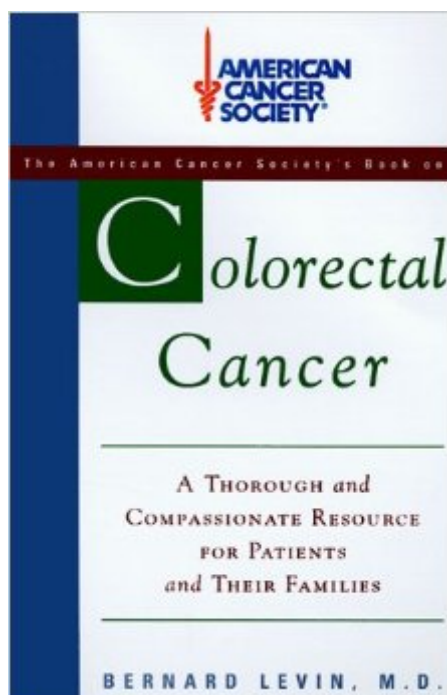


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# The American Cancer Society : Colorectal Cancer



## Synopsis

From America's leading cancer authority comes a patient's advocacy book for colorectal cancer patients--and their families--that offers medical expertise, practical advice, and emotional support. Colon and rectal cancers (or colorectal cancer) affect more and more people each year and account for about 11 percent of all new cancer cases and 10 percent of all cancer-related deaths. More than 95,000 new cases of colorectal cancer were diagnosed in 1998 alone. Recognizing that there is a 92 percent survival rate if these diseases are treated early, the American Cancer Society, the nation's leader in cancer research, education, and rehabilitation, and Dr. Bernard Levin, one of America's preeminent physicians and an expert on colon and rectal cancer, now offer the most comprehensive resource for patients and their families to turn to. This book contains the most up-to-date information about these related diseases--from basic facts about what to do when confronted with a diagnosis of colon or rectal cancer to the latest medical data, treatments, and procedures. But more important, this book considers the patient's perspective, providing psychological and emotional support for patients through case histories and anecdotes they can relate to. Moreover, the American Cancer Society's Colorectal Cancer provides easy recipes and a diet plan to help alleviate stress on the body. This important new book addresses the full range of issues that colorectal cancer patients and their families may face.

## Book Information

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## Customer Reviews

Colorectal Cancer: A Thorough and Compassionate Resource For Patients and Their Families by Bernard Levin M.D. This book covers the required topics, a patient and their relatives should learn about the disease. Hence I chose this book among all the listed books for colorectal cancer. It is very well organized to educate patients in a concise and compassionate manner. The first hand experience of several patients as examples makes me aware the importance of early diagnosis and educate that colorectal cancer is highly curable and need not be alarmed as we usually fear about cancer. Pictures also clearly depict how this cancer differs from other kinds and cured if it is diagnosed at early stage and prevented from recurrence. Topics pertaining to causes of the disease are informative especially the influence of diet as many of us are not aware of the limit of any food even if they are nutritionally good. It elaborates on the lists of food to be consumed to prevent the disease, during chemotherapy and for patients after the surgery. The significance and role of minerals, vitamins, calcium and antioxidants in prevention is helpful to plan the diet individually. It also discusses about anticancer agents like NSAIDs, hormones and other chemopreventive agents. It is misleading since a layman may decide to consume as a preventive measures but it might be higher the limit. Side effects that will occur if they are not recommended should be included in detail. Topics concerning stages and treatment is dealt well and morally supports the patient. For example if the patient is undergone surgery to remove tumor he need not be scared as it is a final stage and life is short if the statistical data of colorectal cancer survivors rate is included. Though five-year survival rate is clearly mentioned for all stages. It would be useful for patients and their family members to learn the total years of any patient survived after the cure or the treatment with any stage. Different types of classification in staging the disease are listed and compared to each other for better understanding. Histology analysis of the cancerous tissue (differences between cancer and normal cells and their pattern of differentiation) could be included. Recipes included are very easy to prepare for a patient and highly balanced to meet the daily calorific needs. It is crucial for an individual to read this book and be aware of the methods for early diagnosis and make use of it as it may occur to any one.

After I was diagnosed as having colon cancer, I started reading books to get a better understanding about the disease. This book was the best one I read. The author explains colon cancer in a technical manner, but in a way that the average person can understand the subject. It is written clearly and provided me an excellent reference to question my doctors during the decision making and to be prepared after the operation. The author also spends time discussing diet as a possible preventive for cancer cancer. Since one who has had colon cancer is a candidate for its

reoccurrence, the chapters about diet are a good reference for the future. If a person is concerned about colon cancer, this book should be in his library.

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