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Rosenbaum EH, Spiegel D, Fobair P, et al, eds. ***Everyone's Guide to Cancer Survivorship: A Road Map for Better Health***. Andrews McMeel Publishing, LLC; 2007. 349 pages. Paperback, \$19.95 US.

Today there are more than 10.8 million cancer survivors in the United States, 14% of whom were diagnosed more than 20 years ago. The number of survivors will continue to climb with the aging of the baby boomer generation, the largest cohort of our population. By 2050, approximately 30 million people will be calling themselves cancer survivors.

As people have survived their illness and its treatment for longer periods of time, we as oncology specialists have come to know that patients who have lived years beyond the conclusion of active treatment can face lasting effects and bothersome symptoms of the disease and its therapies. Some patients “fall through the cracks” of the health care system and do not receive care for long-term and lasting effects of the disease, and they may not be monitored for recurrent disease or development of new cancers. Often late effects — effects of treatment not readily apparent at the conclusion of active treatment — are not recognized and appropriately treated.

This book has been written for two audiences: health care professionals who care for cancer survivors (Part 1) and cancer survivors themselves (Part 2).

Part 1, titled “Physician Guidance Program,” recognizes the unique role of the physician who is responsible for directing and providing care to cancer survivors. This section discusses not only the need for medical care that monitors for the potential side effects and late effects of cancer care, but also the importance of strategies that reduce the risks of these effects. Guidelines for survivorship care and posttherapy care are addressed. Most importantly, the authors address the need for Survivorship Care Plans, a document that outlines the patient's cancer care history and plan for survivorship care, including surveillance for recurrent disease, and second cancers, and management of the long-term and late effects of treatment. An excellent discussion focusing on toxicities of selected chemotherapy and immunotherapy drugs is also included. Finally, this section discusses cognitive and psychological changes that occur as a consequence of a diagnosis of cancer and its treatment, emphasizing the need for psychological sup-

port to patients. This “Guidance Program” would be especially helpful for the primary care physician.

Part 2 is titled “A Survivor's Road Map to Health and Longevity.” Devoted to the cancer survivor, the four chapters in this section focus on helping the survivor maintain the best possible quality of life while living with cancer and its long-term effects. By recognizing that knowledge is power and leads to informed decision-making regarding therapies and support, the authors encourage survivors to become knowledgeable about their disease and treatment options throughout the treatment process. The role of spirituality, faith and religion, positive thinking, hope, support groups, lifestyle modification, and other topics is credibly discussed. A discussion of survivorship follows that includes such topics as management of late and long-term effects of cancer and its therapies, surveillance and screening for recurrent and new cancers, and the utility of survivorship care plans. A chapter on Genetics and Cancer Survivorship provides an important and informative discussion, although it is more suitable for the health care provider and perhaps too technical for the average lay reader. Work, disability, and insurance issues are also addressed.

Part 3 consists of a discussion of possible approaches to improve lifestyle and quality of life. The relationship of diet and cancer prevention and recurrence is outlined. Nutritional risk factors such as the use of alcohol are examined. Protective nutritional factors are identified, and recommendations for a healthy diet are offered and supported with references to recent studies. This section also provides an excellent chapter on exercise and survival in which the authors define the effects of exercise on specific cancers, again supported by recent study findings. The authors offer practical “how to” strategies, including rules for exercising, warm-up routines, and staged progressive exercise programs. Aerobics and dynamic resistive and isometric exercises are also described. A chapter in this section on tobacco use is outstanding. The authors acknowledge research that concludes there are no safe cigarettes and no safe level of smoking. They offer practical tips on how and when to quit and how to prepare to quit. They also outline various quitting aids, both medical (prescriptive) and nonmedical. The chemical anatomy of a cigarette, complete with an eye-popping diagram, is impressive and augments the written word on this important topic.

Part 4 is devoted to disease prevention and control of multiple comorbidities, including common ones (such as diabetes and heart disease) and those associated with aging and an unhealthy lifestyle.

Part 5 consists of 11 chapters that address control of and coping with the side effects of treatment therapies. The chapters that focus on managing pain and on coping with late effects of chemical and radiation therapies are especially informative. The authors included a fun and practical chapter dealing with body image and self-esteem, complete with tips on wigs and makeup.

The final section, consisting of four chapters, discusses the use of creative expression to cope with illness and treatment. The use of poetry to help patients discover self and deepen connections with others is elegant in its premise and advice.

In their attempt to speak to two different audiences, a formidable task, the authors often fall into the trap of presenting material in professional terms. Many terms such as apoptosis, agonist, ligands, receptors, and angiogenics are woven into discussions as if the reader is familiar with the terms. The authors do, however, offer a plethora of valuable references such as publications, links to professional organizations, and other on-line resources that address survivorship. These are invaluable assets to providers and to patients and their families.

There is a growing body of evidence and ongoing research aimed at helping us all understand survivorship as a distinct phase of the cancer trajectory. Overall, this book does a commendable job of guiding the reader through this new and emerging frontier called cancer survivorship. The authors' stated goal — to provide knowledge and tools to help patients and their caregivers chart a course to health through survivorship — is met. This book is a comprehensive resource filled with useful information for the two intended audiences: (1) health care providers and (2) patients and their families. I recommend that this book be on the recommended reading list for patients and their families. I also recommend it for health care providers who care for cancer survivors, especially those providing care in the primary care environment.