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B O O K S

Facing the Mirror With Cancer: A Guide to Using Makeup to Make a Difference.
Lori Ovitz. Chicago: Belle Press, 2004, 202 pages, \$24.95.

🕒 ✓ 👤👤👤 Softcover



The purpose of *Facing the Mirror With Cancer* clearly is achieved by providing a simple but comprehensive guide to using makeup. The intended audiences are male and female cancer survivors who

want to enhance their physical appearance. A major strength of the book is that it addresses the needs of cancer survivors. Other strengths include (a) simple and precise, step-by-step facial makeup techniques with vivid photographic presentation, (b) unique discussions of skin and nail care basics as well as choosing and caring for a hair piece using an illustrated question-and-answer format, and (c) heartening tales and experiences shared by cancer survivors that promote support of and encouragement for others during the journey through cancer.

Each chapter discusses possible areas of concern that survivors may have. The most critical steps, important cues, and potential pitfalls are stressed with highlighted words. Care is taken throughout the book to provide thorough professional explanations in a concise manner.

However, one area for improvement is the overall organization of photos (other than illustrative photos associated with a particular makeup), survivors' tales, fonts, and colors, which seem confusing and jumbled in some cases. For instance, full-page photos, before and after makeup photos of survivors, and some other decorative images were printed

at different places in each chapter using a variety of colors and font sizes. Also, a different background color was used on almost every page of the book. The organization style could overwhelm readers, particularly those who may have lower literacy rates. One potential solution would be to reorganize the pictures, quotes, and stories of survivors in each chapter so that the flow of the material being presented is consistent among different sections. Furthermore, the use of a consistent background color, font style, and font size would strengthen the book. Additional material could be included in an appendix if needed. The content also could be indexed to facilitate the search for a specific topic. Another minor issue is the location of the table of contents; it appears on page 23 rather than at the beginning of the book.

As a whole, *Facing the Mirror With Cancer* contains a wealth of information for men and women who want to address appearance issues. The succinct verbal illustration of the beauty techniques makes the book stand out because readers should be able to achieve similar results with minimal time and effort. The book could be recommended to cancer survivors at any point along the cancer experience but would be especially relevant as nurses discuss possible effects of cancer treatment. Survivors also should be referred to other resources that may provide makeup at free or reduced cost and address hair care needs. In addition, nurses should ensure that the book and other recommended resources meet the needs of people of color.

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Lessons From Joan: Living and Loving With Cancer, a Husband's Story. Eric R. Kingson. Syracuse, NY: Syracuse University Press, 2005, 224 pages, \$19.95.

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Editor's note. *This book was reviewed by Karen A. Eggers, MBA, who is a cancer survivor. Her heartfelt review is strengthened by her honesty in relating this book to her own experiences as a cancer survivor and mentor.*



Lessons From Joan is the poignant, yet inspiring, story of Joan Kingson, who lost her battle to cancer after a 32-month fight. Written by her husband, the book immediately draws readers into their story, which discusses careers, families, and friends. A diary of sorts, the book follows Joan's family from diagnosis to her death. Several photos of family and friends and letters are included, creating a more personal journey journal.

As nurses know, caregivers have a job that encompasses financial, physical, medical, and spiritual issues. In the book, Joan's husband, Eric, was a superior caregiver in every way possible. I hope that he has continued to be proactive in the cancer community. His honest, open-hearted story will inspire other surviving caregivers in their pursuit to go on living after losing a loved one.

Joan was truly blessed to have a loving and supportive network of family and friends and to be financially stable. Many patients lose their support system, jobs, and even their homes when battling cancer. As a mentor to patients with cancer, a 4.5-year breast cancer survivor, and former caregiver, I had difficulty picking the book up and diving into it because I knew what the 32 months would bring and how Joan's story would end, and that it could have happened to me—and still could.

Struggling through Joan's journey with each page, I recalled countless other cancer warriors I have known in recent years and saw in Joan what mentors see in most terminal patients—a sincere will to live, coupled with the gut knowledge that they will not have "normal" anymore, just more

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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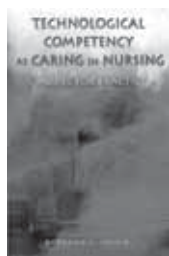
precious time with their loved ones. However long this time may be, patients with cancer and their families will realize the “gift” that cancer fighting can bring—a reassessment of past life, enjoyment of today, laughter, and shoulder shrugging at whatever tomorrow may bring.

As nurses recommend this book, they should be aware of the types of emotions that it can evoke. Nurses should have appropriate support mechanisms in place so that survivors can discuss the book, ask questions, and have support to meet their emotional needs.

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Technological Competency as Caring in Nursing: A Model for Practice. *Rozzano C. Locsin. Indianapolis, IN: Sigma Theta Tau International Honor Society of Nursing, 2005, 256 pages, \$29.95.*

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Technological Competency as Caring in Nursing is a three-part scholarly description and illustration of a model for nursing practice that addresses the challenge of preserving the essence of nursing care in an increasingly technologic environ-

ment. The author uses vignettes to describe the dilemma of nurses who practice in highly technologic areas and find that technology is a barrier to fulfilling the caring component of nursing. According to Locsin, nurses do not need to choose between technologic competence and caring. Rather, when nurses view a person as “whole and complete in the moment,” they use their technologic skills to know the person (patient) more fully as a human being. Critical to caring is knowing who the person is, not merely what the person is. Technologic competence then becomes a vehicle for enhancing caring.

In Part One, the need for the model of nursing practice is established and the major concepts and their interrelationship are defined thoroughly. Numerous citations of the work of pioneers in nursing and experts in the areas of caring provide a rich theoretic and philosophical underpinning for the model. Part Two describes practice issues relevant to the model, and Part Three presents its application in nursing practice.

The strengths of the book are its timeliness, rich references, inclusion of practical applications of the model, and the visionary issues raised concerning the care of patients with artificial body parts. The final chapter, pertaining to genetic technology and nursing,

by a contributing author, is particularly well written and includes a glossary and tables.

Readability could be improved by more thorough editing to avoid duplication of content. Definitions of some terms, such as person, nursing, technology, and technique, appear repeatedly throughout the book, and one of the vignettes is presented twice. The final chapter contains useful information on genetic technology and nursing, but the author does not tie the content to Locsin’s model. References are cited in Chapter 8, but no reference list is included for that chapter.

Technological Competency as Caring in Nursing is relevant to nurses in a variety of care situations; however, the audience most likely would be limited to those who have been exposed to a graduate-level theory course. The content would be particularly useful to those preparing for a concept analysis.

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breast examination, and mammography are reviewed step by step. The video could be improved by providing a demonstration of the appropriate pressure to use during the breast self-examination (i.e., more clearly demonstrate the depth and pressure), incorporating and dispelling some myths or beliefs about the etiology of breast cancer, and adding some tips about how to best communicate with healthcare providers.

Nurses can use *Un Toque Saludable* to help reinforce existing patient education efforts. Health promotion and prevention resources in Spanish are lacking, so this resource is unique because it adds to a brief list. The inclusion of women at various ages is an effective way to promote the message of prevention and early detection across generations. The novela format also helps to present the information in a less intimidating format rather than a lecture style that has been used with other videos.

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V I D E O

Un Toque Saludable: Detección Temprana del Cáncer del Mamarío. *Los Angeles, CA: Lange Productions, 2006, 12 minutes, \$150.*

📺 ✓ DVD



The purpose of the video, *Un Toque Saludable*, is to educate Spanish-speaking Latina women about the importance of early detection and screening for breast cancer. The information is well presented and focuses on three women of various ages. The discussion highlights some of the cultural barriers associated with underuse of cancer screening examinations among the Latina population. The text forms a good basis for patient education on screening and early detection of breast cancer.

The strengths of the video include its use of appropriate language, discussion among women of various ages, and realistic footage of a breast self-examination, clinical breast examination, and mammography. The information is easy to understand, and the messages are reinforced throughout the video. Some discussion about cultural (fear and misunderstanding) and structural (cost and time) barriers to screening is included and presented in a very relaxed and informative manner. The video provides information about risk factors, basic screening guidelines, and early detection. In addition, self-examination, clinical

WORTH A LOOK

Be a Survivor: Colorectal Cancer Treatment Guide. *Vladimir Lange. Los Angeles, CA: Lange Productions, 2006, 127 pages, \$24.95.*

Be a Survivor is one of several books that aims to lead readers through the cancer journey. The author initially recounts his wife’s breast cancer diagnosis. The author and his wife are physicians, yet they did not know how to deal with her diagnosis.

This text is focused on colorectal cancer. Divided into 13 chapters and including a glossary, an index, and a list of resources, *Be a Survivor* has many strengths. It is simplistic, incorporates color pictures, offers suggestions for questions that patients should ask their providers, and provides a snapshot of the experience from diagnosis through treatment. One chapter specifically targets survivors’ significant others. The author is commended for recognizing and including the Oncology Nursing Society as a patient resource.

The book could be strengthened by adding information about spirituality and faith as a coping strategy and discussing insurance issues. Photos of survivors appear on virtually every page, but greater racial and ethnic diversity should be included so that more patients can relate to the material. Although the content would need to be supplemented, the book might be useful as a beginner text to help assess a survivor’s readiness to learn. Nurses should be prepared to answer questions and assist survivors in identifying additional resources.