

THE COLON CANCER

SURVIVORS' GUIDE

Living Stronger. Longer

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The Colon Cancer Survivors Guide

Curtis Pesmen



The Colon Cancer Survivors Guide:

The Colon Cancer Survivors' Guide Curtis Pesmen, 2009 Not long ago Curtis Pesmen author editor and husband was diagnosed at 43 with advanced colorectal cancer starting a journey that sent him from shock through treatment experimental surgery then recovery Now as a survivor he shares his insights plus advice from other survivors and leading doctors in this revised edition on how to manage the challenges of a cancer people don't like to talk about Book jacket *The Colon Cancer Survivors' Guide* Curtis Pesmen, 2005 Based on his award winning series of Esquire magazine articles on his own survival of colon cancer the author shows how a person diagnosed with cancer stops becoming a patient and starts becoming a survivor Above all it offers advice on the healing of scars both physical and emotional how to leave cancer behind and how to move confidently forward A Nurse's Guide to Caring for Cancer Survivors Lisa Kennedy Sheldon, 2010-10-25 With today's

increasing number of cancer survivors more clinical nurses are helping their patients through the survivorship process A Nurse's Guide to Caring for Cancer Survivors Colorectal Cancer is an essential reference for clinical nurses to help identify key components of survivorship care This diagnosis specific guide provides nurses with information to improve the quality of their patient's life Key topics include Overview of the cancer diagnosis common treatments and side effects formats for compiling treatment summaries patient care plans with an emphasis on healthy behaviors for preventing recurrence and secondary cancers pharmacologic agents strategies for coordination of care between healthcare providers and more **The Cancer Survivor's Guide** Neal D. Barnard, Jennifer K. Reilly, 2010-11-09 Shows how foods influence hormones that fuel cancer and how a dietary change to a low fat plant based diet can be beneficial to anyone diagnosed with the disease

Everyone's Guide to Cancer Survivorship Ernest Rosenbaum, Holly Gautier, 2011-10-01 This book was written both for survivors and health professionals some of whom are cancer survivors too Our goal is to provide you with a survivor's road map Dr Ernest H Rosenbaum More than 30 medical professionals reveal insights on surviving cancer to empower cancer survivors and their caregivers as well as the doctors who manage their continued care The CDC's National Action Plan for Cancer Survivorship estimates that there are 9.6 million persons living following a cancer diagnosis And this number is strictly related to patients It does not include family members friends or caregivers For anyone approaching life from the perspective of remission respected oncologist Dr Ernest Rosenbaum leads a team of 34 oncology specialists and medical contributors some of whom are both doctors and survivors themselves in creating a guide specifically geared for cancer survivorship The growing number of people approaching life post cancer will find solace understanding and opportunity with information specifically geared to managing the lingering effects of cancer treatment such as Lifestyle changes to improve health and longevity What survivors need to know following anticancer therapy How to manage the side effects of chemotherapy and radiation therapy How to set goals for the future **ACSM's Guide to Exercise and Cancer**

Survivorship American College of Sports Medicine, Melinda L. Irwin, 2012-02-14 ACSM's Guide to Exercise and Cancer

Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors. Developed by the American College of Sports Medicine (ACSM), this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers. Dr. Melinda L. Irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship. With an emphasis on practical application, the text discusses the following: Incidence and prevalence of the most common cancers; Common cancer treatments and side effects; Benefits of exercise after a diagnosis of cancer; Exercise testing, prescription, and programming; Nutrition and weight management; Counseling for health behavior change; Injury prevention; Program administration. This guide presents evidence-based information to assist health, fitness, and medical professionals in using exercise to help cancer survivors with recovery, rehabilitation, and reducing the risk of recurrence. Throughout the text, readers will find quick reference Take Home Messages that highlight key information and how it can be applied in practice. Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient, such as physician's permission forms, medical and cancer treatment history forms, weekly logs of exercise and energy levels, medication listings, and nutrition and goal setting questionnaires. In addition, ACSM's Guide to Exercise and Cancer Survivorship discusses all of the job task analysis points tested in the ACSM ACS Certified Cancer Exercise Trainer (CET) exam, making this the most complete resource available for health and fitness professionals studying to attain CET certification. Each chapter begins with a list of the CET exam points discussed in that chapter. A complete listing is also included in the appendix. As both an essential preparation text for certification and a practical reference, ACSM's Guide to Exercise and Cancer Survivorship will increase health and fitness professionals' knowledge of the benefits of exercise after a cancer diagnosis, as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors. Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors. More clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment, speeding recovery, and improving overall quality of life. In turn, cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities. With ACSM's Guide to Exercise and Cancer Survivorship, health and fitness professionals can provide safe exercise programs to help cancer survivors improve their health, take proactive steps toward preventing recurrences, and enhance their quality of life.

A Nurse's Guide to Caring for Cancer Survivors Wendy DiSalvo, 2010-10-25. With today's increasing number of cancer survivors, more clinical nurses are helping their patients through the survivorship process. A Nurse's Guide to Caring for Cancer Survivors: Lung Cancer is an essential reference for clinical nurses to help identify key components of survivorship care. This diagnosis-specific guide provides nurses with information to improve the quality of their patients' lives. Key topics include: Overview of the cancer diagnosis; common

treatments and side effects formats for compiling treatment summaries patient care plans with an emphasis on healthy behaviors for preventing recurrence and secondary cancers pharmacologic agents strategies for coordination of care between healthcare providers and more

Handbook of Cancer Survivorship Care Maria Alma Rodriguez, Lewis E. Foxhall, 2018-08-28 Handbook of Cancer Survivorship Care serves as a practical and concise guide for the multidisciplinary management of cancer survivors Nearly all of the chapters are authored by a team consisting of a seasoned oncologist and an experienced practitioner who provides direct services in survivorship care Chapters reflect the importance of interdisciplinary collaboration and cover the high yield pearls and clinical applications that lead to quality patient care outcomes Part I discusses the basic concepts of survivorship care models of care and clinical tools while addressing late and long term effects of treatment screening methods for secondary or recurring tumors and prevention of disease relapse Part II includes chapters on cancers commonly seen in community practice such as breast prostate lymphoma and colorectal Chapters in Part II provide clinical pearls and disease specific background a guide to disease surveillance instructions for monitoring late effects early detection tips and information on psychosocial health all to better direct clinical assessment and management With cancer survivors an increasing segment of the healthcare population and survivorship care rapidly evolving it is paramount that oncologists and other care providers are up to date on the clinical strategies interventions and recommendations for follow up care As a pocket sized quick reference Handbook of Cancer Survivorship Care is an indispensable resource for any healthcare provider including physicians nurses and other practitioners seeing patients in remission it covers the must know points of clinical management and successfully carries over cutting edge expertise into clinical practice whether it is used at the bedside or in the clinic Key Features Includes practical guidance on challenging areas such as addressing psychosocial issues establishing screening and prevention strategies managing late effects in cancer survivors and many more Easy to read outline format makes referencing in the clinical setting quick and convenient Practical clinical vignettes with self assessment Q A accompany chapters in Part II Clinical pearls highlight survivorship guidelines and their application Provides management guidelines and detailed disease surveillance strategies for site specific cancers Includes digital access to the e book

A Survivor's Guide to Kicking Cancer's Ass Dena Mendes, 2011-11-01 It's a ballsy move to look in the face of cancer and say I'm gonna kick your ass Yet Dena Mendes did just that and now she'll tell you how to do the same thing This book is a crash course in learning how to be your own advocate Empower yourself by using your intuition and newfound knowledge and you'll come through this difficult yet amazing health awakening opportunity with flying colors With this step by step guide at your side your journey will turn into a beautiful dance As Dena promises You'll get to turn yourself inside out and become someone new I guarantee that this is the best trip you'll ever take This guide is a life preserver that has been created to support you on your journey back to perfect health

Care of Cancer Survivors, An Issue of Medical Clinics of North America Kimberly S. Peairs, 2017-10-16 This issue of Medical Clinics

guest edited by Dr Kimberly Peairs is devoted to Care of Cancer Survivors Articles in this issue include Care Coordination and Transitions of Care Cancer Survivorship in Adolescents and Young Adults Long term and Late Side Effects of Specific Cancer Types Diet Physical Activity and Body Weight in Cancer Survivorship Anxiety and Depression in Cancer Survivors Cognitive Changes Related to Cancer Therapy Cardiac Disease in the Cancer Survivor Cancer related Fatigue Hormonal Changes and Sexual Dysfunction Palliative Care Issues Screening for Recurrence and Secondary Cancers and Pulmonary Disease in the Cancer Survivor

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