



The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment

By Judith McKay, Tammy Schacher RN OCN MSN

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When you're facing cancer treatment, it's easy to feel overwhelmed and alone. Between the hospital or clinic environment and the medical terminology used by doctors and health care professionals, you may feel as though you've entered a foreign country.

Written by two experienced oncology nurses, this compassionate and comprehensive guide explains in plain English everything you need to know about your treatment, including what you can expect at each stage of chemotherapy and what you can do to prevent or minimize side effects. Packed with practical suggestions, nutritional advice, relaxation skills, and other techniques to help strengthen your body and calm your mind, **The Chemotherapy Survival Guide** is a must-have resource for anyone navigating this difficult time.

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Editorial Review

Review

“One of the best books available for teaching patients how to cope with the challenges of cancer treatment. Everything, including how to understand diagnoses, treatment plans, and emotional and social challenges, is beautifully written in layman’s terms so the patient can become an active partner in his or her own treatment. A must-read.”

—Judith Shepherd, MSW, DSW, social worker at Alta Bates Summit Comprehensive Cancer Center

“The previous edition of this comprehensive, well-written guide was enthusiastically received by patients, nurses, and physicians. This updated edition is even more valuable. It contains information relating to all aspects of a potentially difficult and frightening diagnosis. The suggestions for symptom management are practical and constructive.”

—Martha A. Tracy, MD, oncologist at Northern California Hematology Oncology Consultants

“This new edition of *The Chemotherapy Survival Guide* provides patients with practical ways to empower themselves, from beginning preparations for treatment to issues of survivorship. Its down-to-earth philosophy is an invaluable guide for health care providers who educate cancer patients.”

—Quan Thai, RN, MSN, OCN, oncology nurse practitioner

“Besides being well organized and easy to read, *The Chemotherapy Survival Guide* has been a great comfort to me during my chemotherapy. It’s the book I reach for when I get those late-night worries and questions.”

—Susan Smith, cancer survivor

“*The Chemotherapy Survival Guide* should be read by all patients diagnosed with cancer as well as their families. It offers valuable information about cancer and the various approaches to therapy in addition to practical advice. This book will help readers understand the decisions they face, how to cope with the disease, and the treatments they will undergo.”

—Michael Cassidy, MD, medical director at Alta Bates Summit Medical Center Cancer Program

“Overall it is an excellent and comprehensive approach. *The Chemotherapy Survival Guide* is well written and organized in a way that I think will be readily understandable for people without medical backgrounds.”

—Raymond Liu, MD, hematology and oncology specialist

“The information presented is easy to follow and understand. The book gives readers a detailed look into the cancer treatment process. It will help ease patients’ fears and their loved ones’ anxiety and stress, especially at the beginning of treatment.”

—LC, oncology nurse

From the Publisher

This fully revised and updated edition of **The Chemotherapy Survival Guide** provides chemotherapy patients with everything they need to know about treatment, including what they can expect at each stage and what they can do to prevent or minimize side effects.

About the Author

Judith McKay, RN, OCN, received her degree from California State University, Hayward, and has been an oncology nurse involved in patient education for more than twenty-five years. She helped develop and taught chemotherapy orientation classes at the Alta Bates Summit Comprehensive Cancer Center in Berkeley, CA, where she currently works. McKay is coauthor of **When Anger Hurts** and contributed to the best-seller **Self-Esteem**.

Tamera Schacher, RN, OCN, MSN, is an oncology-certified nurse and a board-certified family nurse practitioner. She trained to become a registered nurse at the University of Nevada, Las Vegas, and received her master of science in nursing and family nurse practitioner degrees at Sonoma State University. For the past five years, she has worked at the Alta Bates Summit Comprehensive Cancer Center.

Users Review

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Lisa Hegland:

The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment can be one of your basic books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment yet doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information can drawn you into brand-new stage of crucial contemplating.

Jeffrey Gorski:

Many people spending their time period by playing outside together with friends, fun activity along with family or just watching TV all day every day. You can have new activity to shell out your whole day by

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Is it you actually who having spare time then spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these textbooks have than the others?

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Many people said that they feel bored when they reading a guide. They are directly felt it when they get a half elements of the book. You can choose the particular book The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment to make your personal reading is interesting. Your skill of reading skill is developing when you similar to reading. Try to choose straightforward book to make you enjoy to study it and mingle the sensation about book and reading especially. It is to be very first opinion for you to like to start a book and read it. Beside that the publication The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment can to be your brand new friend when you're feel alone and confuse with what must you're doing of these time.

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