

A woman with curly blonde hair is sitting up in bed, looking thoughtful with her hands clasped. She is wearing a white t-shirt. The background shows a bed with grey pillows and a light-colored wall.

# Taking **Control** of Cancer

# Taking Control Of Cancer

**Julia A. Ericksen**



## **Taking Control Of Cancer:**

**Taking Control of Cancer** Beverley van der Molen, 2003 An accessible and practical book of advice on the diagnosis treatments and resources available to cancer sufferers and featuring personal stories from people who have experienced cancer

*Take Control of Your Cancer* James W. Forsythe, 2012-05-01 Cancer rates continue to skyrocket and the overall survival rate for Stage IV cancer patients in the United States is a grim 21 percent Clearly the extensive use of expensive sometimes ineffective toxins in conventional oncology protocols is a failing strategy Even the few survivors of these harsh slash and burn treatments can have dismal quality of life suffering with ailments such as nerve damage heart muscle disease and liver and kidney failure And unfortunately many conventional doctors discourage patients from exploring alternative treatment options A featured doctor in Suzanne Somers bestselling cancer book Knockout forty year oncology veteran James W Forsythe M D H M D offers a more cost effective personalized and compassionate alternative to traditional cancer treatment in *Take Control of Your Cancer Integrating the Best of Alternative and Conventional Treatments* Dr Forsythe s integrative approach has yielded an astonishing 46 percent positive response rate in a 500 patient study In *Take Control of Your Cancer* you will find information on all stages of cancer including Warning signs of cancer How to pinpoint the causes of cancer and to avoid recurrence Preventative measures such as healthy diet and regular exercise Overview of how to choose what drugs and supplements to use How to take charge of your cancer treatment and maintain a positive attitude Successful case studies of 40 of Dr Forsythe s Stage IV cancer patients While Dr Forsythe offers his patients conventional and alternative therapies on their own as well as an integrative option *Take Control of Your Cancer* encourages cancer patients and their families to explore their treatment options and look for doctors who personalize treatment for optimal outcomes

*Take Control of Your Cancer Risk* John Whyte, MD, MPH, 2021-10-05 Something everyone has the power to do is reduce your cancer risk and this book will show you just how easy it is to do it Each year over a million people in the United States alone hear the words no one ever wants to hear You have cancer But what if there was a way for fewer people to hear these words One of the biggest myths regarding cancer is that it s mostly genetic meaning that you have no control over whether you get it While genetics do have an impact the truth is that your lifestyle and environment play the major role Physician and Chief Medical Officer of WebMD John Whyte MD MPH shares straightforward information and equips you with strategies to help you on a journey to better health In *Take Control of Your Cancer Risk* Dr Whyte provides helpful tips including assessing your cancer risk knowing which screenings you need and when learning the role food exercise and sleep play understanding the relationship between stress and cancer *Take Control of Your Cancer Risk* is filled with practical advice that empowers you to really take control of our health

**Breast Cancer: Taking Control** John Boyages, 2013-11-09 Using the familiar image of a garden and a personal plain English style to illustrate your cancer and how it affects your body Professor Boyages MD PhD walks you slowly through the stress and confusion after a diagnosis of breast cancer Learn how to Identify the 20

Control Points the 20 important decisions you need to make before and after your surgery Navigate through the medical maze of breast cancer treatment with detailed descriptions and clear flowcharts that give you a birds eye view of the process Find and research the right treatment team for you Identify the key questions to ask your treatment team before and after treatment Identify the surgical choices for your breast and armpit Understand when you really need radiation therapy chemotherapy or hormonal treatment Preserve your fertility Understand ways of helping to cope with sexuality and early menopause after treatment Some key features Traffic light colours guide you through treatment phases 20 color coded Control Points with detailed flow charts Clear end of chapter Warning Tip and Remember icons and summaries 15 real life patient stories Plain English style with garden and other analogies to explain your breast cancer and its treatment 125 photographs in full color 28 graphically designed diagrams 75 hand picked web links Detailed glossary key references and index

*Taking Charge of Cancer* David Palma, 2017-07-01 A cancer diagnosis can be terrifying and the first thing a patient wants to know is How am I going to survive this Written by a radiation oncologist and cancer researcher Taking Charge of Cancer offers an insider s guide to help readers understand cancer treatment options choose the very best medical team and be their own advocate With this compassionate yet pragmatic guide cancer patients will be better prepared to navigate the reality of their difficult diagnosis with knowledge and hope

*Taking Charge of Breast Cancer* Julia A. Ericksen, 2008-04-07 Taking Charge of Breast Cancer incorporates many components of the experience of breast cancer from personal illness to political economic factors Based on her very extensive data from interviews and content analysis Ericksen s fine writing offers a powerful narrative approach that focuses on stages of awareness and action In the process she eloquently addresses the physical and emotional consequences of breast surgery changes in body and sexuality and activism This is a major contribution to understanding the politics and experience of breast cancer Phil Brown Brown University

*Taking Control* Alyssia Sade, 2014-03-13 Faced with a terminal diagnosis of bladder cancer Perry and his wife Alyssia were faced with some very hard decisions Not wanting to accept their doctors recommendations they instead began a journey into the world of natural healing Alyssia uncovered ancient remedies and dietary changes that added in Perry s full reversal In order to deal with the bombardment of information Alyssia began keeping a journal This book is a true account of their journey Unlocking the simple complexities of navigating ones road to natural healing

**Take Control Now** Pamela E. Clarke, 2015-11-13 This book was written to highlight the importance of taking care of one s body If proper care is given overall health will be improved you will feel more energetic and you will reduce the risk of developing degenerative diseases like high blood pressure and even cancer It also highlights the impact of lack of care on the body and the mind Your body is a house temple in which your spirit soul dwells It is comparable to a car You cannot drive a car without gas Likewise your body will not work properly or for very long without proper care Oftentimes we spent a lot of money and time to repairing our homes our cars going to the hairdresser doing our nails yet often neglecting our bodies which is the medium that makes it possible for us to

achieve our dreams and livelihood in this life Let it be known that it is your responsibility to take care of your body and the body will take care of your life Please Take Control Now so that you can enjoy a healthy and happy life in your golden years

*Bulletin of the American Society for the Control of Cancer* American Cancer Society,1918      Inspire Me Well: Finding Motivation to Take Control of Your Health Lisa Bélanger,2014      **The Take-Control Diet** Ian Smith,2001-12-04 From the bestselling author of Shred The Take Control Diet aims to make you the expert on your body Dr Ian Smith delivers the final word on dieting for the fad weary reader who wants the truth about permanent weight loss The Take Control Diet explains the real science of how your body manages energy why crash diets and trendy programs sabotage your chances of success and how you can get off the yo yo ride forever Dr Smith offers a diet and exercise program that allows you to eat without feeling deprived or adopting an entirely specialized diet and that helps you use both anaerobic and aerobic exercise for maximum weight loss results He explains how to calculate your own individual food and exercise equation in order to lose the ideal amount of weight per week The Take Control Diet equips you with the facts so that you can approach your health and fitness goals psychologically fortified for the task Understanding common myths about dieting will give you the knowledge you need to resolve your weight issues for good Did you know that contrary to the recommendations of many popular diets eating too much protein could seriously damage your health That it is impossible to convert fat to muscle That starving yourself slows your metabolism and causes your body to store energy as fat That no foods appreciably increase your metabolism That chronic yo yo dieting makes weight loss increasingly difficult Dr Smith explains the causes of overweight the health concerns of dieting how metabolism and genetics factor in to weight control and what you can do to work with rather than against your body s processes Many diets dictate a program that might work if it works at all only as long as you can adhere to radical and unnatural habits The Take Control Diet instead equips you to design your own eating and exercise plan one that accommodates your preferences your daily routine and your particular weight loss hurdles Losing weight will not only help you look your best but also reduce your risk of heart disease diabetes and cancer in addition to improving your overall energy level and ability to fight illness Dr Smith offers a plan based on extensive research and his personal work with patients that respects your intelligence and empowers you to win the battle with overweight The Take Control Diet is one hundred percent free of unrealistic promises poor science and far fetched gimmicks and one hundred percent yours for life

**Men's Cancers** Pamela J. Haylock,2001 Provides information about the cancers common in men and the issues that surround the disease from the male perspective and discusses diagnosis treatments survival and related topics      Take Control Dr. Linda Mundorff,2006-12-05 Nearly 1 5 billion per year is spent on alternative medical treatments With more than twenty five years of experience in the health care profession Dr Linda Mundorff explores a variety of medical options designed to promote a natural lifestyle in Take Control A Guide to Holistic Living Writing in a style that health care professionals and laypersons alike will understand and identify with Mundorff will help you take control of your health by

discovering the practical effectiveness of alternative medicine in conjunction with modern medicine Informative insightful and humorous Take Control allows you to gain control of your health by becoming a self advocate in your care Take Control will show you how to Make lifestyle choices that last Fuel your body Live a more natural life Discover mindful exercises And much more With thorough coverage of remedies and contraindications supplemented by a glossary of terms a list of suggested reading material journal activities and a variety of other helpful contents Take Control is a guide to alternative medicine for everyone **Everyone's Guide to Cancer Therapy** Andrew Ko, Malin Dollinger, Ernest H.

Rosenbaum, 2011-05-12 Written by two oncologists this authoritative but readable reference stands out as a uniquely comprehensive thorough source of up to date information Library Journal For more than thirty years Everyone's Guide to Cancer Therapy has been the definitive resource for anyone confronting a cancer diagnosis The revised and updated fifth edition draws on the latest research information and advice from more than 100 top oncology specialists Equally informative and accessible this comprehensive book helps cancer patients and their caregivers navigate through diagnosis treatment and supportive care Topics include Information on recently approved targeted therapies for various cancer types The newest strategies in cancer diagnosis and prevention Cancer biology translating scientific discoveries into meaningful advances for patients Supportive care and complementary approaches *Cancer Doesn't Have to Hurt* Pamela J. Haylock, Carol P.

Curtiss, 1997 Describes pain management options for cancer patients explores non drug methods of pain relief and explains how to communicate the degree of pain in medical terminology to medical professionals **Take Control of Your Heart Disease Risk** John Whyte, MD, MPH, 2023-02-14 Know Your Risks Start Your Prevention Plan Heart disease is the leading cause of

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**Health Locus of Control, Attitudes and Intention to Reduce Cancer Risk** Sally Ruth Anger,1988      **The Nation's Progress in Cancer Research** National Cancer Institute (U.S.),2003      Cancer Control,1927

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