

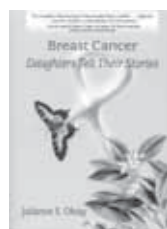
KNOWLEDGE CENTRAL

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B O O K S

Breast Cancer: Daughters Tell Their Stories. *Julianne S. Oktay.* Binghamton, NY: Haworth Press, Inc., 2005, 430 pages, \$34.95 (softcover), \$59.95 (hardcover).

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Breast Cancer outlines the results of the author's systematic research, which became known as the Daughter's Project and was funded by the National Cancer Institute. The study is the main focus of the book.

Oktay presents the elements of a theoretical model developed from the study and summarizes the findings. The study was aimed at youngest daughters because they were expected to be the most adversely affected by their mother's diagnosis and had few services available. The most important factors that distinguished the experiences were the daughter's age and mother's outcome (survival or death). The text aimed to make the daughters' voices heard in the hope of helping others, and that goal was artfully achieved. The results of the study are summarized and recommendations for practice are made in the last chapter. Its scientific approach sets *Breast Cancer* apart from many other publications.

The book provides valuable insight for oncology nurses seeking to understand daughters whose mothers are experiencing or have died from breast cancer. Forty-one daughters generously shared their stories. Approximately a third of the mothers survived the illness. The stories are compelling and insightful regarding the variety of socioeconomic and ethnic backgrounds of the participants and the ages of the mothers at diagnosis. The daughters reveal fear, grief, loss, anger, and, not surprisingly, resilience

and the will to live life to its fullest. The author also shares the daughters' decision-making process in having genetic testing, frequent mammograms, and other health-promoting behaviors.

The tables in each section clearly outline the themes found among the daughters across the life span, including young daughters, young adolescents, late adolescents, and young adults, as well as circumstances such as whether the mothers survived. The information, according to Oktay, helps nurses and other healthcare professionals position themselves to intervene more effectively.

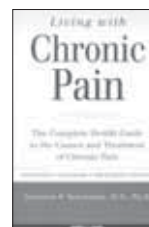
The genetic aspects of breast cancer and eventual prevention or successful treatment make *Breast Cancer* timely because the research focuses on daughters who may be at risk for inheriting the disease. A better understanding of the mother-daughter relationship and how it is affected by breast cancer is of value to nurses and others who are seeking to provide better services to women. The book, a worthwhile resource for oncology nurses, also would be of special value to those specializing in breast cancer and/or genetics. It has the potential to help healthcare professionals and planners design services that may prevent future problems in families experiencing breast cancer.

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Living With Chronic Pain: The Complete Health Guide to the Causes and Treatment of Chronic Pain. *Jennifer P. Schneider.* New York: Healthy Living Books, 2004, 352 pages, \$15.95.

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The purpose of *Living With Chronic Pain* is to share the author's understanding of pain and pain treatment, which was gathered during her career as a physician treating pain.



The author's intent is to empower, through knowledge, people experiencing pain to assist them in seeking better relief. The goal was achieved successfully, and the book has utility well beyond its intended audience.

The discussion of each topic is wide ranging and thorough. The book provides an excellent discussion of pain and pain syndromes. Pain from any cause is considered, including peripheral neuropathy, a common and debilitating syndrome associated with certain chemotherapeutics. The text's format is consistent throughout the publication. A section on treating pain includes chapters on traditional medications as well as surgical and noninvasive interventions. Complementary medications and alternatives to traditional treatment also are presented. That section alone would make the book very useful for advanced practice oncology nurses to enhance their treatment of chronic pain.

The interaction of physical pain with psychological aspects of the experience of pain is explored in a nonjudgmental approach designed to improve the ability to cope with pain. Pain can be the most psychologically distressing symptom for patients with cancer because the meaning of the pain could be recurrence of cancer. *Living With Chronic Pain* provides oncology nurses with a number of tools, such as relaxation techniques, to help patients cope with pain and manage fear.

Toward the end of the book, a chapter is devoted to a personality-typing and pain-coping mechanism. The descriptions of personality types are meant to help patients in pain recognize behaviors that may be interfering with relief. The chapter is focused primarily on one system, whereas other systems are described only briefly. Although interesting, that section is not as applicable as others regarding pain management. The author notes the limitations and indicates that delving into the complexity of personality typing is beyond the scope of the book.

The lay literature is replete with books about pain from a variety of sources and of varying quality. *Living With Chronic Pain* is well edited and would be useful to

Ease of Reference and Usability	Content Level	Media Size
🕒 Quick, on-the-spot resource	✓ Basic	📖 Pocket size
🕒🕒 Moderate time requirement	✓✓ Intermediate	📖📖 Intermediate
🕒🕒🕒 In-depth study	✓✓✓ Advanced and complex, prerequisite reading required	📖📖📖 Desk reference

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a lay readership experiencing chronic pain or caring for someone who is experiencing pain. To most appreciate the book, lay readers should be fairly well educated and have a background that would make the medically related concepts easier to grasp. However, the comprehensive nature of the material makes the book appropriate for oncology nurses across the spectrum of care delivery.

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Exercises for Chemotherapy Patients.
Harry Raftopoulos and Erin O'Driscoll.
New York: Healthy Living Books, 2003, 160
pages, \$14.95.

🕒 ✓ 🧘🧘 Softcover



Exercises for Chemotherapy Patients is a reference book that can be read at home or tossed in a gear bag for on-the-spot use at a gym. The book is intended for patients who are undergoing chemotherapy or those who recently have

completed chemotherapy. However, cancer survivors (e.g., mastectomy patients) who will not receive chemotherapy will find the information about exercise useful.

The content in the text is well organized. Photos of models demonstrating various exercises provide an easy-to-follow guide so that the exercises are performed correctly and safely. A brief but thorough explanation of each exercise as well as strategies to ensure correct breathing, posture, and body alignment follow each set of photos, offering an introduction to new exercises. Lists of different exercise programs are included after the photos and descriptions of the various exercises. The actual exercises for each program are presented in easy-to-read tables. The book's concluding chapter presents strategies to manage life with cancer, concentrating on principles of healthy eating for patients with cancer and strategies for coping with gastrointestinal toxicities from chemotherapy. A glossary of terms focuses on words that chemotherapy patients might encounter, and a brief list of resources is offered that cancer survivors may find helpful.

Throughout the text, the authors caution readers to always begin each exercise at a low level of intensity and work up gradually. Inexpensive substitutions for fitness equipment, such as using a PVC pipe filled with sand and capped at each end instead of a weighted bar, are suggested.

In the introduction, the authors state that they believe in the therapeutic effects of

exercise and that the book provides readers with information regarding how to handle the physical aspects of recovery. This purpose has been achieved. The photos demonstrating the various exercises are very effective and lend interest to the book.

One criticism of *Exercises for Chemotherapy Patients* concerns the last chapter on diet and symptom management. Including this material in a book about exercise is probably not necessary and dilutes the focus. In addition, information about diet and symptom management has been published elsewhere. However, although the content about exercises and exercise regimens can be found in numerous journals and books, *Exercises for Chemotherapy Patients* presents the topic in a how-to, easy-to-read format not commonly found in other publications.

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In Mommy's Garden—A Book to Help Explain Cancer to Young Children. Neyal J. Anmary. Rockville, MD: Canyon Beach Visual Communications, 2004, 32 pages, \$10.95 (English), \$14.95 (Spanish).

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In Mommy's Garden is a lovely, gentle book that demystifies cancer for young children. It assists them in

better understanding cancer and its treatment by effectively using the metaphor of a flower garden. For example, gardens are characterized as being familiar and nonthreatening, yet they can develop weeds (cancer) that need to be removed by cutting (surgery) or using chemicals (chemotherapy). Sometimes, even the flowers are affected and may lose petals and leaves (alopecia) and begin to droop (fatigue). Some weeds are very difficult (nonresponsive cancers) to remove from the ground. The book also addresses children's misconceptions about "catching" or "causing" cancer.

The colorful, clear illustrations by Christopher Risch partner well with the text. They portray a simple, calm world that is racially neutral and incorporate multiracial skin tones with no facial characteristics. The universal appeal assists readers in focusing on the content.

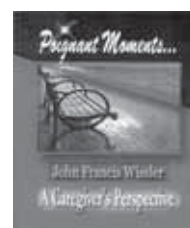
In Mommy's Garden was published in 2004 and has been used widely by families and healthcare professionals since then. The book has helped to fill a need for simple, clear material for young children. Although the title refers to "mommy," the book would

be helpful in describing cancer to young children when any significant adult (e.g., parent, grandparent, teacher) is diagnosed with cancer. The text would be a useful addition to any oncology unit's library.

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Poignant Moments: A Caregiver's Perspective. John Francis Wissler. North Charleston, SC: BookSurge Publishing, 2005, 332 pages, \$19.95.

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Poignant Moments captures the story of the joint struggles of a patient with end-stage renal disease (ESRD) and her family caregiver. The trajectory tracks early disease

and culminates at the end of life. The purpose of the book is to share the chronic care experience with descriptions of the horror, fear, uncertainty, and real anger so often experienced by family caregivers.

The foreword was written by an individual with renal failure. The text begins with a description of the last 24 hours of life and discusses a history of ESRD and Medicare. An epilogue, glossary, and references also are included. The remainder of the book is divided into three sections and 19 chapters.

The author describes his experience as a caregiver for his wife during her long trajectory (1990–2002). He discusses care ambiguities, uncertainties, many complications, ethical dilemmas, medical conspiracies of mixed communication, and misrepresentations of information from healthcare providers. The journey is filled with periods of complexity and dilemmas dealing with the regulation for healthcare coverage and eligibility to receive a renal transplant.

The book poignantly describes the experience of the patient and caregiver. The author takes readers through the complexities of care with very vivid detail and conversation.

Poignant Moments contains an extensive discussion of the journey, beginning with kidney stones through changes of physicians, numerous medical setbacks, dialysis, preparation for kidney transplants, amputations, and death. Each is told with careful dialogue between the patient and family caregiver.

Caregivers' emotional highs and lows are presented effectively. Each chapter is filled with examples from patients and their family

members experiencing longitudinal chronic care. Direct quotations add to the richness of the descriptions. Comments from the author, facts about the disease, healthcare regulations, and dilemmas are interspersed with the dialogue.

One limitation of the book might be the amount of technical language that is used. Many lay caregivers and readers would have difficulty with the technical language, even though a glossary is provided. Perhaps a

summary of helpful strategies could be included for family caregivers. A specific list of resources also might be useful.

Poignant Moments is a narrative with strong descriptions and quotations that make the accounts seem alive and truly poignant, which is consistent with the title. The intended audience should be family caregivers throughout the United States who need to know that they do not struggle alone. However, the book's audience also should include

physicians, nurses, and other healthcare providers and policy makers so that they see how families struggle with chronic care and family caregiving. Very detailed descriptions of emotions, reactions, and feelings are captured in this account of being a caregiver.

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