

THE READING LIST

GENERAL INFORMATION AND FORMS

Being a Smart Patient
Smart Patient Notebook
The Strategy of Fighting Cancer
Asking the Right Questions
Chronic Disease: Forming Healthy Relationships
Cancer Treatment Summary from ASCO
2008 Survivor Workshop Workbook
Providers, Integrative Oncology Network
Statistics Are Not Fate
10 Tips for helping friend
Web resources for Survivors (10/08)
Survivor Questionnaire 1
Survivor Questionnaire 2

PSYCHOLOGY AND EMOTIONAL HEALTH

The Medical Uses of Hope
Energy Bank Acct
Disease or Dis-ease
Overcoming Fatigue
OVERCOMING FEAR
BrainFry
Define your relationship with cancer
Survival, Going Beyond Uncertainty
Just say no to drugs
The Nocebo Effect
Making Healthy Decisions
The Myth of Stress and Cancer
Psychological Assessment
Spiritual Assessment
Cancer as Myth
What is Survival?
My Cancer Survival Plan

CANCER PREVENTION

Exercise & Cancer Prevention
Exercise MET table
Cancer Prevention, Diet and Exercise
Breast Cancer Risk and Prevention
CA prevention quiz

GUIDELINES

Breast Cancer Follow-up from ASCO

Cancer guidelines for testing
Nutritional guidelines
Breast Cancer Follow-Up
Colon Cancer Follow-Up
A doctor's view of follow up testing

SIDE EFFECTS

Cardiopulmonary side effects of treatment
Late effects of cancer treatment
Lymphedema
Osteoporosis
Hot Flashes

JOURNAL ARTICLES

Adjuvant chemotherapy and Chemobrain
Breast Cancer Guidelines from ASCO
Childhood cancer, late side effects of treatment
Cancer Distress, review of research
Research review of how cancer cells happen
Natural Compounds, research review
Physical Exercise in Cancer Patients
Guideline on prevention of prostate cancer
Research on mind-body treatments for side effects
Side effects of prostate cancer treatments

HOSPICE AND SUPPORTIVE CARE

Terminal Care: Treating the Whole Person
Darkness to Light: Death as a Teacher