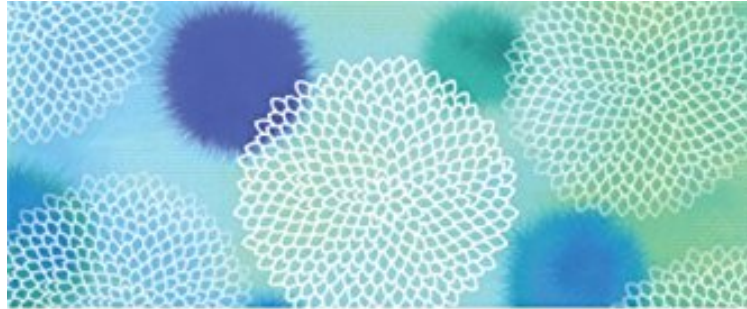


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Taking Charge of Cancer: What You Need to Know to Get the Best Treatment

David Palma MD PhD
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Taking Charge *of* Cancer

What You Need to Know to
Get the Best Treatment

David Palma, MD, PhD

Foreword by Anthony Zietman, MD

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David Palma MD PhD : Taking Charge of Cancer: What You Need to Know to Get the Best Treatment before purchasing it in order to gage whether or not it would be worth my time, and all praised Taking Charge of Cancer: What You Need to Know to Get the Best Treatment:

0 of 0 people found the following review helpful. Take Charge!!By Vicki A. SmallI learned more about cancer than I

had ever heard; not that that would have taken much. But David Palma, M.D., is a radiation oncologist, so I figured he would know his material. The book was published in May or June of this year ('17), making it pretty hot off the presses, although I bought the Kindle version. In *Taking Charge...*, Palma did provide a lot of information about cancer, including the way cancer cells work, hide, play tricks; how they move through the body, and so much more. But his primary purpose in writing the book was to give people like me--and you, if you have cancer--information to help us ensure that we are receiving the best treatment possible, for US, not for just everyone. He included the kinds of doctors we would have on our team, the kinds of questions we should ask them, and again, so much more. The two reasons that come to mind, now, that make this a **** and not a ***** review are (1) Palma did not focus on breast cancer, which is my diagnosis (generalized). Not that he could have done that, in this book, but I realized I was wanting that; and (2) he wrote about medical teams as they apparently exist in large medical centers, where multidisciplinary team meetings can be held. Not one of the members of my team works in that kind of setting. Each one has his or her own office in the city, although the two oncologists, medical and radiation, do work in the same oncology center. My primary doctor, a family physician (not a general practitioner), tells me they all talk behind the scenes. And the two oncologists meet with others within their own specialties on a regular basis, so that members of each of those teams all know what's going on with each other's patients. So I have a medical team, but they don't function the way Palma described teams functioning in large medical centers. What I guess that boils down to is that I learned a great deal from this book--and the author provided information about and links to other resources--but it was not a total fit, for me. Honestly, I don't know how any one book could be. I recommend this book as one very good resource for anyone just diagnosed with cancer - not only breast cancer - or for anyone who is close to someone just diagnosed. 0 of 0 people found the following review helpful. I want to make sure my clients have all the answers they need and feel like they are a partner in their medical care. By K. Lisson As an oncology massage therapist, I want to make sure my clients have all the answers they need and feel like they are a partner in their medical care, not a disease to be treated. I recently read an advance copy of a book that makes the process of being an informed patient easier. In this easy to read book, radiation oncologist Dr. David Palma gives advice on how patients with a cancer diagnosis can ensure they are getting the quality medical care they deserve - care that maximizes both survival and quality of life. This book provides guidance on what questions to ask during your initial consultation with a surgeon, medical oncologist or radiation oncologist, detailed step by step information on how to read your medical records, checklists to make sure you understand the most important aspects of treatment, proven tips on how to choose the best surgeon and lists of questions to ask your doctor about your surgery, radiation and chemotherapy treatments. *Taking Charge of Cancer* confirms several things I had been suspicious of with respect to cancer diagnosis and treatment. In the book's forward, Dr. Anthony Zietman puts it plainly when he states, "physicians prefer to do what they do." This may mean that a surgeon may recommend surgery and physicians may recommend only treatments that are well covered by health insurance. His wisdom for patients with a cancer diagnosis? "Ask questions, get different opinions, read wisely, and then, after discussion with family and friends, make thoughtful, informed decisions." *Taking Charge of Cancer* can be a valuable resource if you are a patient who wants to take charge of your medical care or a caregiver or trusted friend who will accompany the patient to doctor visits and offer a kind ear to listen and comfort, particularly if your loved one will receive palliative care. 2 of 2 people found the following review helpful. Empowering book, must-have for every cancer patient and their loved ones! By Tina A diagnosis of cancer can be sudden and overwhelming. Patients are often faced with a whirlwind of appointments, often with multiple specialists, and within a short time-frame. As a physician in training for oncology, some of the common questions I've seen in clinics are:- "If you were me, should I have treatment? Which treatment should I take?"- "I'm not sure what to ask, I don't think I have questions. There was a lot of information just given"- I read somewhere that this type of injection/vitamin/food takes cancer away, should I take it?"- "Which websites or books should I read to learn more?" This book is like that friend that you can ask for advice. The author's goal is so that "every patient receives world-class cancer care". Each chapter is designed to teach, and to empower patients so that information makes sense, and so that you can decide on the best care for you. It holds physicians accountable, and contains check-lists of things to look for and to ask your doctor. It gives patients back the control that sometimes disappears after a cancer diagnosis. It teaches how to make a decision about your treatment, and the weighing of risks and benefits. The book is also brutally honest about possible influences on physicians and how to spot them. In the end, it's designed to form a connection between patients and their cancer doctors, a how-to manual to navigate a cancer diagnosis. After reading it, I believe it would help a substantial number of cancer patients, their family and friends, as well as other health professionals. It also comes with a website with patient tools, and resources that are frequently updated. Dr. Palma is a well-respected physician in the field of radiation oncology. This book reflects the care that he has for all of his patients, and wanting them to have the best care possible. Finally, all proceeds go to cancer research.

A critical resource for anyone with a cancer diagnosis. Written by a radiation oncologist and cancer researcher, *Taking Charge of Cancer* offers an insider's guide to understanding and receiving the best treatment options, choosing the right medical team, and approaching this difficult time with knowledge and hope. Receiving a cancer diagnosis can

be terrifying, and the first thing you probably want to know is: How am I going to survive this? Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The chances of cure and survival for any given patient depend on the expertise of the cancer team, and whether procedures are in place to ensure that cancer care is delivered properly. So, how can you make sure you choose the right treatment team and ensure the best chances of survival and long-term health after being diagnosed with cancer? *Taking Charge of Cancer* is a different type of book for cancer patients—one that goes beyond the cancer information that is currently available, allowing you to truly take control of your cancer treatment. You'll learn how to obtain and understand medical records, and why these records are critical to your care. You'll also find the tools you need to determine if the recommendations made by doctors are in keeping with accepted treatment guidelines. You'll discover how doctors use evidence to decide which treatments are best, as well as how doctors can become biased in their recommendations. And, most importantly, you'll be able to evaluate whether surgery, radiation, or chemotherapy make the most sense in your specific case—and whether or not these serious treatments are being delivered effectively and safely according to the highest standards. Now that you've received a cancer diagnosis, it's time to set a plan in motion for your recovery. This book will help you do just that—every step of the way.

"This is a long-awaited book written specifically for patients sailing through the cancer journey, and is an invaluable resource for them to empower themselves in their cancer care." —Simon S. Lo, MB, ChB, FACR, professor and vice-chair for strategic planning of radiation oncology at the University of Washington School of Medicine, and internationally renowned expert in stereotactic radiation delivery and neurologic radiation oncology