



# The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment

By Judith McKay, Tammy Schacher RN OCN MSN



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When you're facing cancer treatment, it's easy to feel overwhelmed and alone. Between the hospital or clinic environment and the medical terminology used by doctors and health care professionals, you may feel as though you've entered a foreign country.

Written by two experienced oncology nurses, this compassionate and comprehensive guide explains in plain English everything you need to know about your treatment, including what you can expect at each stage of chemotherapy and what you can do to prevent or minimize side effects. Packed with practical suggestions, nutritional advice, relaxation skills, and other techniques to help strengthen your body and calm your mind, **The Chemotherapy Survival Guide** is a must-have resource for anyone navigating this difficult time.

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### Editorial Review

#### Review

“One of the best books available for teaching patients how to cope with the challenges of cancer treatment. Everything, including how to understand diagnoses, treatment plans, and emotional and social challenges, is beautifully written in layman’s terms so the patient can become an active partner in his or her own treatment. A must-read.”

—Judith Shepherd, MSW, DSW, social worker at Alta Bates Summit Comprehensive Cancer Center

“The previous edition of this comprehensive, well-written guide was enthusiastically received by patients, nurses, and physicians. This updated edition is even more valuable. It contains information relating to all aspects of a potentially difficult and frightening diagnosis. The suggestions for symptom management are practical and constructive.”

—Martha A. Tracy, MD, oncologist at Northern California Hematology Oncology Consultants

“This new edition of *The Chemotherapy Survival Guide* provides patients with practical ways to empower themselves, from beginning preparations for treatment to issues of survivorship. Its down-to-earth philosophy is an invaluable guide for health care providers who educate cancer patients.”

—Quan Thai, RN, MSN, OCN, oncology nurse practitioner

“Besides being well organized and easy to read, *The Chemotherapy Survival Guide* has been a great comfort to me during my chemotherapy. It’s the book I reach for when I get those late-night worries and questions.”

—Susan Smith, cancer survivor

“*The Chemotherapy Survival Guide* should be read by all patients diagnosed with cancer as well as their families. It offers valuable information about cancer and the various approaches to therapy in addition to practical advice. This book will help readers understand the decisions they face, how to cope with the disease, and the treatments they will undergo.”

—Michael Cassidy, MD, medical director at Alta Bates Summit Medical Center Cancer Program

“Overall it is an excellent and comprehensive approach. *The Chemotherapy Survival Guide* is well written and organized in a way that I think will be readily understandable for people without medical backgrounds.”

—Raymond Liu, MD, hematology and oncology specialist

“The information presented is easy to follow and understand. The book gives readers a detailed look into the cancer treatment process. It will help ease patients’ fears and their loved ones’ anxiety and stress, especially at the beginning of treatment.”

—LC, oncology nurse

From the Publisher

This fully revised and updated edition of **The Chemotherapy Survival Guide** provides chemotherapy patients with everything they need to know about treatment, including what they can expect at each stage and what they can do to prevent or minimize side effects.

About the Author

Judith McKay, RN, OCN, received her degree from California State University, Hayward, and has been an oncology nurse involved in patient education for more than twenty-five years. She helped develop and taught chemotherapy orientation classes at the Alta Bates Summit Comprehensive Cancer Center in Berkeley, CA, where she currently works. McKay is coauthor of **When Anger Hurts** and contributed to the best-seller **Self-Esteem**.

Tamera Schacher, RN, OCN, MSN, is an oncology-certified nurse and a board-certified family nurse practitioner. She trained to become a registered nurse at the University of Nevada, Las Vegas, and received her master of science in nursing and family nurse practitioner degrees at Sonoma State University. For the past five years, she has worked at the Alta Bates Summit Comprehensive Cancer Center.

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**Dominic Loflin:**

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**Jamie Hernandez:**

The actual book **The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment** will bring that you the new experience of reading a book. The author style to explain the idea is

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**Victoria Owen:**

The guide with title The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment has a lot of information that you can find out it. You can get a lot of gain after read this book. This particular book exist new information the information that exist in this book represented the condition of the world now. That is important to yo7u to understand how the improvement of the world. This specific book will bring you inside new era of the globalization. You can read the e-book in your smart phone, so you can read it anywhere you want.

**Madeline Cecil:**

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