

This book acknowledges the huge role that a cancer patient's own determination, positive attitudes and lifestyle and sense of fulfillment can play in his or her rehabilitation, quality of life and, sometimes, full recovery, while acknowledging the extreme anxiety, even terror, that a cancer diagnosis brings to all involved. Thus the book devotes numerous chapters to topics such as personal coping, nutrition, exercise, sexuality and the concept of one's will to live. Finally, this book is realistic. It includes a final frank and informative section on life and death issues. Published in 1998 by Sommerville House Books Limited.

Choices: Required Reading for Anyone Facing Cancer by Marion Morra and Eve Potts

Recommended by health care professionals nationwide, Choices is the leading sourcebook for cancer patients and their families-- a unique and invaluable reference presenting important, up-to-date information in an accessible, easy-to-use format. Newly revised to encompass the latest medical and technological advances, Choices is a powerful aid in eliminating confusion and misconceptions-- providing the essential facts about symptoms and stages, medicines and nutrition, surgical and non-surgical treatments and therapies. Everything from diagnosis through recovery. Published in 1994 by Avon Books, New York, NY.

The Complete Cancer Survival Guide: Everything You Must Know and Where to go For State-Of-The-Art-Treatment of the 25 Most Common Forms of Cancer by Peter Teeley and Phillip Bashe

Drawing on the advice and information provided by dozens of top specialists at all the major cancer centers in the United States, this book provides the most up-to-date, cutting-edge information available on how each of the 25 most common forms of cancer is diagnosed and staged, what the most advanced treatments are, and where to go throughout the country to be sure that the care you receive is absolutely the best there is. Published in 2000 by Double Day Main Street Books, New York.

Diagnosis Cancer: Your Guide Through the First Few Months by Wendy Schlessel Harpham, MD

This invaluable book, written by a physician who herself has had cancer and who writes from the perspectives of both doctor and patient, will help you and your family get through the first few months after your cancer diagnosis as easily and safely as possible. It will teach you how to ask the right questions and make the best decisions for you from day one. Published in 1992 by W.W. Norton & Company, New York, NY.

Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated and Managed Day to Day by Malin Dollinger, MD, Ernest H. Rosenbaum, MD and Greg Cable

Top cancer authorities give you options for therapy, life-saving questions to ask your doctor, and ways patients and families can contribute to their own well-being. Published in 1997 by Andrews and McMeel, Kansas City, MO.

I Can Cope: Staying Healthy With Cancer by Judi Johnson and Linda Klein

Inspired by the American Cancer Society's successful program of the same name, I Can Cope is a landmark book that explores the feelings, problems, and obstacles cancer patients face. With straight-

forward information and uplifting true stories of cancer survivors, this valuable guide provides solid recommendations on how you can regain control of your life after a cancer diagnosis. Published in 1994 by Chronimed Publishing, Minneapolis, MN.

Informed Decisions : The Complete Book of Cancer Diagnosis, Treatment, and Recovery by Gerald P., MD Murphy (Editor), Lois B. Morris (Contributor), and Dianne Lange

Covering everything from cancer causes and risks, screening and diagnostic tests, and treatment strategies to coping tips and quality of life issues, a comprehensive guide for anyone with cancer provides crucial resources to deal with their illness. Published in 1997 by Viking, New York, NY.

The Intelligent Patient's Guide to the Doctor-Patient Relationship: Learning How to Talk So Your Doctor Will Listen by Barbara M. Korsch, and Caroline Harding

Looks at the ways doctors and patients communicate with each other, and how both sides of the interaction can be improved. This guide, based on Korsch's 50 years of research into doctor-patient dialogue, takes you, the patient, through each step of your interactions with physicians. It illustrates how to start on the proper note and continue until you get the information and treatment you need. Published in 1998 by Oxford University Press,

The People's Cancer Guide Book by Ronald E. Aigotti, MD

Practical information to help you understand cancer, its causes, early detection, prevention, symptoms, stages, treatments, and cure. Published in 1995 by Belletrist Publishing, Inc., South Bend, IN.

What You Really Need to Know About Cancer: A Comprehensive Guide for Patients and Their Families by Robert, Dr. Buckman

Written for cancer patients and their families by a noted oncologist, this book combines a complete and accessible "general" explanation of cancer with detailed information about "specific" kinds of cancer,

all presented in a voice that is as authoritative as it is kind. Published in 1997 by John Hopkins University Press, Baltimore, MD.

**Working With Your Doctor: Getting the Healthcare You Deserve
by Nancy Keene**

Getting excellent health care in today's world requires that you actively participate in the process, whether you receive care from individual physicians, a group practice, or an HMO. *Working with Your Doctor: Getting the Healthcare You Deserve* teaches you to be your own advocate, to get the very best in health care, and to have the best possible relationship with your doctors. Published in 1998 by O'Reilly & Associates,

Head and Neck

Cancers of the Mouth and Throat: A Patient's Guide to Treatment by Lydiatt M. William MD and Perry J. Johnson, MD

This book concentrate primarily on the diseases, not prevention, beginning with their diagnosis and warning signs. From those topics, they turn to how to choose a good doctor. Much of the rest of the book is concerned with treatment, including surgery, outcomes, and rehabilitation. Radiation and chemotherapy are clearly discussed; clinical trials are described but not overemphasized; and pain management and end-of-life issues aren't scanted. Published in 2000 by Addicus Books, ***.

Internet

Your Guide to Health and Medical Advice on the Internet and Online Services by Michael Wolff

A complete directory of health and medicine resources available on the computer internet. Published in 1996 by Wolff New Media, New York, NY.

Leukemia

Adult Leukemia: A Comprehensive Guide for Patients and Families by Barbara Lackritz

For the tens of thousands of Americans with adult leukemia this book addresses diagnosis, medical tests, finding a good oncologist, treatments, side effects, getting emotional and other support, resources for further study, and much more. Also includes real-life stories from those who have battled leukemia themselves. Published in 2001 by O'Reilly and Associates, Sebastopo, CA.

Lung Cancer

Living with Lung Cancer by Barbara G. Cox, MA, David T. Carr, MD, and Robert E. Lee, MD

An honest look at lung cancer, its causes and complications, diagnosis and treatment. Published in 1998 by Triad Communications, Inc., Gainesville, Florida.

Lung Cancer: Myths, Facts, Choices--And Hope by Claudia I. Henschke, Peggy McCarthy, Sarah Wernick

A thorough guide to the basics of how lung cancer develops, risk factors, diagnosis, treatment options, and living well with lung cancer. They address the guilt and stigma felt by smokers (and ex-smokers) and suggest ways to deal with unsympathetic family members and even chemotherapy, and radiation, with additional chapters on alternative therapies such as acupuncture for pain and getting access to the latest treatment through clinical trials. Practical issues such as insurance and estate planning, hospice care, caregiver support, and other concerns are very well covered. Published in 2002, by W.W. Norton & Company, ***.

Myths & Facts About Lung Cancer by John C. Ruckdeschel

Written by one of the nation's leading oncologists, Myths & Facts About Lung Cancer dispels the many myths surrounding lung cancer, offering instead solid insight, facts, and realistic optimism. This handbook identifies the most current screening and diagnostic techniques, treatment options, potential outcomes, support information, and much, much more. Published in 1999 by PRR Incorporated.

Lymphomas

Non-Hodgkin's Lymphomas: Making Sense of Diagnosis, Treatment, and Options by Lorraine Johnston

In straightforward language and in a format that anticipates the reader's questions, this book addresses diagnosis and its emotional tumult, finding the best oncologist, the theories and practical aspects of treatment, characteristics of non-Hodgkin's lymphomas, side effects and long-term effects of treatment, medical tests and procedures, and prognoses. Published in 1999 by O'Reilly & Associates, Inc., Sebastopol, California.

Melanoma

Melanoma Prevention Detection and Treatment by Catherine M. Poole with DuPont Guerry IV, MD

This book is a complete guide to melanoma for anyone newly diagnosed with this frightening disease and for others who are concerned about detecting and preventing it. Featuring color photographs that show normal and malignant spots on the skin, and the latest medical information on getting proper treatment and lowering the risk of contracting the disease, the book is filled with facts that can save lives. Published in 1998 by Yale University Press, New Haven, Connecticut.

Mind-Body/Support

An Echo of Hope by C. Judy

After a life-altering event the job of creating a normal life can seem treacherous and isolating. *An Echo of Hope* is one survivor's effort to share thought about the recovery process. Practical advice and suggestions on where to look for encouragement are also shared. Published by J.A.S. Press, Inc., Bolingbrook, IL 2000.

Cancer As a Turning Point: A Handbook for People with Cancer, Their Families, and Health Professionals by Lawrence LeShan, PhD

Psychotherapist Lawrence LeShan has worked with cancer patients for more than 35 years. His research has led people with cancer to find new, effective ways to fight for their lives. Now he has put his wonderfully purposeful findings into this book which shows how psychological change, along with medical treatment, mobilizes a compromised immune system for healing. Published in 1994 by Penguin Books, New York, NY.

The Cancer Conqueror: An Incredible Journey to Wellness by Greg Anderson

The author is a cancer conqueror. Diagnosed with metastasized lung cancer and given only 30 days to live, he refused to accept the hopelessness of the medical prediction. Instead, he formulated a program of beliefs, choices, life decisions, and spiritual growth that allowed him to overcome the fear and uncertainty of disease. He conquered cancer and has gone on to share what he learned with other patients and their families. Published in 1988 by Universal Press Syndicate, Kansas City, MO.

Cancer in Two Voices by Sandra Butler and Barbara Rosenblum

This collaboration began when Barbara Rosenblum was diagnosed with breast cancer. Using essays, journal entries and letters, Sandy and Barbara share the experience of living with cancer and being the

partner who survives. *Cancer in Two Voices* is a subversive book in the best sense of the word-- it provokes you to be engaged with all of your life's choices: goals and values, work and friendship, lovers and family. Published in 1991 by Spinsters Book Company, San Francisco, CA.

**Cancer Talk. Voices of Hope and Endurance from “The Group Room” the World’s Largest Cancer Support Group.
by Selma R. Schimmel with Barry Fox, PhD.**

Research show that cancer patients who attend support groups can survive long and lead fuller lives than patients receiving medical treatment alone. *Cancer Talk*, based on “The Group Room” the nation’s only talk radio cancer support show brings hope, information, and inspiration to everyone affected by cancer. Published in 1999 by Broadway Books, New York.

Getting Well Again by O. Carl Simonton, MD, Stephanie Matthews, James L. Creighton

This book offers the same self-help techniques that Simonton's patients (from the world famous Cancer Counseling and Research Center) have used successfully to reinforce usual medical treatment - - techniques for learning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise, and building an emotional support system. Published in 1992 by Bantam Books, New York, NY.

Healing and the Mind by Bill Moyers

A lucid, illuminating and enthralling exploration of the healing connections between our minds and our bodies that has already become a national touchstone. In a series of interview with world-renowned experts and laypeople alike, Bill Moyers looks at the mind-body connection from a host of angles. He examines how new breakthroughs in mind-body medicine are being used to treat such maladies as stress, chronic disease, and neonatal problems in many American hospitals. He probes the chemical basis of emotions, and their potential for making us sick, and making us well. He turns to the East, and the fusion of traditional Chinese medicine with modern Western practices in contemporary China. And he takes a remarkably

personal look at alternative healing therapies. Published in 1993 by Doubleday, New York, NY.

Healing Back Pain: The Mind-Body Connection by John E. Sarno, MD

Dr. Sarno has helped many patients overcome their back conditions--without drugs or surgery. Now, using his latest research into tension myositis syndrome, Dr. Sarno goes one step further-- after identifying stress and other psychological factors in back pain, he demonstrates how many of his patients have then gone on to heal themselves without exercise or other physical therapy. Published in 1991 by Warner Books, New York, NY.

The Healing Journey: Restoring Health and Harmony to Body, Mind and Spirit by Carl Simonton, MD

An extraordinary doctor and a remarkable patient offer new hope for anyone touched by a life-threatening illness. More than 10 years ago, Reid Henson was diagnosed with a rare, untreatable cancer and given less than two years to live. He sought out Dr. Carl Simonton, the world-renowned pioneer of mind-body healing. He showed him how to become an active participant in his own recovery. Published in 1992 by Bantam Books, New York, NY.

Healing Mind, Healthy Woman: Using the Mind-Body Connection to Manage Stress and Take Control of Your Life by Alice D. Domar, Ph.D.

The author has developed singular, scientifically sound mind-body methods for women and demonstrated their effectiveness with groundbreaking research. This book offers a new repertoire of therapeutic methods to two broad groups of women-- those who wish to protect and enhance their health, and those who are suffering with specific health problems. Published in 1996 by Henry Holt and Company, New York, NY.

How to Live Between Office Visits : A Guide to Life, Love and Health by Bernie S. Siegel

The best-selling author of *Love, Medicine & Miracles and Peace, Love & Healing* now provides readers with a collection of healthy ways to respond to life's adversities--a warm, deeply intimate book that helps patients with lifelong illnesses look into their hearts and find the strength to survive. Published in 1993 by Harper Collins Publishers, New York, NY.

**How to Help Children Through a Parent's Serious Illness
by Kathleen McCue, M.A., C.C.L.S. with Ron Bonn**

Offering supportive, practical advice from a leading child-life specialist, this book includes information such as what to tell a child about the illness, how to recognize early-warning signs in a child's drawings, sleep patterns, schoolwork and eating habits, and when and where to get professional help. Published in 1994 by St. Martin's Griffin, New York, New York.

**I have CANcer. I CAN cope workbook/journal for those
diagnosed with Cancer by Terri Hoyland**

This book is a safe haven where cancer patients can explore and express their most personal emotions by helping them process and cope with their many feelings. Filled with thought-provoking exercises, this workbook journeys with the patient from initial diagnosis through the challenges of this life-changing illness. Published in 2001 by InnerSources, Inc., Cedar Rapids, IA.

Love, Medicine & Miracles by Bernie S. Siegel, MD

Unconditional love is the most powerful stimulant of the immune system. The truth is-- love heals. Miracles happen to exceptional patients every day-- patients who have the courage to love, those who have the courage to work with the doctors to participate in and influence their own recovery. Published in 1986 by Harper Collins Publishers, New York, NY.

**Mind-Body Medicine: How to Use Your Mind for Better Health
edited by Daniel Goleman, PhD, and Joel Gurin**

Practical, thought-provoking, and authoritative, *Mind-Body Medicine* gives you the most up-to-date information on what is now known about the vital role of the mind in health. Based on the latest findings from America's leading scientific institutions. Published in 1993 by Consumers Union, New York, NY.

Spontaneous Healing: How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal Itself by Andrew Weil, MD

In case histories of spontaneous healing, Dr. Weil presents irrefutable and inspiring evidence of its occurrence and astounding efficacy. He provides specific, detailed information on foods, environmental factors, exercise, stress reduction, vitamins, supplements, and herbs that can aid the body to maintain its well being. Published in 1995 by Random House, New York, NY.

There's No Place Like Hope. A Guide To Beating Cancer In Mind-Sized Bites by Vickie Girard

An indispensable survival guide for cancer patients and their families. Regardless of the type of cancer, here is an immediate, practical, and inspiring guide that will empower any patient to better fight and survive this disease. Published in 2001 by Compendium Inc, Lynnwood, WA.

The Wellness Community: Guide to Fighting for Recovery From Cancer by Harold H. Benjamin, PhD

Since opening in 1982, the Wellness Community has provided free psychological and social support to more than 25,000 cancer patients and their families. It is now the largest program of its kind in the United States. In this book, its founder, Harold Benjamin, distills nearly two decades of experience into an easily understood program you can use to fight for your recovery. Published in 1995 by P. G. Putnam's Sons, New York, NY.

When A Parent Has Cancer by Wendy Schlessel Harpham, MD

Written in a clear, direct and sympathetic tone, this parenting guide shows both the well spouse and the ill spouse how to help their children understand and come to terms with the fear and turmoil that result when a parent is diagnosed with cancer. Every aspect of the experience is covered, from diagnosis through treatment to remission, recovery and even the possibility of death. Bound in a sleeve within the hardcover book is *Becky and the Worry Cup*. Together, they help minimize the fear and anxiety families confront when dealing with cancer. The only package of its kind, it is an important aid both parents and children can turn to in a time of crisis. Published in 1997 by Harper Collins Publishers, New York, New York.

When Life Becomes Precious by Elise Needell Babcock

Provides step-by-step information for the caregivers of cancer patients, offering advice on being appropriately supportive, handling special occasions, explaining cancer to children, making worthwhile gestures, and balancing care for oneself. Published in 1997 by Bantam Books, New York, New York.

When Someone You Love Has Cancer by DanaRae Pomeroy

When someone you love has cancer, the emotional stress can seem overwhelming. At the same time, you may become your loved one's caregiver, taking on many new responsibilities. Based on her own experience, DanaRae Pomeroy guides you through this trying time with comforting advice on coping with both emotional stress and practical concerns. Published in 1996 by Berkley Books, New York, NY.

Nutrition

Adjuvant Nutrition in Cancer Treatment by Patrick Quillen, PhD, R. Michael Williams, MD, PhD (Editors)

1992 Symposium Proceedings. Published by Cancer Treatment Research Foundation, Arlington Heights, IL 1993

Antioxidant Revolution by Kenneth H. Cooper, MD

Delay the signs of aging and reduce the risk of cancer and heart disease with this prevention program. Dr. Cooper has been the groundbreaker in preventive medicine. He is the father of the worldwide aerobics movement, and he showed millions how to control cholesterol and hypertension. Now he takes the latest scientific antioxidant research from around the world and his own famed Cooper Clinic to bring you a simple, four-step life plan that will change your life again-- for the better. Published in 1994 by Thomas Nelson, Inc., Nashville, TN.

Beating Cancer With Nutrition by Patrick Quillin, PhD, RD

Clinically proven and easy-to-follow strategies to dramatically improve your quality and quantity of life and chances for a complete remission. This landmark book outlines clear and practical ways to use foods and supplements to make chemo and radiation more selectively toxic to the tumor and less toxic to the patient, bolster immune functions, prevent and reduce malnutrition, and introduce specific foods, herbals, vitamins, minerals, amino acids and other nutrients that can selectively slow down tumor growth. Published in 1997 by Nutrition Times Press, Tulsa, OK.

The Breast Cancer Prevention Diet: The Powerful Foods, Supplements, and Drugs That Can Save Your Life by Dr. Robert Burns Arnot

Arnot, NBC News chief medical correspondent, integrates and clearly explains the latest and most important breast cancer research from around the world. He gives 12 detailed steps to prevent breast cancer

and provides specific cancer-prevention strategies for pre-menopausal and postmenopausal women, breast cancer survivors, and girls. Published in 1998 by Little, Brown and Company, Boston, Massachusetts.

A Cancer Battle Plan: Six Strategies for Beating Cancer from a Recovered “Hopeless Case” by Anne E. Frahm

By the time Anne Frahm found out she had cancer, it had already spread from her breast to her shoulder, ribs, skull and pelvic bone, and had eaten a stress fracture into her spine. Like most victims of the disease, her first response was to pursue all the traditional treatments-- surgery, radiation and chemotherapy. But the end result turned out to be just another hopeless prognosis. That’s when Anne discovered the connection between cancer and nutrition. Carefully researching the medical basis of her discovery, she formulated a comprehensive nutritional battle plan. Within five weeks of implementing her plan, a balanced program of detoxification and diet, her cancer disappeared without a trace. She has been cancer free ever since. Published in 1992 by Pinon Press, Colorado Springs, CO.

The Cancer Recovery Eating Plan : The Right Foods to Help Fuel Your Recovery by Daniel W., Md Nixon, Jane A. Zanca, Vincent T. DeVita

Dr. Nixon, editor-in-chief of the journal Cancer Prevention, cuts through the hype to explain the latest scientific findings on food and cancer. He presents individualized eating plans according to the type of cancer and offers a three-month plan to benefit the person with cancer. Over 100 recipes help put the plan into action. Published in 1996 by Times Books, New York, NY.

Cancer Survivor’s Nutrition & Health Guide by Gene Spiller, PhD, and Bonnie Bruce, Dr.PH, RD

Food is an essential weapon in the fight against cancer, providing the energy, nutrients and antioxidants the body needs for recovery. Yet eating well is often prevented by three all-too-common side effects of cancer treatment-- nausea, sore throat, and food intolerance. how is a cancer survivor to maintain a healthful diet when nothing looks or

tastes good? This guide eases the mind and the stomach with vital information about the role of nutrition in all stages of recovery. You will find menu plans for the days before and after treatment, comfort foods infused with added nutrients, and many ideas for incorporating protective foods into your regular diet. Published in 1997 by Prima Publishing, Rocklin, CA.

Challenge Cancer and WIN! Step-by-step nutrition action plans for your specific cancer by Kim Dalzell, PhD, R.D. , L.D.

Challenge Cancer and Win! answers the question, "What can I do nutritionally to fight my kind of cancer?" This easy to read book is jam-packed with valuable information that translates current scientific knowledge into a daily nutrition regimen for cancer survivors. Published in 2002 by NutriQuest Press, Round Lake, IL. (www.challengecancer.com)

Complete Guide to Vitamins, Minerals & Supplements by H. Winter Griffith, MD

Used incorrectly, many supplements can be harmful. Learn what you need to know. Easy-to-read charts cover over 75 vitamins, minerals, nucleic and amino acids, other supplements and over 200 commonly used medicinal herbs. Published in 1988 by Fisher Books, Tucson, AZ.

Healing Nutrients: the People's Guide to Using Common Nutrients That Will Help You Feel Better Than You Ever Thought Possible by Patrick Quillin, PhD, RD

Nutrition is a valid healing science that makes sense. And this book is the first detailed, complete and authoritative account of how to use nutrition to prevent and even cure common health problems in America. Dr. Quillin provides detailed information regarding which foods and nutrients can maintain, fortify and in some cases even heal the body's immune system. Published in 1987 by Contemporary Books, Chicago, IL.

Immunopower: Conquering your Illness with the help of Nutritional Synergism by Patrick Quillin PhD, Noreen Quillin

There is convincing evidence that supplemental nutrition can bolster host defense mechanisms, helping the immune compromised patient to recover. Yet to take all the nutrition factors that may optimize chances for recovery, a patient must take a "soupbowl full of pills", which is intolerable, impractical and very expensive. ImmunoPower was developed out of the need to minimize the number of pills taken and to reduce the cost of this effort. This book describes what is in Immunopower, how to prepare it and the results others have experienced. Published in 1998 by Nutrition Times Press, Tulsa, OK.

Nutrition: The Cancer Answer II by Maureen Kennedy Salaman

This book is the result of 16 years of research by a well-known author in the field of health and cancer prevention. *Nutrition: The Cancer Answer II* will give you research-based information that cancer can be prevented and controlled by presenting studies of various societies which enjoy cancer-free lives. Published in 1995 by Statford Publishing, Mountain View, CA.

Prescription for Nutritional Healing by James F. Balch, MD, and Phyllis A. Balch, CNC

This is a complete and authoritative guide to dealing with health disorders through nutritional, herbal and supplemental therapies. The book blends the latest scientific research with traditional nonsurgical treatments, and provides all the information needed to design your own nutrition program. Published in 1990 by Avery Publishing Group, Garden City Park, NY.

What to Eat If You Have Cancer by Maureen Keane, MS, and Daniella Chace, MS

Researches estimate that the cause of death for over 40 percent of cancer patients is malnutrition, not the tumor itself. However, an increasing number of physicians are acknowledging the importance of good food and nutrition in improving the quality of life and chances for recovery in cancer patients. This book is a guide to adding nutritional therapy to traditional cancer treatment programs. It includes a clear overview of how cancer affects the body,

comprehensive nutritional information, suggestions for meal planning, and specific instructions for coping with the side effects of chemical surgical and radiation treatments. Published in 1996 by Contemporary Books, Chicago, IL.

Pain Management

Cancer and Pain Management edited by Roselyn Payne Epps, MD, and Susan Cobb Stewart, MD

Developed by the American Medical Women's Association, this state-of-the-art medical guide comes directly from doctors working on the front lines of women's health-- women doctors who have dedicated their lives to taking care of our bodies, our minds, and our emotional health. It provides reliable, frank information on all cancer, the cause and control of pain, and the truth about medications, both over-the-counter and prescription. Published in 1995 by Dell Publishing, New York, NY.

The Cancer Pain Sourcebook by Roger Cicala (Editor), David Van Alstine (Editor)

While amazing advances have been made in cancer diagnoses and treatment, the management of cancer-related pain remains elusive for many who are afflicted with the disease. However, as the author points out, good, effective treatment for pain is available but is not as widely available as it should be. The causes of pain and the factors that worsen it are covered in the first part of the book, but those with an acute need for pain relief information can jump to the second section of the book, which details standard cancer pain treatments. Several helpful appendixes follow the third section, which delves into advanced pain treatment. Published in 2001 by Contemporary Books, ***.

Prostate Cancer

Dr. Patrick Walsh's Guide to Surviving Prostate Cancer by Patrick C. Walsh, MD and Janet Farrar Worthington

Walsh, professor of urology at Johns Hopkins University, and Worthington, a medical writer, offer a thorough guide to one of the most frightening diseases for men. This invaluable guide covers every aspect of prostate cancer, from potential causes -- including diet -- to tests for diagnosis, curative treatment, and innovative means of controlling advanced stages of cancer. It also addresses the sensitive issues of impotence and incontinence after surgery, tells men what to look for in a surgeon, and features a section on alternative medicine. With an extensive glossary, index, and listing of where to get help, this comprehensive book is the definitive guide on prostate cancer. Published in 2001 by Warner Books, New York, NY.

How I Survived Prostate Cancer, and So Can You by James Lewis, Jr., Ph.D.

This invaluable guide, written by a person who has had prostate cancer and is an educator who writes "how to" books, will help you and your family get through the next few months after your prostate cancer diagnosis with a clear understanding of this disease. Not only will you be able to ask intelligent questions of your physicians, you will also be able to use the knowledge you have gained from this guide to assess the competence of your current physician, thereby determining if you should remain under the service of your present physician or pursue a more competent one. Published in 1994 by Health Education Literary Publisher, Westbury, NY.

Man to Man: Surviving Prostate Cancer by Michael Korda

In the autumn of 1994, the author was diagnosed with having prostate cancer. For several years he had been examined, tested and medicated, always with the assurance that everything was all right-- until it wasn't. With uncommon frankness, Korda writes of overcoming incontinence and impotence, the truth about various

treatments, how tumors are graded, and the reality of the “numbers.”
Published in 1996 by Random House, New York, NY.

The Patient’s Guide to Prostate Cancer: An Expert’s Successful Treatment Strategies and Options by Marc B. Garnick, MD

Ten million American men have prostate cancer, and according to the American Cancer society, 300,000 more will be diagnosed with it this year. In accessible language, Dr. Garnick carefully guides readers through the maze of often conflicting information about how to diagnose and treat prostate cancer. Drawing on case histories of men who have battled the disease, he talks about symptoms such as impotence, loss of bladder control, and emotional stress, as well as treatment options, both traditional and controversial. Published in 1996 by the Penguin Group, New York, NY.

The Prostate: A Guide for Men and the Women Who Love Them by Patrick Walsh, MD

This book is for the 200,000 American men who will be diagnosed with prostate cancer this year-- and for their wives, sisters, and daughters who often take responsibility for educating men about health matters and encouraging them to see a physician. Published in 1995 by the Johns Hopkins University Press, Baltimore, MD.

The Prostate Book: Sound Advice on Symptoms and Treatment by Stephen N. Rous, MD

Prostate problems eventually trouble more than half of all American males, and cancer of the prostate is the second most common cause of cancer death among men in this country. Here is the first complete book on the prostate for lay readers, based on 30 years of experience. Published in 1994 by W.W. Norton Company, New York, NY.

The Prostate Cancer Answer Book by Marion Morra and Eve Potts

Designed as a comprehensive guide to making choices about treatment for prostate problems, this insightful resource compiles the

latest medical studies, diagrams and treatment outcomes on this disease, which will affect 317,000 American men in 1996, according to American Cancer Society estimates. Published in 1996 by Avon Books, New York, New York.

The Prostate Sourcebook by Steven Morganstern, MD, and Allen Abrahams, PhD

Men hate to go to doctors. Unfortunately, every man has a troublesome little gland called the prostate. And if you don't take care of it, it will make you sick. This book is a primer on prostate care. Using laymen's terms and interesting case studies, the authors go through the details of how the prostate works, what problems you can have, and how to solve them. Published in 1994 by Lowell House, Los Angeles, CA.

Radiation

Coping With Radiation Therapy: A Ray of Hope by Daniel Cukier, MD, and Virginia E. McCullough

This book helps you face the fear by giving you specific answers to your questions, helping you become a partner in your own treatment. You'll read, in layperson's terms, about what radiation therapy is and how it does what it does. You'll learn about the side effects of radiation therapy for specific kinds of cancer and how to alleviate them. You'll see how chemotherapy is often used in conjunction with radiation therapy and ways you can cope. Published in 1993 by Lowell House, Los Angeles, CA.

Living Well With Cancer: A Nurse Tells you Everything You Need to Know About Managing the Side Effects of Treatment by Katen Moore MSN, RN and Libby Schmais MFA, MLS

Oncology nurse practitioner Katen Moore and medical researcher Libby Schmais present a comprehensive resource for those who suffer from mild to severe side effects of chemotherapy, radiation, and drug treatments associated with cancer. The remaining portion addresses more challenging emotional concerns: stress, death and dying, nutrition, exercise, sex and sexuality. Published in 2001 by G.P. Putnam's Sons, New York, NY.

Spirituality

Close to the Bone: Life-Threatening Illness and the Search for Meaning by Jean Shinoda Bolen, MD

The author explores what it means when serious illness brings one “close to the bone”-- close to the soul’s needs. She weaves myth, experience, and story to produce a book which at once illuminates the experience of the seriously ill patient and how that facing one’s mortality can be a life-transforming, and even a life-saving process. Published in 1996 by Scribner, New York, NY.

A Medical and Spiritual Guide to Living With Cancer: A Complete Handbook for Patients and Their Families by William A., M.D. Fintel, Gerald R., Ph.D. McDermott

A combination of medical and spiritual information makes Living With Cancer the only complete handbook for cancer patients and their families. In addition to the basic medical written in easy-to-understand terms, it addresses medical issues without using technical jargon and offers answers to pragmatic questions about therapies, patient rights and financial concerns. Published in 1993 by Word Publishing, ***.

Prayer Is Good Medicine by Larry Dossey, MD

Based on his groundbreaking work linking prayer and health, physician Larry Dossey offers new ways of looking at prayer, and tells us how we can harness its remarkable healing powers. In a series of short, inspiring chapters, he addresses common questions and concerns about harnessing the healing potential of prayer, including whether to pray with or without words, when and how much to pray, the role of religion in health, how the medical establishment feels about prayer, and even how to avoid the destructive side of prayer. Published in 1996 by HarperCollins Publishers, New York, NY.

Straight from the Heart: Letters of Hope and Inspiration from Survivors of Breast Cancer by Ina Yalof

Comprised of a collection of nearly 100 letters, *Straight from the Heart* takes us into the world of the newly diagnosed patient, as well as the woman who has been battling the disease and is urgently seeking a cure. Many describe their physical experience with chemotherapy and its side effects. One woman writes about selecting the Dow Corning implant and tells of her body's physical response to it. Still another speaks of her decision to have her breast reconstructed 10 years after her surgery. Published in 1996 by Kensington Publishing Company, New York, NY.

Surgery

Making the Right Choice: Treatment Options in Cancer Surgery by Richard A. Evans, MD

Provides facts and answers for those who will be deciding what type of surgery and treatment will be best for them, focusing on the ten most common forms of cancer and the various therapeutic options available. Published in 1995 by Avery Publishing Group, Garden City Park, New York.

Survivorship

After Cancer: A Guide to Your New Life by Wendy Schlessel Harpham, MD

As anyone who has been diagnosed with cancer knows, surviving cancer is more than just killing cancer cells and getting through treatment. Patients must deal with the emotional, social spiritual and financial fallout of a cancer diagnosis. By helping survivors understand that they can't go back to where they were before cancer, Dr. Wendy Harpham liberates them to move forward to a different, "new normal." Published in 1995 by Harper Perennial, New York, NY.

Cancervive. The Challenge Of Life After Cancer by Susan Nessim and Judith Ellis

A down-to-earth guidebook for survivors of cancer, who face many problems when they finish treatment and reenter the everyday world of the well. Especially useful are the sections on insurance and job discrimination, which summarize legal rights and provide lists of sources for help and information. Published in 1991 by Houghton Mifflin Company, New York, NY.

Dancing in Limbo: Making Sense of Life After Cancer by Glenna Halvorson-Boyd and Lisa K. Hunter

Dancing in Limbo is the intimate and inspiring account of the authors' real-life experiences of surviving cancer. They are straightforward about what life is like after the whirlwind of doctors' visits and radical treatments come to an end. In the aftermath of this intensely focused period, survivors are often unprepared for their feelings of confusion and disorientation. Questions such as "If I am one of the lucky ones, why am I feeling so blue?" are surprisingly common. As this thoughtful book reveals, for those who survive cancer, life is never the same again. Published in 1995 by Jossey-Bass Publishers, San Francisco, CA.

Recovery From Cancer: The Remarkable Story of One Woman's Struggle with Cancer and What She Did to Beat the Odds by Elaine Nussbaum

The words slowly sank in-- *Mrs. Nussbaum, you have cancer.* So began Elaine Nussbaum's very personal struggle with this frightening disease. Here, then, in Elaine's own words, is her inspiring story of recovery against all odds-- from her first days in the hospital to the agony reflected at home in the faces of her family to her eventual triumph. Published in 1992 by Avery Publishing Group, Inc., Garden City Park, NY.

Straight from the Heart: Letters of Hope and Inspiration from Survivors of Breast Cancer by Ina Yalof

Comprised of a collection of nearly 100 letters, *Straight from the Heart* takes us into the world of the newly diagnosed patient, as well as the woman who has been battling the disease and is urgently seeking a cure. Many describe their physical experience with chemotherapy and its side effects. One woman writes about selecting the Dow Corning implant and tells of her body's physical response to it. Still another speaks of her decision to have her breast reconstructed 10 years after her surgery. Published in 1996 by Kensington Publishing Company, New York, NY.

To Be Alive: A Woman's Guide to a Full Life After Cancer by Carolyn D. Runowicz, Donna Haupt (Contributor)

Collaboration by an oncologist and a cancer survivor addresses such cancer survival issues as how to resume life, nutrition, intimacy, scars, communication, pregnancy and motherhood, and discrimination. Published in 1995 by Henry Holt & Company, Inc, ***.

Veterinary Cancer

Pets Living with Cancer by Robin Downing

This book is written for the pet owner who is facing difficult decisions regarding cancer treatment. The first chapter is an overview of cancer, diagnosis of cancer, and initial steps to help with the decision making process. In subsequent chapters the author discusses making a complete diagnosis by identifying the type of cancer and various treatment options (such as surgery, chemotherapy, and radiation therapy). Complementing therapies and nutrition are covered in other chapters. A unique feature is the chapter on hospice care for veterinary patients with cancer. An extensive glossary follows the main text, and resource lists are included at the end. Published in 2000 by American Animal Hospital Association, ***.

Women's Cancers

Gilda's Disease : Sharing Personal Experiences and a Medical Perspective on Ovarian Cancer by M. Steven, Md. Piver, Gene Wilder (Contributor), and Joanna Bull

Combining the latest medical research and Gene Wilder's personal story of his wife Gilda Radner's courageous, ultimately unsuccessful battle with ovarian cancer, this moving, highly informative book is an essential guide and companion for all woman and families confronting this disease. Published in 1996 by Broadway Books, New York, NY.

Dr. Susan Love's Hormone Book : Making Informed Choices About Menopause by Susan M. Love, Karen Lindsey (Contributor)

With clarity and compassion, Dr. Love helps women entering menopause sort through all the choices, explains how to cope with short-term symptoms, addresses such long-term concerns as osteoporosis, heart disease, breast cancer, and endometrial cancer, and discusses the pros and cons of hormone therapy. Published in 1998 by Random House, ***.

Hysterectomy: Before & After by Winnifred B. Cutler, PhD

Fifty percent of all American women are prescribed a hysterectomy. Yet many of them are unaware of the full range of medical alternatives and the long-term consequences. In this ground-breaking book, Dr. Cutler, a reproductive biologist, discusses every aspect of hysterectomy in clear, understandable language. Based on a review of more than 3,500 recent studies and her own research, she discusses the extensive new medical evidence showing the vital role of the uterus and ovaries to a woman's well-being. Published in 1988 by Harper & Row, New York, NY.

Myths & Facts about Ovarian Cancer by M. Steven Piver, Gamal Eltabbakh MD

This book dispels the many myths surrounding ovarian cancer, offering instead solid insight, facts, and realistic optimism. This handbook identifies the most current screening, and diagnostic techniques, treatment options, potential outcomes, support information, and much, much more. Published in 1996 by PRR Incorporated,

Women's Cancers: How to Prevent Them, How to Treat Them, How to Beat Them by Kerry A. McGinn, RN, NP and Pamela J. Haylock, RN

This highly praised guide, will help every woman who is diagnoses with or at risk for lung, colorectal, breast, pelvic, uterine, ovarian, vaginal, vulva, and rare gynecologic cancers. The authors, experienced oncology nurses clearly and sensitively address all the issues surrounding a cancer diagnosis. Published in 1998 by Hunter House, Alameda, California.