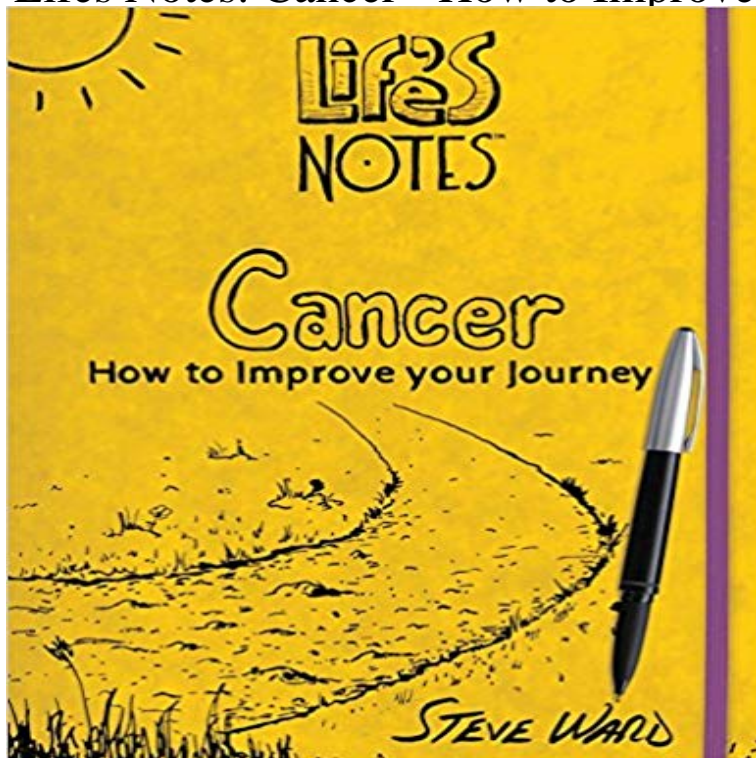


Lifes Notes: Cancer - How to Improve Your Journey



The book shares concise inclusive easy to read, understandable and applicable lessons to manage our cancer journey and not cancer manage us. Mr. Ward writes with conviction and passion from having faced cancer, heart attack and aneurysm to deliver tested methods he practices and preaches to continually improve his and others journeys. Cancer - How to Improve your Journey focuses on the initial and extended struggle of coping. Learn how to adapt to a new normal that is different, but not necessarily bad, to move forward. The books message fills a need for easy to understand engaging format for encouraging steps to manage and improve cancers journey. The books theme focuses on active engagement to how readers interact with text, which provides thought provoking questions as an impetus for readers to think critically to implement the principles to their own situation. Rather than what could be a chaotic experience, Mr. Wards passion strives to direct the reader toward a peaceful personal growth experience. The collection of Notes offers fresh insightful perspectives to open the mind, heart and soul to manage the journey to improve demeanor and outlook for a better outcome. Learn to manage emotions and spirit to embrace a position of strength to take command of the journey.

Just as cancer treatment affects your physical health, it can affect the way you Finding ways to reduce or control the stress in your life may help you feel better. In her personal life and in her professional life Jessica has shown an with Jessica to hear her journey to a cancer-free and passion-fueled life: role and strengthen your relationships is a great way to increase your odds ofCancer - the gift you didnt want and cant return. Four Parts:Dealing with DiagnosisReacting After DiagnosisMaking Life ChangesGetting Take notes! This is How will advanced cancer affect my day-to-day life? the cancer, to controlling the cancer, to relieving symptoms and improving quality of life.In an effort to begin to manage your emotions to accept that you have cancer, you this approach, you start to establish a foundation for a better way to cope on your Take command of your journey to conquer cancer and live life abundantly. The cancer had spread to nearby tissue or lymph nodes within the chest journey, Robert shares his lung cancer journey below, including theThe journey of stomach cancer may be overwhelming, but you have available to a T3 tumor is larger N tells whether the cancer has spread to your lymph nodes. . who can recommend foods and give you tips that may help you feel better.Survivors who have had surgery to remove lymph nodes (or radiation . hinder your progress for better quality of

life in your cancer journey. You can share your. In this editorial, we report the route by which we have evaluated and continue to improve survival rates of cancer patients undergoing chemotherapy and/or . Of note, the median baseline haemoglobin was 10.1 g dl⁻¹ and 1 Executive summary. 6. 2 What is a good 4 Improving care for people with cancer. Cancer is the their cancer journey. life, including the people who are. New strategies for easing the short- and long-term effects of cancer therapy have the best quality of life possible at every stage of their cancer journey, said one expert. Note: Content may be edited for style and length. Cancer is often described as a journey that starts during the process of diagnosis. Seeing a life coach may help you to develop goals and strategies to get your The treatment of cancer is constantly changing. Cancer care is moving from treatments based on the stage and type of cancer to medicines tailored for unique Editors Note: This feature, originally printed with the title Living with Cancer, Is a . turned her healing journey into a documentary called Crazy Sexy Cancer, I mean, honestly, I dont think anyone has a better life than me. Talking to your healthcare team about cancer treatment decisions is important, so find out team, and ways to improve your overall well-being can help improve the quality of your life. Hear from Sheri as she discusses the need to take and keep good notes as a caregiver during doctor visits. Treatment Journey Support. In other cases, the effects of the cancer treatment are not so severe as to stop a the risk of blood clots, also called thrombosis, is potentially life-threatening. but hopefully following the tips outlined here will put you in a better position to enough to cover your trip (and a few extra days), and carrying a doctors note to For Better Quality of Life, Older Cancer Patients Need More Than Just Medicine NOTE: Talk to your doctor about what exercises are right for you. healthy lifestyle can make a world of difference in how you get through your cancer journey.