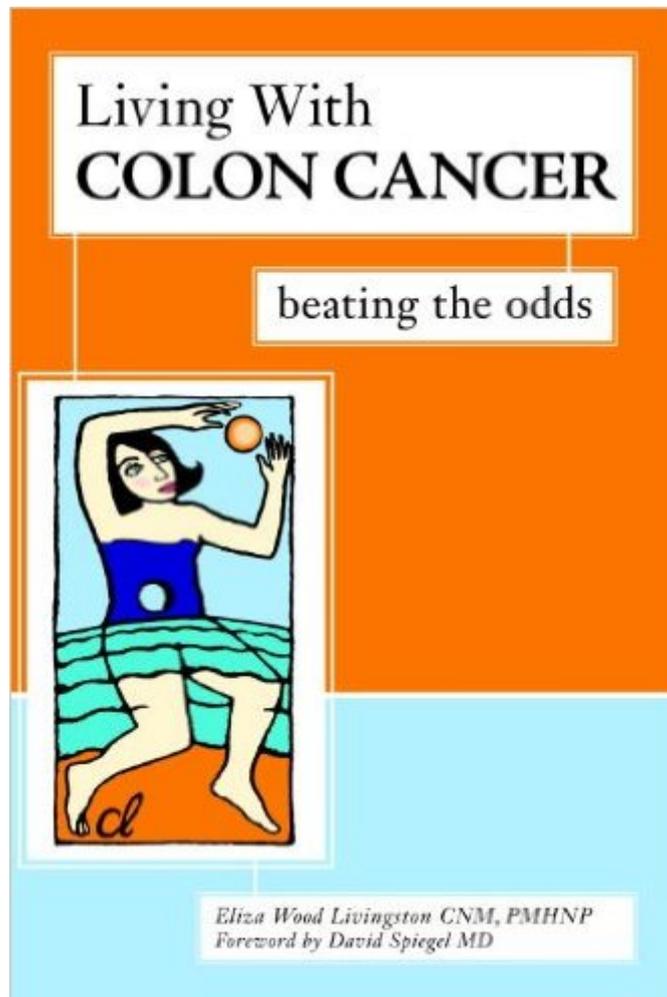


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# Living With Colon Cancer: Beating The Odds



## Synopsis

Despite the efforts of Katie Couric to draw attention to the importance of colonoscopy screening for the detection of colon cancer, this cancer still does not receive the publicity devoted to breast, lung, and prostate cancer. Yet colorectal cancer is the third most common malignancy in the world and is the second leading cause of death from cancer next to lung cancer. As a result of the silence surrounding this disease, colon cancer patients and their families can feel isolated, without the support and information networks available to those coping with more publicized illnesses. In this helpful and inspiring book, Eliza Wood Livingston provides a wealth of practical information about colon cancer while telling of her own heroic battle against this challenging disease and her survival after a bleak diagnosis. Designed to provide both vital information and emotional support, Livingston's story will help anyone faced with the difficult ordeals of surgery, chemotherapy, colostomy, and the emotional roller coaster that patients often experience. At every stage of facing these challenging hurdles, she describes to readers what they can expect, guides them to be their own advocates and ask the right questions of medical personnel, and effectively conveys the comforting message that they need never feel alone. A very reader-friendly text, with many useful sidebars highlighting important points, makes this accessible book easy to follow for average readers. Livingston points out that while society seems more willing to recognize and openly discuss other life-threatening illnesses, a sense of shame and secrecy persists regarding colorectal cancer. Her personal story of courage and complete candidness about her condition go a long way toward dispelling the fear and embarrassment often associated with colon cancer. Most important, she gives fellow patients and their families hope that they too can triumph over this serious disease.

## Book Information

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## Customer Reviews

This is an inspired and inspiring book. It is personal and authentic. As someone going through some of what Livingston endured in the initial stages, I was amazed at her prescient descriptions of what I was experiencing! Surprisingly, this is a page-turner: it is engagingly written, and your mind and feelings lap up every word.

I could not put this book down! Ms. Livingston has written of her incredibly personal journey of dealing with colon cancer, in a style that is easy-to-read, interesting, compelling and appreciated due to the helpful tips and asides for everyone involved with someone facing cancer. For me, this is THE reference book for laymen. I am recommending it to everyone who may find it useful - who hasn't been affected by cancer? I am in awe of her strength and courage to write of her ordeal and the spirit in which she tells her story.

I was just diagnosed with rectal cancer when I found this book. I'd been in the hospital for a month with complication after complication and hadn't been back to work yet when I found that I needed SOMETHING to help me understand and accept what I was going thru. This book was what I turned to when I needed someone who understood what I didn't...what I wasn't sure of...what I wanted desperately for someone to relate to...when I couldn't share with my loved ones. It is the best book I've read on what it feels like to have a colostomy and a cancer that no one wants to talk about...it's too embarrassing. I would HIGHLY suggest this book to ANYONE interested in or effected by colon cancer or rectal cancer or anal cancer...the taboo cancers. It was so relieving to read a paragraph or a sentence and go "YES!! I have that too!" or "So THAT'S what that's all about." Eliza's experience may not be what everyone goes thru...she had a rough time of it...but anyone experiencing this type of cancer WILL find something in common with her experiences and can be soothed by the fact that there is written proof that they are not alone in this...and we CAN win.

Colon cancer doesn't receive the publicity devoted to other types of cancer, yet it's the third most common malignancy in the world and the second leading cause of death from cancer, aside from lung cancer. Living With Colon Cancer: Beating The Odds tells of the author's own battle against colon cancer, her survival after a terrible diagnosis, and how to cope with treatment and emotional

highs and lows. Insights on what to expect and how to handle it are well done and very specific.

I didn't want to stop reading, and every time I thought I come to a stopping place I wanted to keep reading more. The style made it so I was able to see the story from multiple sides - the midwife, the new patient, the partner, the doctor, the son, etc. I loved the various tips thrown into the narrative, and could see a small handout of these tips being a useful tool for me as a nurse. This was surprisingly delightful in how much it kept my interest throughout and how the characters became so multi-dimensional as the story unfolded. There were many insights for anyone with colon cancer and also for someone dealing with surgery and accompanying physical challenges during the recovery time. The graphic detail seemed to bring the images to life.

This book tells an amazing personal story, and reading it helped me understand late stage cancer symptoms, such as severe chills. The patient can not seem to get warm and panics no matter how many blankets are put on them....It is stressful for the caregiver and I wish I had read this book before my friend became so ill.

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(anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer)  
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