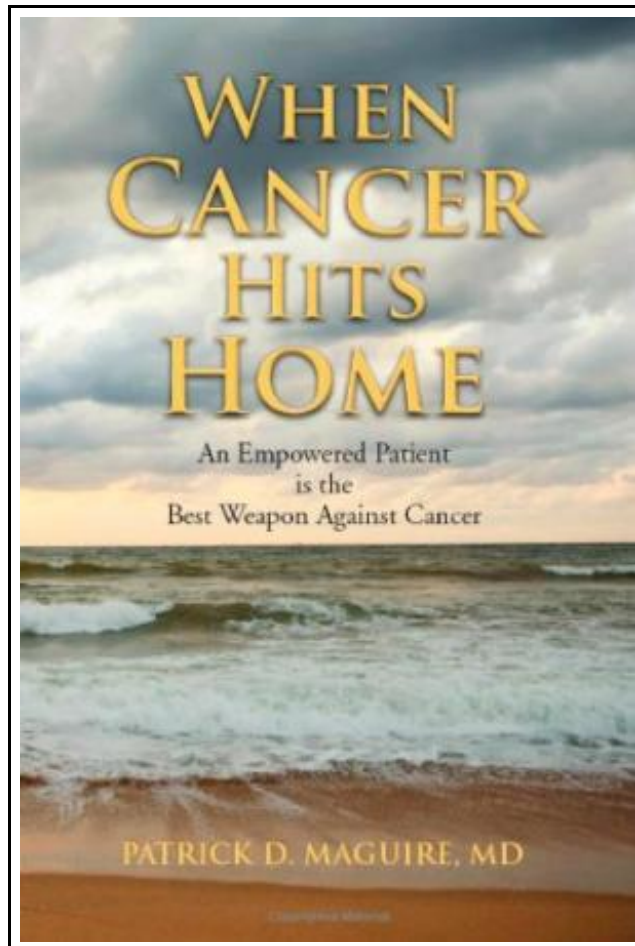


## When Cancer Hits Home: An Empowered Patient is the Best Weapon Against Cancer (Paperback)



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Coastal Carolina Publishing, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. FOREWORD CLARION REVIEW\*\*\*\*\* FIVE STARS (out of Five):Dr. Maguire was inspired to write after the loss of his father and both of his in-laws to cancer within a short time frame. As an oncologist, hed had abundant exposure to the workings of cancer, but his personal experience helped him to add a different viewpoint: that of a family member watching a loved one go through treatment and loss. These two perspectives, of knowledgeable physician and of family caretaker, combine nicely to give chapters a blend of research and warmth.In the books first part, Maguire focuses on cancer prevention, looking at the latest recommendations for reducing cancer risk. Starting with the relationship between cancer risk and nutrition, Maguire digs into dietary data, but admits that many questions remain, and he expresses frustration at the snake oil salesmen who prey upon peoples fears and hopes with so-called "cancer prevention" foods and products. Even with that caveat, his information is hugely useful and backed by numerous research studies.Exercise also plays a vital role in reducing cancer risk, he notes. Citing extensive research on the topic, particularly for breast cancer and lung cancer, Maguire adeptly makes his case for why everyone should spend less time on the couch and more time on the move.For those facing a cancer diagnosis themselves, or dealing with friends or family who are undergoing treatment, the books second sectionon common cancer typesshould prove invaluable. Maguire covers the twenty most common types, including breast cancer, leukemia, liver cancer, melanoma, ovarian cancer, and colon cancer. He starts each section with a patients story, created from the thousands of real patients hes met and treated during his years as an oncologist.With a...

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