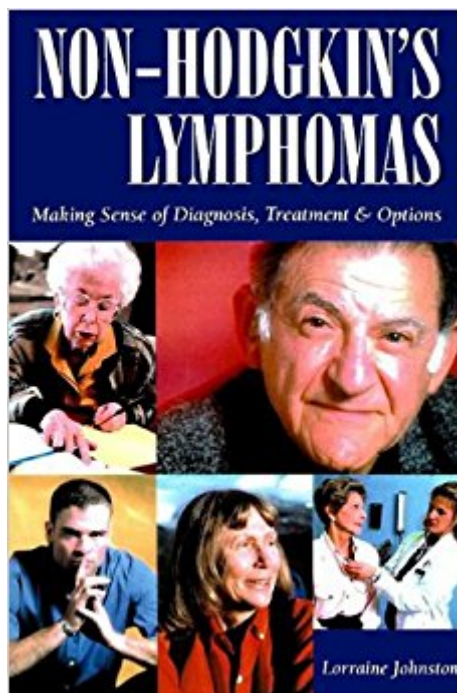




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# Non-Hodgkin's Lymphomas: Making Sense Of Diagnosis, Treatment & Options (Patient Centered Guides)



## Synopsis

Prior to publication of this resource guide, no book on the market targeted the non-Hodgkin's lymphoma survivor's need for understandable information. While there are medical texts on the non-Hodgkin's lymphomas as well as inspirational first-person accounts from survivors of related cancers such as leukemia, between these two sources of information existed a considerable information gap. In straightforward language and in a format that anticipates the reader's questions, this book addresses diagnosis and its emotional tumult, finding a good oncologist, the theories and practical aspects of treatment, characteristics of non-Hodgkin's lymphomas, side effects and long-term effects of treatment, medical tests and procedures, and prognoses. Other topics of interest examined are coping with hospitalization, stress and its effects on the immune system, sexuality and fertility after treatment, how to interact successfully with medical personnel, and getting support from family, friends, employers and the broader community. The end of successful treatment and its sometimes surprising effects on one's emotions are covered in a separate chapter, as is the experience of relapse and how to select second-line treatment to regain remission. Clinical trials of promising new therapies grounded in Western medicine are covered in depth. The theories and experiences of marrow transplantation and stem cell support are surveyed. Two frank chapters on recordkeeping, finances, insurance, employment issues, traveling for care, and finding free treatment are included. Throughout the text and in several appendices, the reader is referred to other books, Web sites, and organizations that can provide more detail on a given topic. This book is intended for both newly diagnosed and long-term survivors of the non-Hodgkin's lymphomas, their caregivers and loved ones, and for medical personnel who interact with survivors of the non-Hodgkin's lymphomas.

## Book Information

Series: Patient Centered Guides

Paperback: 576 pages

Publisher: Patient Centered Guides; 1 edition (May 9, 1999)

Language: English

ISBN-10: 1565924444

ISBN-13: 978-1565924444

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,716,769 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic #57055 in Books > Parenting & Relationships

## Customer Reviews

Johnston, the daughter of a non-Hodgkin's lymphoma survivor and the wife of a Hodgkin's patient, presents a voluminous look at coping with the medical, financial, social, and research aspects of non-Hodgkin's lymphoma. Currently, nothing available in the popular medical literature is exclusively devoted to this topic. Johnston presents clear, up-to-date, and accurate medical information reviewed by specialists in the field. Particularly noteworthy for factual content and readability are the chapters on the non-Hodgkins lymphomas, tests and procedures, the late effects of treatment, relapse, and transplantation. The way patient experiences are braided into the clinical information is especially nice. Unfortunately, the text is undermined by several flaws. First, Johnston's information on drug and medical web sites needs to be more carefully researched; she lists sites such as Clinical Pharmacology Online (CPO) without indicating whether they are free or, like CPO, fee-based and whether consumers or clinical professionals are the intended audience. It is also obvious that Johnston has no expertise in the Medline search process as the strategies she offers would result in literally thousands of citations. It is hoped that for a new edition the author will consult with a medical librarian experienced in this kind of information gathering. Once these flaws are corrected, this book will make a valuable contribution to consumer health collections. (Index not seen.)

AGail Hendler, Memorial Sloan Kettering Cancer Ctr., New York Copyright 1999 Reed Business Information, Inc.

Lorraine Johnston is the wife of an eight-year lymphoma survivor and the daughter of a twenty-year lymphoma survivor. In the years since her husband's diagnosis, she's been involved in a number of support groups that offer emotional and practical support to lymphoma survivors. Her first book is *Non-Hodgkin's Lymphomas: Making Sense of Diagnosis, Treatment & Options*. In the course of her support group efforts, Lorraine has been interviewed by the Philadelphia Inquirer and by National Public Radio's Marketplace program regarding the best ways to find reliable medical information using a personal computer and various media such as the World Wide Web. She attempts to dispel the myths that access to sound medical information is cloaked in secrecy and that medical literature is impossible to interpret. Using her life-long love of biology and her degree in life sciences, she helps cancer survivors evaluate accurately the material they locate, emphasizing resources such as

the National Cancer Institute's databases of treatments and clinical trials, and the National Library of Medicine's MEDLINE, a collection of over nine million published medical research studies.

Lorraine's years of study have included many courses in psychology, but she found that nothing in her educational background prepared her adequately for facing the terror and heartbreak of cancer. One of her chief interests is helping the newly diagnosed as well as long-term survivors feel less lonely and less afraid as they confront their diagnoses and weigh their options.

When I was diagnosed with NH Lymphoma in October 2005, I promptly bought this book. What a lifesaver! This book covers everything a newly diagnosed patient could want. From initial diagnosis, this book takes the patient through all of the different kinds of Non Hodgkins Lymphomas. It tells the patient in detail the kinds of tests that your doctor will most likely order and even give you information on how painful the tests will be. Then it goes into detail on all of the different types of chemotherapy you might undergo as well as radiation therapy, surgeries and biopsies. It takes a tremendous amount of the fear away that a patient has. When I started chemotherapy, the book was right there at my side answering every question that I had. If I had a strange reaction, I reached for the book and sure enough, there was an explanation. Remember, forewarned is forearmed! I highly recommend this book to anyone who is touched by Non Hodgkin's Lymphoma whether it is a patient or a caregiver.

The best book on this subject I have found so far. I have taken out many books on this subject and this had the most understandable answers. And additional sources for support.

I haven't finished reading this book, but I can tell you it is helpful and the book was in very good condition.

I bought this book hoping to learn more about a disease I was diagnosed with, but it was written from a medical doctors point of view and was not very good reading for someone who wanted and needed hope than than something else.

This book can be recommended to anyone whose life has been changed forever by a diagnosis of NHL. If one is filled with trepidation, not wanting to read the cold, hard facts, he/she can be reassured that reading this particular book will only help one understand and cope with the disease, not scare them to death. Had it been available when I was first diagnosed, I would have found in one

place all the information it took me over two years to gather on my own. It sits by my computer, as necessary as my dictionary for reference. Thank you, Lorraine Johnston, for writing this!

How I wish this book had been available when I first received my diagnosis of Non-Hodgkin's Lymphoma in 1996. It would have answered all those questions I did not even know were lurking in my mind and have taken nearly three years to answer! This book is beautifully and sensitively written; the information is right up-to-date; all aspects of NHL are well-covered. I honestly do not think that the job of communicating about this particular variety of cancer could have been done better. Bravo Lorraine!

Do not buy this book. It is written in a cold, uncaring manner, completely inappropriate for anyone touched by the disease. Sure it contains facts, but nothing else. It gives a depressing, negative portrayal of the disease. You'd be better off reading nothing at all. On the other hand, "Living With Lymphoma: A Patient's Guide" is the best resource out there. It is truly a must-have. Sorry I wasted my money.

This is a wonderful, must-have book for any NHL patient. It reads like almost like novel, giving accurate, easy to understand information. I especially like the quotes and anecdotes from the patients themselves; people who have been through it, who "get it"...in their own words. A fantastic resource.

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