

Ease of Reference and Usability	Content Level	Book Size
 Quick, on-the-spot resource	Basic	 Pocket size
  Moderate time requirement	Intermediate	  Intermediate
   In-depth study	Advanced and complex, pre-requisite reading required	   Desk reference

The text includes 13 chapters about the variety of current CAM modalities (e.g., acupuncture, aromatherapy, energy therapies, imagery, homeopathy, massage, music therapy, naturopathy, tai chi). However, information about herbal modalities is not included because the authors felt that it was out of the scope of this text. Therefore, other references are cited for readers' consideration.

Each chapter in the common modalities section is set up identically. A comprehensive discussion addresses modality use and its indications, expected outcomes, available scientific evidence, cautions, contraindications, practice guidelines and the governing bodies that develop them, certification and licensure necessary for practice, historical perspectives of the therapy, fast facts for medical practice, and a case study. A detailed subject index also is provided. For readers who require more in-depth information about a specific modality, references, suggested readings, and Web sites are listed at the conclusion of each chapter. The continuity of the information included in each chapter is key in making this book an easy-to-read guide and is its greatest strength. Unfortunately, a dedicated patient education section for each therapy is lacking.

The final section of the text highlights CAM's impact on medical practice, including issues of blending practice, CAM use throughout the United States, and the future of CAM. A brief overview of the evolution of the National Center for Complementary and Alternative Medicine and its current status are provided. This section is important for practitioners seeking information about creating an integrative medicine center in their facilities.

Complementary and Alternative Medicine: Fast Facts for Medicine is a timely and valuable resource for those practitioners looking for concise, basic information about CAM.

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Healing Outside the Margins: The Survivor's Guide to Integrative Cancer Care. Carole O'Toole, Carolyn B. Hendricks. Washington, DC: LifeLine Press, 2002, 316 pages, \$21.95.



Hardcover



Carole O'Toole, a professional "cancer coach" and cancer survivor, has written an educational and inspirational book that most likely will become a favorite "how-to" reference for people who want to responsibly blend conventional and complementary therapies when designing healthcare plans. Written with

her oncologist Carolyn B. Hendricks, MD, as a medical advisor, O'Toole appropriately begins with the statement: "This book should serve as a guide to, and not a substitute for, good holistic medical care." Her goals for writing *Healing Outside the Margins* were threefold: to empower patients with cancer by demystifying the steps required in developing an integrated treatment plan, to describe readily available treatments, and to encourage individuals to take an active role in their own healing.

In Part I, O'Toole describes how she worked with her oncologist to develop her own integrated healing plan. She offers useful suggestions and strategies from her experience, such as a thoughtful list of questions to ask when interviewing complementary and alternative healers. Interestingly, these same questions could be asked of oncologists. Part II provides an introduction to complementary healing therapies, including acupuncture, ayurveda, bodywork, chiropractics, energy healing, holistic counseling and psychotherapy, self-regulation techniques, homeopathy, meditative practices, naturopathy, nutritional counseling, osteopathy, and spiritual direction. Each chapter has an introduction and a definition of the therapy, realistic treatment goals, a description of what happens in a treatment session, benefits to patients with cancer, and compatibility of the therapy with conventional treatments. Additional information (e.g., related organizations, community support groups) and books recommended by healers also are provided. The education, training, and legal requirements for practitioners are described for each therapy. Information from interviews with recognized practitioners from each of these therapies offers a more personal touch to the chapters. Quotations from interviews with healers are placed as footnotes, which is somewhat confusing on a first reading.

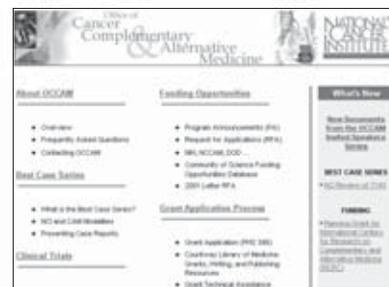
The organization of the book is clear, concise, logical, and predictable. The only table, appearing early in the book, is a comparison of conventional (allopathic) and complementary medicine that provides a broad, useful overview. The book would be enhanced with the inclusion of a chart of the five domains of complementary therapies described by the National Center for Complementary and Alternative Medicine and how the therapies described in the book fit into those domains. The appendix is a rich, 14-page resource of books (i.e., general references, integrative healing, mind-body, treatment planning), journals, tapes, organizations, and Web sites. The references section includes 23 well-respected citations that are primarily from nursing and medical resources and that support the text. The last seven pages of the book are lined, blank journal pages designated as a "special place" for readers to record their experiences as they develop their plan of care with their healthcare team.

Healing Outside the Margins is a valuable text for healthcare professionals who are inter-

ested in adding complementary therapies to their patients' healthcare plans.

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W E B S I T E



Name of site: Office of Cancer Complementary and Alternative Medicine (OCCAM) of the National Cancer Institute

URL: www3.cancer.gov/occam

Authorship: Group: National Cancer Institute

Privacy statement: present, comprehensive, and easy to find

Disclosure: This is a government site that has no disclosure issues.

Content highlights: The OCCAM Web site enhances the content of other National Cancer Institute Web sites in the area of complementary and alternative medicine (CAM). This Web site serves as the primary interface with clinicians and researchers regarding CAM cancer issues. The OCCAM Web site is not an information clearinghouse and does not have many external links. The ONS Online Editorial Board found that the content on the site is geared for clinicians and, therefore, would be difficult for patients to interpret without assistance from healthcare professionals. Content highlights include the following.

- Best case series: This unique case study feature offers an independent review of medical records and other primary source materials (e.g., medical imaging, radiographic films), including pathology and an overall assessment of the evidence for CAM's therapeutic effect.
- A comprehensive list of CAM meetings
- A rich menu of research resources, including funding opportunities, grant applications, and CAM clinical trials that are currently under way

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