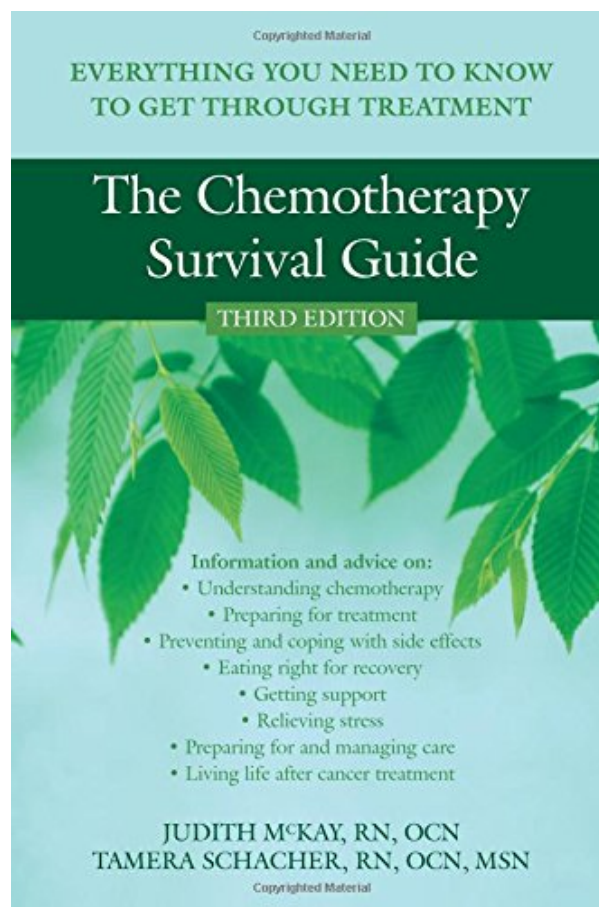


THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN



**DOWNLOAD EBOOK : THE CHEMOTHERAPY SURVIVAL GUIDE:
EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY
JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN PDF**



Copyrighted Material

EVERYTHING YOU NEED TO KNOW
TO GET THROUGH TREATMENT

The Chemotherapy Survival Guide

THIRD EDITION

Information and advice on:

- Understanding chemotherapy
 - Preparing for treatment
- Preventing and coping with side effects
 - Eating right for recovery
 - Getting support
 - Relieving stress
- Preparing for and managing care
- Living life after cancer treatment

JUDITH MCKAY, RN, OCN
TAMERA SCHACHER, RN, OCN, MSN

Copyrighted Material

Click link bellow and free register to download ebook:

**THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET
THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN PDF

Locate the secret to boost the quality of life by reading this **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** This is a kind of publication that you need currently. Besides, it can be your preferred book to check out after having this publication **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** Do you ask why? Well, **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** is a publication that has various particular with others. You could not should understand that the author is, how famous the job is. As smart word, never evaluate the words from which talks, however make the words as your inexpensive to your life.

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.

THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN PDF

[Download: THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN PDF](#)

The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN. In undergoing this life, many individuals consistently attempt to do and also get the finest. New understanding, experience, driving lesson, as well as every little thing that can boost the life will certainly be done. Nonetheless, lots of people often really feel puzzled to get those things. Feeling the restricted of experience and also resources to be much better is one of the lacks to possess. Nonetheless, there is an extremely straightforward thing that could be done. This is just what your educator consistently manoeuvres you to do this one. Yeah, reading is the solution. Reviewing a publication as this *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* and other references could improve your life high quality. Exactly how can it be?

As one of guide compilations to recommend, this *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* has some solid factors for you to read. This book is extremely suitable with what you require currently. Besides, you will additionally like this book *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* to check out considering that this is one of your referred publications to review. When going to get something brand-new based upon experience, amusement, and also other lesson, you could utilize this publication *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* as the bridge. Starting to have reading habit can be undergone from different ways and also from variant kinds of publications

In reviewing *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN*, currently you could not also do traditionally. In this contemporary era, gizmo and computer system will certainly assist you a lot. This is the moment for you to open up the gadget as well as remain in this site. It is the ideal doing. You could see the link to download this *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* below, can't you? Simply click the link and negotiate to download it. You can reach acquire guide [*The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN*](#) by online and all set to download and install. It is extremely various with the old-fashioned way by gong to the book store around your city.

THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN PDF

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.

- Sales Rank: #152506 in Books
- Published on: 2009-05-01
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 5.75" w x .50" l, .85 pounds
- Binding: Paperback
- 280 pages

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.

Most helpful customer reviews

39 of 40 people found the following review helpful.

A practical road map for getting through chemo

By PT Cruiser

Who could better write a book on chemotherapy than two chemo nurses from Alta Bates Hospital in Berkeley, one with over 25 years experience as a chemo nurse involved in patient education and the other with several years as an oncology-certified nurse and family nurse practitioner? These ladies are on the front lines, in the trenches, so to speak and they know all the questions and all the tricks you need to deal with chemotherapy. If you or a loved one are facing cancer treatment this is a good primer on what to expect and what you can do to lessen the effects and just get through the ordeal with your sanity intact. It starts with a short primer on cell life and cancer cells and goes into an explanation of some of the types of chemotherapy and treatments. They give you an idea of what to expect and how to cope with the side effects that may or may not occur. It's good to know what's normal and what isn't, when to check in with your doctor and when you can handle things on your own.

I liked that they wrote the book in easy to understand language and addressed a lot of practical issues like coping with hair loss, digestive changes, dealing with nausea, diarrhea or constipation and mouth and throat problems. Actually the anti-nausea medications are so good these days that a majority of people don't feel nausea at all. They name some of the common anti-nausea drugs and tell how each one works which I found useful. Another chapter that I really liked was the one on blood tests results and how to make sense of them. Looking these things up on the internet can be very confusing sometimes. Which ones are the most important, which one just follow some of the other values and which can be treated with drugs should they drop too low? This book explains all that. Oncologists usually provide some of this information but with so many questions and things to remember from a visit, it's nice to have it in book form where you can just go back and refer to it as different issues arise.

A few of the chapters were contributed by other experts such as the one on nutrition during chemo and the one on mind and body connection. These were very helpful and contributed lots of good ideas and suggestions. Stress, fertility, sexuality, the IV experience, relaxation techniques and finally life after treatments and being a survivor are all covered in this book. Just knowing what to expect, what to call your doctor about and what you can do yourself to address some of the issues can make the whole experience a little easier to deal with and a lot less scary. If you or a loved one is facing chemo, this book will help all of you get through it.

2 of 2 people found the following review helpful.

Covers most of the issues

By A PC Fighter

This book should be given by the clinic to someone just diagnosed and beginning the chemo/radiation process. In the past year, I have had 900 hours of chemo and five weeks of daily radiation. I read this book out of curiosity. It validates all that I have experienced and provides good tips on what to expect and how to deal with the process and side effects. I gave the book four stars because I would have liked to have read more about after chemo is over. If you are not "cured", you have to deal with constant "looking over your shoulder" feelings and coping with doing it all over again if your cancer flares back up. Most cancer survivors must face the issue of a recurrence because the core issue of why the cancer occurred in the first place has not been resolved.

1 of 1 people found the following review helpful.

Knowledge is Power - This Guide Offers Lots of Both

By Beverly Diehl

Cancer is chilling, whether it happens to us, or to someone we love. Lots of us want to put our fingers in our ears and sing, "La-la-la, I can't hear you," and learn as little as possible about this disease. Until the day comes when we HAVE to learn about it. Then there is SO much information and it is all confusing as hell and terrifying.

This incredibly informative book breaks it down into 16 chapters that are intuitive and helpful. It can be read in order, or we can skip directly to: the chapter on Understanding Blood Tests, what the different kinds of blood cells are, and what lab results mean. Or, perhaps, the chapters on Preventing Nausea, or Coping with Other Digestion Changes. There are sections on relaxation, on Mind and Body working together, on Fertility, and Sexuality, and on Life After Cancer.

The language at the beginning of the chapters felt a little simplistic and condescending, along the lines of: "A beach is a place where the water washes in from the ocean." But pretty soon, I was in over my head, and VERY grateful that this book translated the medical jargon into easy-to-understand language and clear, uncomplicated explanations.

If you have cancer, or love someone who does, I highly recommend this book as a primer (get the paperback rather than e-version, so it can be more easily passed around the family), for understanding all the things you need to know. I felt SO much more empowered and knowledgeable after reading it.

See all 78 customer reviews...

THE CHEMOTHERAPY SURVIVAL GUIDE: EVERYTHING YOU NEED TO KNOW TO GET THROUGH TREATMENT BY JUDITH MCKAY, TAMMY SCHACHER RN OCN MSN PDF

Nonetheless, checking out guide **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** in this website will certainly lead you not to bring the printed book all over you go. Simply save guide in MMC or computer system disk and also they are offered to read at any time. The thriving air conditioner by reading this soft data of the **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** can be leaded into something brand-new habit. So now, this is time to verify if reading could enhance your life or not. Make **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** it undoubtedly work and also get all advantages.

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.

Locate the secret to boost the quality of life by reading this **The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN** This is a kind of publication that you need currently. Besides, it can be your preferred book to check out after having this publication *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* Do you ask why? Well, *The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment By Judith McKay, Tammy Schacher RN OCN MSN* is a publication that has various particular with others. You could not should understand that the author is, how famous the job is. As smart word, never evaluate the words from which talks, however make the words as your inexpensive to your life.