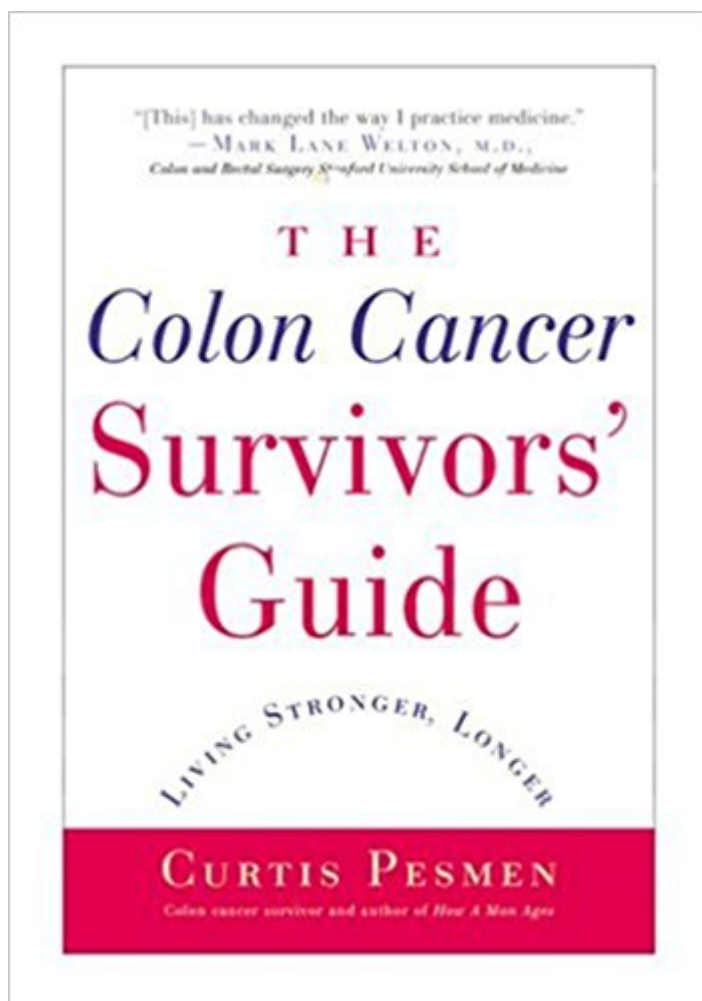


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# The Colon Cancer Survivors' Guide: Living Stronger, Longer



## Synopsis

Inspired by an award-winning series of Esquire magazine articles on the author's own survival of colon cancer, *The Colon Cancer Survivors' Guide* shows how a person diagnosed with cancer stops becoming a patient and starts becoming a survivor. The book draws on medical research, Pesmen's and other survivors' personal experiences, plus insights from renowned health care professionals on how to help simplify and enrich life after cancer from the first CT follow-up scans to the hallowed five-year-cure finish line. Above all, it offers advice on the healing of scars, both physical and emotional, how to leave cancer behind, and how to move confidently forward. It's a new type of cancer book focusing on the survivors, not the patient as a target market. While it contains the grit, the personal, and the shock surrounding of the battling cancer, it also stresses the new (diet, treatment and other self-care) options of a modern colon cancer case. Written not only for survivors, but also for their family, friends, oncologists and other healthcare professionals. *Cancer Survivors' Guide* Reading Curtis' accounts of his experience, impressions and reactions has changed the way I practice medicine. -- Mark Lane Welton, MD, Chief, Colon and Rectal Surgery, Stanford University School of Medicine [*The Colon Cancer Survivors' Guide*] is a great perspective on what it is like to live through diagnosis and treatment for cancer. It's got many good resources for patients and family members as well. I would recommend this book for people who are working in cancer control and to people who are diagnosed with or caring for someone with cancer. --Margaret E. McCusker, M.D., M.S. Public Health Medical Officer, Comprehensive Cancer Control Section, California Department of Health Services [*The Colon Cancer Survivors' Guide*] allows readers to see and feel what the writer is expressing. The book also provides very practical, fact-based information about diet, tips for caregivers, insurance, and questions to ask healthcare providers. -- Barbara D. Powe, PhD, RN, Associate Editor, Oncology Nursing Forum, Oncology Nursing Society I think the book would be very useful for colon and other cancer patients. It is an open, honest story of living through the early phases of diagnosis and treatment. [Pesmen] expresses the full range of emotions that we know most patients experience--but hearing it from him as the person with cancer is touching, inspirational and informative. Pesmen does a nice job of referencing credible sources/resources All in all, I think this would be a very useful resource for cancer survivors. --June Ryan, MPA, Program Manager of the Nebraska Comprehensive Cancer Control Program, Nebraska C.A.R.E.S. (Cancer Awareness, Research, Education and Service, National Comprehensive Cancer Control Programs) The candidness and originality of Curtis Pesmen's writing serve as guides along the cancer journey with insights that are both practical and moving. --Melissa Weber, Managing Editor CURE magazine Regardless of the type of cancer you

had or have, this guide is a window into a world best described as the 'new normal' -- Louise Bates, survivor/chairwoman, Colorectal Cancer Network;

## Book Information

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## Customer Reviews

Some 150,000 Americans are diagnosed with colon cancer each year. But, thankfully, with increased awareness and improved therapies, there's also a growing population: the Colorectal Cancer Survivor. And as these survivors begin to live longer and stronger lives, a new set of post-treatment needs has arisen. THE COLON CANCER SURVIVORS' GUIDE addresses these needs directly. --This text refers to an out of print or unavailable edition of this title.

Curtis Pesmen is author several books including *How a Man Ages*, *What She Wants*, and *Your First Year of Marriage*. He has written for *Esquire*, *GQ*, *SELF*, *Outside* and *Glamour* magazines, and was the founding editor of *LIVESTRONG Quarterly*. As health/features editor of *SELF* magazine, he helped develop the internationally recognized, pink-ribbon breast cancer awareness campaign. He is an active in cancer patient advocacy.

This seller is first class. I would buy again.

Too much icky detailed information about his sex life. Yuck! Other than that, it had some interesting info and references at the end of the book.

The Colon Cancer Survivors' Guide, Second Edition: Living Stronger, Longer Good to know what others have faced with colon cancer treatments before or after you've been diagnosed with this disease. Easy to read and follow. Keep in mind every situation is different and many new treatments are now available. Would recommend but please keep in mind while reading this may not be what you will be facing but it also is good to know what others have gone through.

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Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving Every Day American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Master Class: Living Longer, Stronger, and Happier

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