

Sivalingam Nalliah

Living With Cancer

...steps and lifestyle to adopt to become the victor instead of the victim.

...what to expect during and after the various therapies, what are the dos and don'ts, and how to *live* with cancer—not merely survive or exist with it.

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Cancer**

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Preface

This book is written with the patient in mind. Apprehension, fear, and depression afflict both the patient and the family when a diagnosis of cancer is made. Many patients fear the unknown rather than the disease itself. *LIVING WITH CANCER* is written in simple language to help patients understand the various philosophies of treatment. Many comments are purposely repetitive. This is done as it is hoped that the book is not read from cover to cover as a textbook. Easy and random reading is encouraged to enable the reader to find answers to common questions.

This book contains chapters on the general aspects of cancer followed by the effects of chemotherapy and radiotherapy. A few notes on relaxation techniques, though not comprehensive, are included for completion sake. A few examples of wills have also been added.

It is hoped that friends and family members would read the relevant areas in these pages; then they would be able to empathize with the

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physical situation of the cancer patient—and his emotional state and feelings.

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