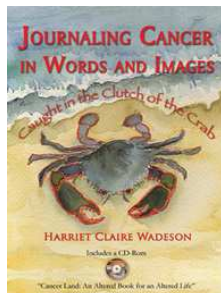


## BOOKS

**Journaling Cancer in Words and Images: Caught in the Clutch of the Crab.** Harriet Claire Wadeson. Springfield, IL: Charles C. Thomas Publisher, LTD, 2011, softcover, 203 pages plus CD-ROM, \$36.95.



"I want to tell the truth about my cancer experience. I want to show the whole picture, even the disgusting parts . . . I want to state my fears and anxieties, my ups

and downs. This is not a tale of heroics. Living with cancer and undergoing the torment of its treatment is a many-layered experience" (p. 63).

Written for those with cancer, their caregivers, and the healthcare professionals who help them, *Journaling Cancer* is the author's profound expression of the many stages one goes through when dealing with cancer. Wadeson takes her readers on an intimate journey that is as unique as her end product.

*Journaling Cancer* is written with raw emotion, sometimes with excruciating details of the treatment process. Through surgery, chemotherapy and radiation therapy, and questioning her sanity, she says, "I am living in dread, seeing myself inserted into the medical machine and ground up. . . . Cancer Land is the place from which you never return. It is a place of extreme vulnerability, dread, and the fear that your cancer can always return." (p. 19-20, 35). This book is an honest and realistic portrayal of the many fears, small victories, and dashed hopes that are part of the cancer experience.

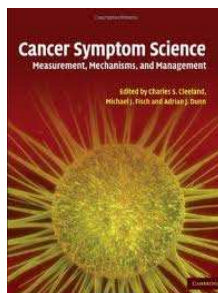
What makes this book unique is that the chapters are not censored—they are the author's actual journal entries capturing the events in real time rather than in retrospect. In addition, Wadeson chose to include incredibly stunning and thought-provoking black-and-white photographs of the artwork she created while mapping her cancer journey.

The black-and-white photos in the journal only touch the surface. The reader must view the color images on the companion CD to gain the full appreciation for Wadeson's story.

As an oncology RN of many years, I would highly recommend this book to all who work in the field. As a cancer survivor, I would recommend it to those living with cancer. As an altered book maker, I find myself wondering why it never occurred to me to use them for a deeper purpose than just for the fun of it.

Lee Ambrose, RN, is an oncology staff nurse at Holston Valley Medical Center in Wellmont Health Systems in Kingsport, TN.

**Cancer Symptom Science: Measurement, Mechanisms, and Management.** Charles S. Cleeland, Michael J. Fisch, and Adrian J. Dunn. Cambridge, England: Cambridge University Press, 2011, hardcover, 356 pages, \$185.



This book is a resource intended for physicians, oncology nurses, and researchers in the field of oncology, symptom management, and palliative care (academic

and pharmaceutical) who are interested in exploring topics of evidence-based research on the mechanisms and expressions of cancer-related symptoms. *Cancer Symptom Science* is a compilation of current research on disease- and treatment-related symptoms and is intended to inspire new strategies and research to prevent, understand, assess, and treat symptoms.

The strength of this book is that it is well organized and comprehensive. Each section builds on the other but also can be read independently. The information synthesized is from behavioral and biologic disciplines, providing an interdisciplinary approach to each particular symptom.

Section 1 introduces cancer symptom science. Section 2 presents the wide range of evidence for symptoms of pain, cognitive dysfunction, depression, fa-

tigue, and nutrition, as well as weight loss problems and sleep disorders. Sections 3 and 4 give a clinical perspective as well as measurement tools. A chapter on the economics of cancer-related symptoms is included, serving as a resource for teams to use to build the case for studies and symptom management support. Sections 5 and 6 examine government, industry, and future perspectives.

The book acts as a framework to continue developing more research and clinical trials. Although the information is comprehensive, the studies continue to evolve. Online information is more current. The authors acknowledge these issues and repeat in their summary their hope that this book encourages interdisciplinary research approaches, as well as sees investigators using mechanisms of symptom expression and modulation as a primary research focus. This text is a valuable resource for individuals embarking or currently involved in cancer-related symptom research.

Laura Zimmerman, BSN, MA, RN-BC, CRRN, HN-BC, is the manager of Oncology Support Services at Meridian Health Cancer Care in Neptune, NJ.

## MOBILE APPS



Mobile devices are good for playing games with friends, star-gazing, and giving directions, but apps also are available to support cancer care, including the following free apps aimed at the prevention, early detection, and treatment phases of cancer care. This list is not exhaustive or intended to highlight the top 3.

**iBreastcheck.** *Breakthrough Breast Cancer, iTunes store.* Provided in the United Kingdom, this app uses slide shows and videos to demonstrate breast self-examinations, emphasizing touch, look, and check rather than a specific technique, to know what is normal for the individual. It also offers regular reminders and helps assess risks.