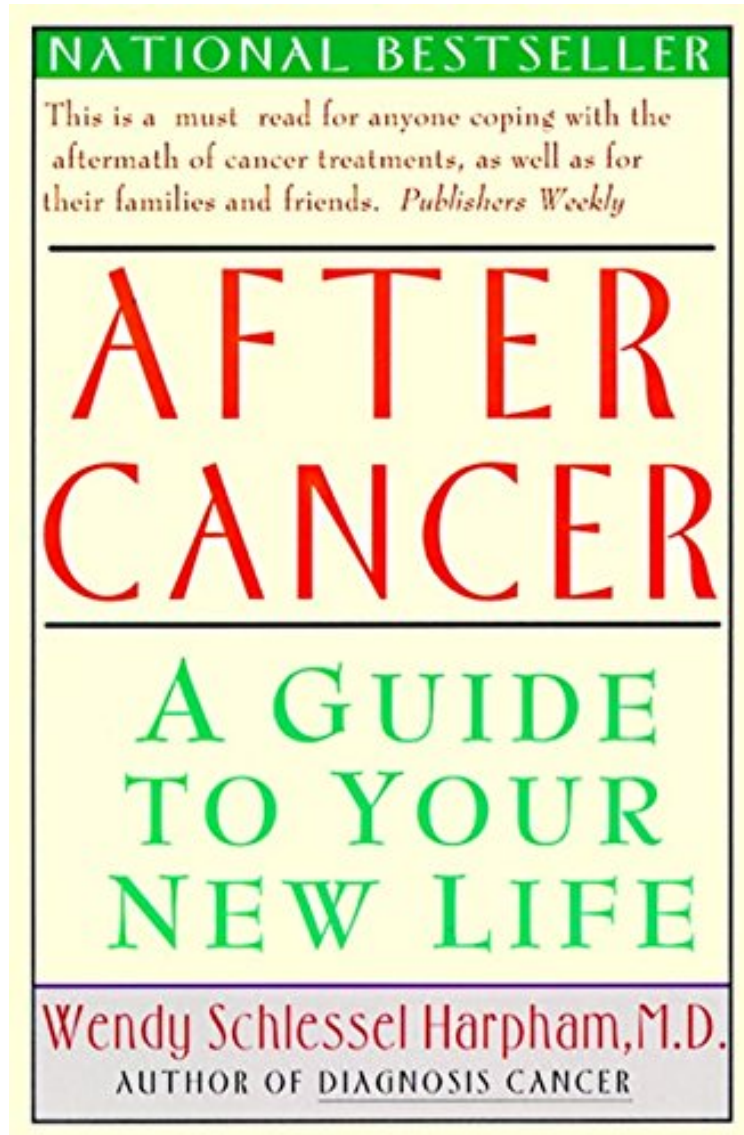


## After Cancer: A Guide to Your New Life

Wendy S., M.D. Harpham  
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**Wendy S., M.D. Harpham : After Cancer: A Guide to Your New Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised After Cancer: A Guide to Your New Life:

1 of 1 people found the following review helpful. Full of helpful adviceBy maryannThis book was written in the '90s, and a lot has changed in cancer treatment since then. Still, most of the advice in this book is still relevant, and it's written in a helpful, accessible, well-organized way.0 of 0 people found the following review helpful. An absolute Must HaveBy GillyThis book is just brilliant, it explains in plain English all about treatment, it tells you what to

expect during afterwards, it is the most honest down to earth, sometimes very witty, most practical thing I have read throughout my illness recovery. Every Cancer patient should be given this book as they leave the hospital door, it would sure cut down on patients worrying on doctors time. Thank You.0 of 0 people found the following review helpful. Good but datedBy Marilyn D.It is pretty good but very dated.

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." In a reader-friendly, question-and-answer format, Dr. Harpham (herself a cancer survivor) addresses a wide range of issues. Among them are understanding the medicine of reevaluation, follow-up, and prevention after treatment; dealing with the most common physical aftereffects of treatment; learning how to make decisions about work and school; relating to friends and family; helping children deal with parents' cancer; and coping with the practicalities of living wills and insurance.

From Publishers WeeklyHarpham (Diagnosis Cancer), a Dallas internist diagnosed with lymphoma in 1990, is no stranger to the challenges, physical and emotional, faced by people who have had cancer and chemotherapy. In a poignant introduction describing her illness, the author tells of the changes one must confront after treatment. She makes it clear that there is no special formula for recovery, and that timetables are of no particular consequence because everyone is different. Her useful QA format candidly addresses many central questions: long-term side effects, probability of recurrences, diet considerations, coping with depression. Living with cancer and its aftereffects is an ongoing education in living, says Harpham, who advises how to cope between cancer checkups, when to call the physician and when not to worry. Post-cancer fatigue is discussed in depth. In addition to the facts cancer survivors must know to make the best possible recovery, the author provides readers with hope. This is "must" reading for anyone coping with the aftermath of cancer treatments, as well as for their families and friends. Copyright 1994 Reed Business Information, Inc.From Library JournalHarpham, author of *Diagnosis: Cancer; Your Guide Through the First Few Months* (LJ 5/15/92), once again uses her skills to answer many of the questions cancer survivors have. Because she is both a doctor and a cancer survivor, Harpham understands the process and can write effectively about the obstacles most survivors encounter, such as physical changes, emotional strains, and financial stresses. Emphasizing that "knowledge is power," she advises readers to take a proactive stance and encourages minimizing risk through diet, exercise, and aggressive surveillance. The section on postcancer fatigue will be of special interest to many patients. A bibliography, resources list, explanations of types of healthcare workers, and a list of steps for cancer prevention make this book essential for survivors and those who care for them. Highly recommended.Janet M. Coggan, Univ. of Florida Libs., GainesvilleCopyright 1994 Reed Business Information, Inc.From the Back CoverThis is the first book written by a doctor for the layperson that addresses the medicine, the practical issues, and the psychosocial elements of recovery after cancer treatment. The author, a cancer survivor herself, understands that 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, she liberates them to move forward to a different, "new normal". Writing in a reader-friendly, question-and-answer format, Dr. Wendy Harpham addresses a wide range of issues realistically yet hopefully. Among them are understanding the medicine of reevaluation, follow-up, and prevention after treatment; dealing with the most common physical aftereffects of treatment; learning how to make decisions about work and school; relating to friends and family; helping children deal with parents' cancer; and coping with the practicalities of living wills and insurance. An important section on post-cancer fatigue will be of special interest to patients who find that exhaustion is one of the most difficult problems with which they deal.