

# 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.

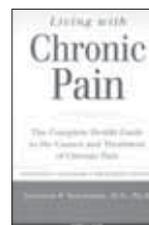
The genetic aspects of breast cancer and eventual prevention or successful treatment make *Breast Cancer* timely because the research focuses on daughters who may be at risk for inheriting the disease. A better understanding of the mother-daughter relationship and how it is affected by breast cancer 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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