



# Chemotherapy and Radiation For Dummies

By Alan P. Lyss, Humberto Fagundes, Patricia Corrigan

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**Chemotherapy and Radiation For Dummies** By Alan P. Lyss, Humberto Fagundes, Patricia Corrigan

**An informative, compassionate guide for cancer patients and their loved ones**

Each year, more than 1 million people get treated for cancer, and most of these will undergo chemotherapy, radiation therapy, or both. This reassuring, optimistic guide helps people get a handle on treatment options and explains in plain English how chemotherapy and radiation therapy really work. It offers detailed advice on how to alleviate and cope with side effects—which range from hair loss to nausea to anemia—and describes how good nutrition, meditation, support groups, and other techniques and resources can help in the recovery process.

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**Bibliography**

- Sales Rank: #210704 in Books
- Published on: 2005-04-22
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x 1.00" w x 7.20" l, 1.26 pounds
- Binding: Paperback
- 388 pages

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### Editorial Review

#### Review

"...spiced with humour ... succeeds in demystifying cancer therapy ... a compassionate and practical book ... a welcome addition to cancer patient literature..." (*Cancer World*, April 2006)

#### From the Back Cover

#### Covers key questions to ask your doctors

#### Find out how chemo or radiation can help put you on the road to recovery

Are you or a loved one facing chemotherapy or radiation? This compassionate guide walks you through the entire process, from understanding common cancer treatments to coping with and alleviating the side effects, to knowing what to expect after treatment ends. You'll also discover how to find plenty of resources for support during your recovery.

#### Discover how to

- Navigate the various treatment options
- Find the right oncologist
- Set up a treatment plan
- Maintain your health after therapy
- Locate support groups

#### About the Author

**Alan P. Lyss, MD:** Dr. Lyss is the Medical Director of the Missouri Baptist Cancer Center and the Director of the Cancer Research Program of Missouri Baptist Medical Center in St. Louis, Missouri. He is Associate Professor of Clinical Medicine at Washington University School of Medicine and is the honoree of a distinguished Alumni Scholarship Award there. Dr. Lyss also is Associate Clinical Professor at the University of Missouri School of Medicine.

Dr. Lyss is the recipient of several research grants and currently has research funding from the National Cancer Institute. His clinical and research interests are directed toward finding improved treatments for patients with cancer, including improvements in supportive care and psychosocial support. He has been actively engaged in studies directed toward the prevention of common adult cancers and improving the distribution of innovative cancer care to underserved populations, especially to those who reside in rural areas.

**Humberto Fagundes, MD:** A radiation oncologist, Dr. Fagundes currently holds the position of Medical Director of Radiation Oncology at Missouri Baptist Medical Center in St. Louis, Missouri. He received his training in radiation oncology at Mallinckrodt Institute of Radiology from 1988 through 1992. He was then appointed Chief Resident/Fellow having completed his training in 1993. In the fall of that year he served as Assistant Professor of Radiation Therapy at Loyola University Medical Center in Chicago. Family ties brought him back to the St. Louis area in 1994. In 1999 he arrived at Missouri Baptist Medical Center and was named Medical Director in 2001.

Dr. Fagundes has introduced several innovations at Missouri Baptist, such as 3D Conformal Radiation Therapy, IMRT (Intensity Modulated Radiation Therapy), breast and prostate brachytherapy, as well as

intra-operative brachytherapy. His particular interests are in the management of breast and prostate cancers. While in a community hospital, Dr. Fagundes continues to write and publish in the field. Dr. Fagundes has also worked with the oncology communities in South America and India, where he has assisted in the introduction and implementation of new technologies and cutting-edge treatments in radiation oncology.

**Patricia Corrigan:** Ms. Corrigan, who holds a B.S. in health education from Lindenwood College, is a reporter for the *St. Louis Post-Dispatch*, where she writes often on health and fitness. She also is the author of 10 books, including *Wild Things: Untold Tales from the First Century at The Saint Louis Zoo* (Virginia Publishing Company), *Convertible Dreams*, a collection of her Post- Dispatch Saturday columns (Virginia Publishing Company), a guide for whale watchers and six nature books for children (NorthWord Press), and a dessert cookbook (Pocketbooks).

Ms. Corrigan has written freelance articles for numerous newspapers across the country and for national magazines such as *More*, *Ms.*, *BBW*, *Radiance*, *Lear's*, *Family Fun*, *Cruise Travel*, and *Northwest Travel and Wildlife*. A popular public speaker, she addresses conferences, civic organizations, women's organizations, and school groups. A breast cancer survivor since 1995, she is especially happy to be associated with this book!

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