

TABLE OF CONTENTS

Foreword	xiii
<i>Maurie Markman, MD, FACP</i>	
Introduction	xvii
Read the Directions First.....	1
La Dolce Vita (A Recipe) for the Sweet Life	1
Read This Second, but Learn It First.....	7
Autonomy	7
Anxiety and Fear	11
The Enemy	15
Broad Overview of the Nuts and Bolts of Oncology	19
Overview of Specialty	20
Specific and Related Fields	21
The Scope Of The Problem	22
Scope of Chemotherapy	24
Scope of Lay Knowledge of Malignancy	37
Scope of Adult Oncology Practice	39
Treatment Setting	40
Prevention.....	41
Screening.....	44

Cause.....	47
Pathophysiology of Cancer	52
Life Cycle of Cancer	53
Tumor Growth Characteristics	55
Rational Naming of Cancers	57
Pathological Diagnosis.....	58
Signs and Symptoms of Cancer	60
Stage of the Cancer and Prognosis.....	61
Broad Concepts of Goals and Timing of Treatment.....	62
Vocabulary of Survival.....	63

The Oncologist	65
Why Oncology?	65
MD: What Is In a Name?	67
What About Oncologists?	67

Suspect the Diagnosis	77
------------------------------------	-----------

Diagnosis	85
The Opening Pitch.....	85
How You Say It.....	86
Lies, Damn Lies, and Statistics	87
Listening for Those Whispering in the Patient's Ear	89
Preconceived Ideas	92
Assess Patient Goals	93
Psychological Issues	93
Sex and Significant Others.....	97
Spirituality	97
The Role of the Family	98
Teach Your Children Well.....	101
Cultural Differences	101
Focus on Symptomatic Relief.....	102
Introducing Clinical Trials	102
Introduction to Complementary and Alternative Medicine	103
Media Matters.....	106

Antidotes for Anecdotes	107
Prognosis and the Future	107
Take the Time and Avoid Timelines	108
Remember, Statistics Can Be Your Friends	109
Second Opinions.....	110
The Contract	110
Remember Autonomy: It Begins and Ends There	111
A Final Few Words.....	111
Treatments	113
Example of Finding Just One Cancer Cell	113
Beyond Single-Cell Detection	119
Staging.....	124
Chemotherapy	129
Radiation Therapy.....	136
Principles of Surgical Oncology	140
Therapeutic Monoclonal Antibodies.....	143
Other Biological Therapies.....	149
Angiogenesis Inhibitors.....	151
Bone Marrow and Stem Cell Transplantation	152
Targeted Cancer Therapies	157
Gene Therapy for Cancer	159
Hyperthermia	161
Laser	164
Photodynamic Therapy.....	165
Clinical Trials in Oncology.....	167
Statistics	175
Symptom Control and Side Effects.....	181
Alopecia.....	183
Anorexia.....	184
Bleeding and Thrombocytopenia.....	185
Constipation.....	186
Dental Problems.....	188

Depression	189
Diarrhea.....	190
Dysphagia	191
Edema	192
Fatigue	193
Flulike Symptoms	195
Heart and Cardiovascular Changes.....	196
Infertility and Sterility.....	196
Insomnia	197
Lymphedema.....	198
Menopausal Symptoms.....	199
Mucositis.....	200
Nausea and Vomiting.....	201
Neutropenia	203
Neurological Symptoms	204
Palmar-Plantar Erythrodesia	205
Photosensitivity Reactions	206
Sexual Dysfunction	207
Xerostomia.....	209

The Problem of Pain..... 211

Alternative and Unproven Forms of Cancer Treatment 221

Introduction	221
Types of CAM.....	226
What Is Really Going On.....	233
Why.....	233
Sacred Cow Killing.....	234
Complementary Exercises for People with Cancer	237
Physician–Patient Communication.....	238

The Future 241

Understanding Cutting-Edge Therapies	241
New Diagnostic Tools.....	255

Spiritual Care	257
Self-Talk	267
Why Me?	267
Laughter and Beauty	268
Baby Steps	269
Daily Affirmations	269
Toxic Stress	270
Live the Moment	271
Honor Your Thoughts	271
Conspire against Your Emotions	272
Set Goals	273
Support Groups	273
Forgiveness, Gratitude, and Unconditional Love.....	274
But What Do I Say?	277
Front Office	287
Nurses	291
Inpatient Care	293
Psychosocial/Hospice/End-of-Life Issues.....	309
Psychosocial Issues	309
Hospice Care	314
End-of-Life Care.....	317
Ethics	323
Principles.....	323
Managed Care.....	324
Truth-Telling.....	324
Living Wills	325
Discontinuing Care	326

Sedation and Symptom Control.....	327
Legal Aspects of Oncology	329
The Internet	337
Prognosis	343
What Is a Tumor Registry?.....	345
Some Final Thoughts	347
The Heroes	349
The Telling.....	349
Hitting Home.....	350
Snow Job.....	352
The Lioness.....	356
The Flood	360
The Gift.....	362
A Leprechaun’s Laser Light of Life.....	366
The Connection.....	370
The Quality of Mercy	377
The Power of We.....	379
Epilogue.....	381
Index/ Partial Glossary	383