

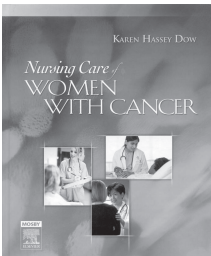
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B O O K S

Nursing Care of Women With Cancer.
Karen Hassey Dow. * St. Louis, MO: Elsevier,
Inc., 2006, 608 pages, \$74.95.

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Nursing Care of Women With Cancer was created to expand nurses' awareness and understanding of a wide range of issues specific to women with cancer. Organized into six sections, the book provides a comprehensive overview of the state of the knowledge about women's access to cancer care, disease risk factors, diagnosis and treatment options, symptom management, rehabilitation and health maintenance activities, coping strategies at home and work, employment and insurance issues, and the challenges of reaching culturally and ethnically diverse women.

Unit I describes international trends in women's health and the status of cancer control programs, advocacy efforts for women with cancer, and advances and challenges in attaining and applying genetic and genomic information across the cancer continuum. Unit II reviews the current knowledge about the nine most common cancers affecting women in the United States: lung, breast, cervical, ovarian, endometrial, vulvar, vaginal, and colorectal cancers and non-Hodgkin lymphoma. Incidence and risk factors, pathophysiology, diagnosis and staging, treatment and symptom management, and implications for practice, education, and research are among the topics included in each chapter. Unit III addresses the effects of cancer treatment on women and provides

evidence-based management of side effects in chapters on osteoporosis, lymphedema, pain and neuropathy, chronic wounds, anxiety and depression, body image and sexuality, fatigue, and nutrition. Health maintenance strategies involving sleep and rest, physical activity, and complementary and alternative medicine therapies comprise Unit IV. Maintaining health after cancer is the focus of Unit V. The chapter on the impact of cancer on social and family life discusses the disease's effect on partner and family dynamics as well as coping methods across the cancer continuum, including issues impacting survivorship such as employment and health insurance. Unit VI focuses on ways to provide culturally competent care to "hidden" populations (i.e., lesbians and single and older women), women with ethnically diverse backgrounds (i.e., African Americans, Asians, Native Americans, Alaskan Natives, Latinos), and rural women. Each chapter incorporates lists, tables, and graphics to highlight concepts and is written by an expert contributing author.

Three appendixes are among the unique and useful features of this book. Appendix A contains comprehensive information on commonly used medications for women with cancer, listed according to drug classification, with indications, mechanism of action, dosage, and side effects. Appendix B provides four patient assessment tools that can be used to evaluate cognitive mental status, obtain a spiritual history, determine psychosocial pain, and rate spiritual well-being. Appendix C lists contact information for multiple resources.

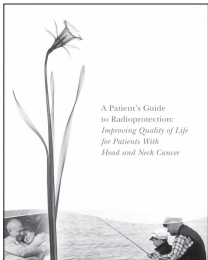
Nursing Care of Women With Cancer occupies a niche that has not been filled adequately and should be on the bookshelves of oncology or generalist nurses who care for women with a history of cancer.

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A Patient's Guide to Radioprotection: Improving Quality of Life for Patients With Head and Neck Cancer. Carrie Daly,* Heather Vanderploeg,* and Deborah Yakaboski.* Locust Valley, NY: Support for People With Oral and Head and Neck Cancer, 2005, 32 pages, free.

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A Patient's Guide to Radioprotection: Improving Quality of Life for Patients With Head and Neck Cancer is an attractive publication provided free on request from Support for People With Oral and Head

and Neck Cancer (www.spohnc.org). The publication was supported by an educational grant from MedImmune Oncology, Inc., the manufacturer of the radioprotectorant Ethyol®. This three-ringed, loose-leaf manual is intended to be used as a resource for patients receiving amifostine, when the drug is given to reduce the side effects of radiation treatment for head and neck and lung cancers.

The manual is a very basic, comprehensive reference for patients. It includes information about the benefits and administration of radioprotection, managing side effects, and nutrition hints, as well as a glossary and list of resources. The guide also supplies some record-keeping forms. Because the text is focused on all aspects of amifostine and the manual includes record-keeping pages for medical appointments, support services contact information, and fluid intake notes, it could be useful in organizing the array of information that newly diagnosed patients receive.

The pages are not numbered, so the sections are separated by colorful dividers. The manual is 32 pages in length. Ten pages are devoted to record-keeping forms, and the remaining pages contain mostly bulleted lists of information, which are to the point and easily understood. Some of the section divisions are important phone numbers, types of treatment, managing side effects, radioprotection, and daily records. The section on daily records indicates that fluid intake is recommended with the use of amifostine; however, no space is given to record food intake, energy level, pain, or how the patient was feeling at a particular time.

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Ease of Reference and Usability	Content Level	Media Size
🕒 Quick, on-the-spot resource	✓ Basic	📖 Pocket size
🕒🕒 Moderate time requirement	✓ ✓ Intermediate	📖📖 Intermediate
🕒🕒🕒 In-depth study	✓ ✓ ✓ Advanced and complex, prerequisite reading required	📖📖📖 Desk reference

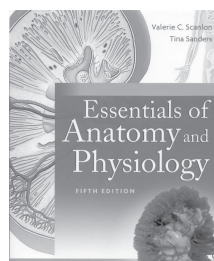
In the section on managing side effects, discussion topics are included for physician conversations. Some suggestions are to brush the teeth and gums after meals using a soft toothbrush, rinse with mouthwash every four hours as needed, and avoid mouthwashes that contain alcohol.

I know of no other book that is this specific to the radioprotector amifostine. Patients receiving the drug would appreciate this useful publication.

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Essentials of Anatomy and Physiology (5th ed.). Valerie C. Scanlon and Tina Sanders. Philadelphia: F.A. Davis, 2007, 603 pages, \$41.95.

✓✓  Softcover



Essentials of Anatomy and Physiology is an excellent reference for oncology nurses. The purpose of the book is to provide a foundation for introductory anatomy and physiology classes. Each of the book's

12 chapters focuses on a different organ system. The text is easy to read, and no prior biology or chemistry knowledge is required. Essential aspects of anatomy are presented clearly, and the text is reinforced with multi-color illustrations. Although the illustrations were prepared for simplicity for entry-level students, they also would be beneficial for patients seeking a better understanding of major cancers.

The text has three major themes: the relationship between anatomy and physiology, the inter-relationship between organ systems, and the relationship of each organ system to homeostasis. For example, a thorough review of the hematopoietic system, which is inter-related to the heart, vascular system, lymphatic system, and immunity, is discussed. Specific physiologic concepts are related to each body system, and the importance of the body system to the maintenance of homeostasis is clearly discussed.

Each chapter is organized from simple to complex, with anatomy followed by physiology. Depending on the use of the text, more complex information could be deleted without losing the context. That is a major advantage when developing patient teaching materials because complex information may not be easily understood by lay people. Another advantage of the text is its low cost.


Overall, *Essentials of Anatomy and Physiology* is valuable for entry-level students, as an oncology reference, and as a supplement for patient education. Its focus is on anatomy

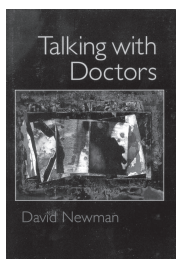
and physiologic principles, but content about pathophysiology and the disease process is highlighted. Because of the breadth of the content, the text does not provide the depth of information required for nursing courses in major medical or health sciences centers.

A supplemental student workbook also is available. The workbook supports each chapter of the text by providing fill-in-the-blank and matching questions, figure-labeling and figure-coloring exercises, and crossword puzzles to reinforce new vocabulary.

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Talking With Doctors. David Newman. Hillsdale, NJ: Analytic Press, 2006, 199 pages, \$32.50.

✓✓  Hardcover



David Newman, a psychotherapist, wrote *Talking With Doctors* as a personal account of his voyage from biopsy through treatment for an unusual brain tumor. While on the journey, he met all varieties of physicians (he did not mention

other healthcare providers), experiencing the pitfalls and promises of health care. The text is written for the general population, but the healthcare team often appears to be the book's intended readership.

The descriptions of meetings with neurosurgeons; ear, nose, and throat (ENT) specialists; ENT oncologists; medical oncologists; and radiation oncologists in four hospitals allow us to understand the quandary that many of our patients face when requesting second opinions. However, much of what the author experienced occurred because of the number of physicians he spoke or met with during a five-week period. Because the author lived in New York City near large medical centers with world-renowned oncology specialists, in addition to his contacts and their contacts, he had many physicians to choose from—each with his or her own belief of what needed to happen. As much as we would like to think that cancer care is a science, a great deal of subjective choice exists along with scientifically proven treatment choices. Ask for second opinions and you will get them! This is not to minimize the frustrations of the experience but rather to have general readers—especially nonhealthcare workers—understand medicine today. Is medicine changing? Yes, but slower than we might like.

For people reading the text without the benefit of working in health care, the lessons are clear: They should beware of accepting information too soon or too late because plenty of middle ground exists. For healthcare providers, especially those working in cancer care, we recognize the author's experience and acknowledge that, in all of us, pieces of the personalities described exist. From that, we can be reminded to avoid falling into the safety nets of medical vocabulary and abbreviations when speaking with patients and family members to keep a "professional" distance. Furthermore, the book gives us an excellent opportunity to ask ourselves why we got into health care and oncology care.

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WORTH A LOOK

The Healing Power of the Human Voice: Mantras, Chants, and Seed Sounds for Health and Harmony (2nd ed.). James D'Angelo. Rochester, VT: Healing Arts Press, 2005, 192 pages, \$19.95.

In *The Healing Power of the Human Voice*, the author brings a musical background to this edition's conceptualization and writing. He states, "When asked to lead a music workshop, I noticed how the participants let go of their personalities and became bundles of joy and liberation." Those experiences led him to develop what he refers to as therapeutic sound workshops and a state of sound health—"a state in which the physical body feels totally relaxed, fine energy flows without inhibition, quietude of mind prevails, and body, mind, and spirit are in unity" (p. x). The book provides simple, practical exercises that are intended to result in sound health.

The text is divided into 12 chapters, including an introduction to sound healing, the nature of sound and vibration, meaning of vowels and consonants, and natural sounds (e.g., yawning), and the author details the meanings and healing attributes of human vocal expressions. One chapter includes information about mantras, chanting, and vocal improvisation. An extensive list of resources is provided, with contact information and recommended readings. In addition, a 72-minute CD puts the book's principles into practice. In a three-minute clip, the speaker instructs how to prepare for a yawn and then demonstrates what it sounds like. Other topics on the CD include laughing, gibberish, groaning, cleansing breaths, and mantras. Patients who use relaxation techniques may appreciate this book, and nurses may find the book to be a refreshing break from traditional texts and scientific readings.

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