

After Cancer Treatment

AFTER CANCER TREATMENT

HEAL FASTER, BETTER, STRONGER



Julie K. Silver, M.D.

*Recipient of the 2006 American Cancer Society
Lane Adams Quality of Life Award*

A JOHNS HOPKINS PRESS HEALTH BOOK

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Dr. Julie Silver offers a holistic approach to healing after cancer treatment, one that uses clinical medicine as a springboard for describing a variety of approaches that can lead to better quality of life for cancer survivors. Silver, a cancer survivor herself and a physiatrist at Harvard University whose job as a doctor is to help people feel better, draws on her professional and personal experience to help other survivors feel more well, get stronger, and develop an emotional base to help them cope with their new status as cancer survivor. She includes the latest evidence about what people can do (including exercise and diet) to decrease the chances that the cancer will recur--something nearly every cancer survivor focuses on. Dr. Silver relates her own story in broad, touching strokes and interweaves the stories of other cancer survivors whose inspirational and validating narratives provide a backdrop for the practical advice forming the core of the book. From our readers' reports: "Dr. Silver's book encompasses not just emotional and physical healing but spiritual as well. Her credentials as a young mother and cancer survivor, in addition to being a physiatrist with a specialization in rehab medicine, give her work validity..Very helpful, meaningful, and insightful for those who are journeying through cancer, and those who have recovered." "Addresses important topics for the growing group of cancer survivors and provides them and their families with important information. The author's personal background as a specialist in Rehabilitation Medicine and as a cancer survivor gave her tremendous credibility as the author, and her voice in framing this text was comforting and informative. An optimistic and appreciated guide for cancer survivors."

作者介绍:

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