

Health Bulletin



New Book Offers Comprehensive Cancer Care Information

(NAPSA)—One-third of Americans are trying alternative medicine, according to a recent report in the *Wall Street Journal*, and nearly 85 percent of cancer patients used at least one complementary and alternative therapy while undergoing conventional oncology treatment, according to the National Center for Complementary and Alternative Medicine.

To help those living with cancer learn more about CAM therapies, a guidebook called *A Patient's Guide to Understanding Cancer Care: Fighting Cancer Body, Mind & Spirit* (Lightbulb Press, \$12.95) has been published. It explains how to fight cancer on all fronts: with conventional treatments and technologies, science-based alternative and complementary medicine, a solid support structure and even spirituality.

"For years cancer patients have been searching for CAM therapies to help with nausea, pain management, defeated immune systems, and other side-effects of cancer treatment," says Dr. Bernard Eden, medical director of radiation oncology for Cancer Treatment Centers of America. *A Patient's Guide to Understanding Cancer Care* helps cancer patients understand how conventional treatments and CAM can be used together to fight the disease."

The guide addresses:

- Understanding your diagnosis: understanding cancer, your diagnosis, and how to create an



A new book can guide cancer patients and their loved ones toward a better life.

action plan which will treat every aspect of the disease mind, body, and spirit

- Conventional therapies: including surgery, chemotherapy, radiation, immunotherapy, and stem cell transplants

- Complementary therapies: naturopathic medicine, nutrition, mind/body medicine and the role of spirituality

- The rest of your life: pain management, comparing treatment facilities, working with doctors, financial decisions, patient's rights, your support team, and advice for caregivers and supporters

The book is available on Amazon.com, www.lightbulbpress.com/cart, and in bookstores. For more information, call 800.931.9299 or visit www.cancercenter.com.