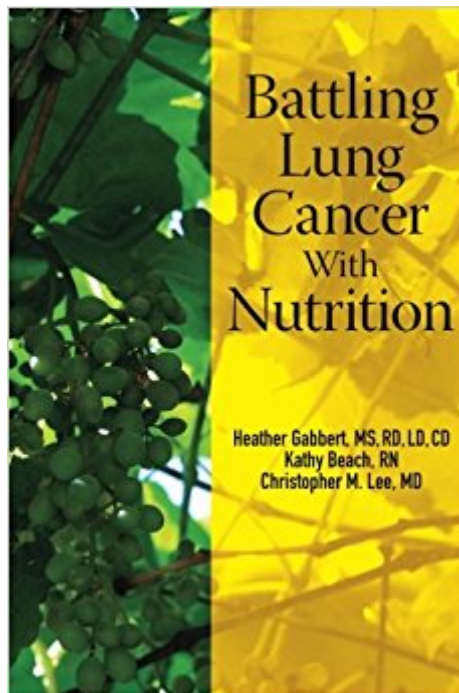




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Battling Lung Cancer With Nutrition (Battling Cancer With Nutrition) (Volume 2)



Synopsis

It is nearly impossible to find someone who doesn't have a family member or close friend affected by lung cancer. Worldwide, lung cancer is the most common cancer in terms of both incidence and mortality. The population group most likely to develop lung cancer is people over 50 who have a history of smoking. In contrast to the mortality rate in men, which began declining more than 20 years ago, women's lung cancer mortality rates have been rising over the last decades, and are just recently beginning to stabilize. In the USA, the lifetime risk of developing lung cancer is 8% in men and 6% in women. It is very common for patients with a cancer diagnosis to have many questions about nutrition and diet. In fact, this is one of the main ways that you (or your loved one) can aid yourself in the battle with cancer. The cancer can inhibit your body's ability to heal, decrease your energy, and decrease your immune system. By optimizing diet and nutrition, research has shown that outcomes of surgery, radiation, and chemotherapy can be improved. This can in turn lead to improved cure rates, better cancer treatment outcomes, and greater ability for the body to heal and rebound from the effects of cancer therapy. The goal of this text is to empower patients during their fight with cancer. By studying these practical approaches to health and nutrition, you can aid your cancer treatment team in your therapies. This is not meant to be a substitute for standard modern cancer treatments, but the goal is to provide you with further tools to fight cancer and improve your ability to heal from the cancer and the cancer treatments. Of course, this tool should be used in the context of your other treatments and we recommend that each patient discuss their individual health needs and objectives with their care providers.

Book Information

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Heather Gabbert attended Southern Illinois University at Carbondale and graduated with her Master's Degree in Dietetics in 1995. She has been a Registered Dietitian for 17 years. She has worked with cancer patients since 1998 when she began working at Cancer Treatment Centers of America. Moving to Spokane, Washington, from Chicago, Illinois, in 2007, she works as an RD for Cancer Care Northwest and a home health company. She is a member of Academy of Nutrition and Dietetics (AND), Washington State Academy of Nutrition and Dietetics (WSAND), and Greater Spokane Dietetics Association (GSDA). She served for two years as Media Representative and board member for WSAND and GSDA. Heather has authored a book, been a contributing writer, written articles and was a blogger for StepUpSpokane, highlighting nutrition and wellness. She is a member of AND's DPG groups: Oncology, Business Communications and Entrepreneurs, Dietitians in Integrative Medicine, and Sports, Cardio and Wellness Nutrition (SCAN) group. Kathy Beach chose to get a degree in nursing after her mother was diagnosed with breast cancer. She received her RN degree in 1993, and spent sixteen years in hospital nursing where she worked on a range of units from Medical Oncology to Outpatient Surgery. For the past 4 years, she has focused on oncology and radiation oncology with Cancer Care Northwest in Spokane, WA. She loves her work and finds the patients she cares for and their families to be inspiring. Christopher M. Lee is a practicing Radiation Oncologist and is the Director of Research for Cancer Care Northwest and The Gamma Knife of Spokane (Spokane, WA). Dr. Lee graduated cum laude in Biochemistry from Brigham Young University in 1997 which included a summer research fellowship at Harvard University and Brigham and Women's Hospital. He subsequently attended Saint Louis University School of Medicine where he received his M.D. with Distinction in Research degree. He completed four additional years of specialty training in Radiation Oncology at the Huntsman Cancer Hospital and University of Utah Medical Center during which he was given multiple national awards. Dr. Lee actively pursues both basic science and clinical research. He continues to be a proliferative author of scientific papers and regularly gives presentations on radiotherapy technique and the use of targeted radiation in the care of patients with head and neck (throat), brain, breast, gynecologic, and prostate malignancies.

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