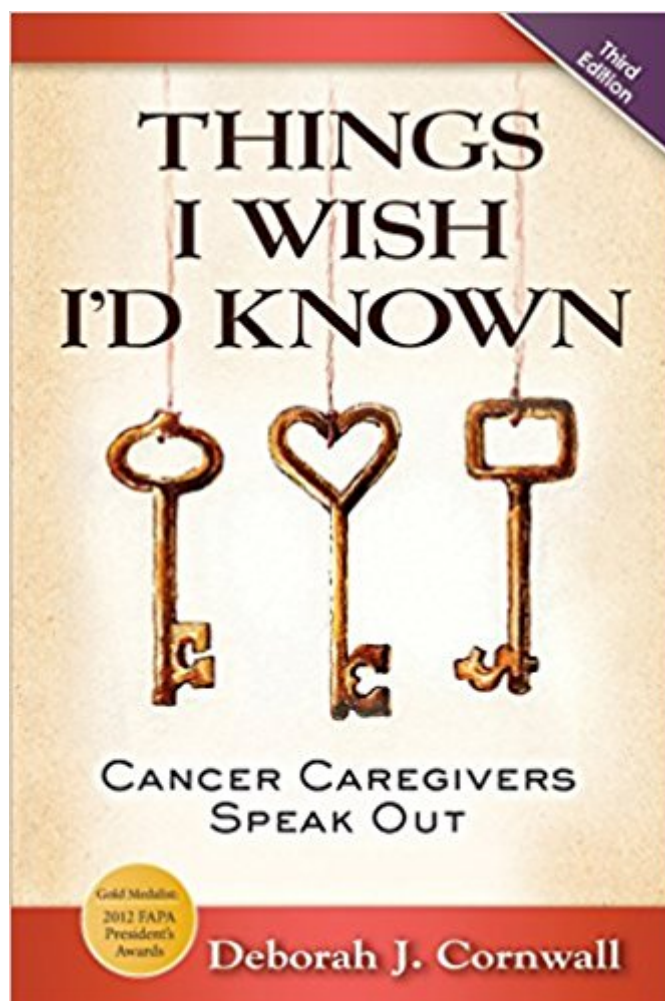


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# Things I Wish I'd Known: Cancer Caregivers Speak Out - Third Edition



## Synopsis

Updated 2016; Family caregivers are the unsung heroes of the life-saving drama that's triggered by a cancer diagnosis. Nearly three quarters of American households will find themselves caring for a cancer patient at one point in their lives. This book is the first to capture their thoughts, feelings, and insights on a large scale. It is based on 101 formal interviews with non-professional caregivers (some of whom are cancer survivors themselves), covering 122 patients in 19 states and Canada who ranged in age from 2 to 92 and faced 40 different cancer diagnoses. Practical lessons drawn from caregivers' experiences are intermingled with their own words to forge a compelling narrative intended to help both patients and their family caregivers to understand and cope with the full range of issues they should anticipate as they fight the battle of their lives. The lessons provide building blocks on which you can rely as you participate in decision-making and plan for the future. You will learn about cancer caregiver considerations in:

- Getting a clear cancer diagnosis
- Gathering information about the cancer diagnosis
- Choosing cancer treatment partners
- Making cancer treatment decisions (including complementary and alternative treatments and palliative care)
- Getting inside the cancer caregiving role (including questions to ask on doctor visits)
- Accessing available cancer information and treatment resources (including clinical trials)
- Managing cancer-related financial and legal issues
- Seeking normalcy during cancer treatment
- Confronting cancer-related issues facing families with children (children in a household with cancer, and children as patients)
- Managing cancer caregiver emotions and health
- Nearing life's end from cancer
- Preparing for the aftermath (including how cancer caregivers heal)
- Anticipating how cancer changes caregivers

## Book Information

Paperback: 266 pages

Publisher: Bardolf & Company; 3 edition (January 15, 2016)

Language: English

ISBN-10: 1938842278

ISBN-13: 978-1938842276

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 31 customer reviews

Best Sellers Rank: #528,823 in Books (See Top 100 in Books) #58 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Caregiving #150 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Critical Care #241 in Books > Medical Books > Medicine > Internal Medicine > Critical Care

## Customer Reviews

Although Cornwall speaks directly to caregivers, this book may also be useful to cancer educators and counselors working with families experiencing cancer of any variety or severity. Cornwall never shies away from the most difficult aspects of her topic. . . . the underlying message of this book remains positive. -ForeWord Reviews (Starred Review) This book was awarded the 2012 Gold Medal of the Florida Publishers' Association in the self-help category. -Florida Publishers Association. . . a compilation of hundreds of stories about loved ones who've cared for those with cancer and what can be shared to help relieve the burden for those who are struggling with their loved ones when faced with their own life's problems. [This] is a strong and much recommended pick for any collection catering to caregivers. -Midwest Book Review Cornwall has a wealth of knowledge about cancer patients, survivors, and caregivers. The stress of caregiving is the main topic of this comprehensive book, and she discusses how to advocate for one's patient, help children with cancer, understand "pull-aways" among family and friends, and manage expectations for medical professionals. She includes helpful chapters on seeking normalcy and enjoying time together before a loved one's death. A much-needed support tool for an ever-growing portion of the population. -Library Journal. . . Things I Wish I'd Known: Cancer Caregivers Speak Out is part manual and part oral history, a combination that suits this subject well. Cornwall has a firm grasp on the various balancing acts a caregiver must perform on a daily basis. . . . The book is organized into self-contained chapters that can be read entirely out of sequence, a smart move for a text whose intended readership may never be sure exactly how much reading time they have at any particular moment. . . . -Touched by Cancer Magazine, Phill Powell, Nov.-Dec. 2012 Tiffany's husband defines "caregiver" in his story about supporting her through her diagnosis with colorectal cancer. He says, "My role was to slow her down and be the voice of patience and calm. I had to say to her, 'You are unique. You're not a statistic.'" It's anecdotes such as the one above that make me wish I knew Deborah J. Cornwall's "Things I Wish I'd Known: Cancer Caregivers Speak Out" existed when my mom was diagnosed with and treated for breast cancer. . . . The relatable thoughts and experiences that fill the pages of Ms. Cornwall's book make this book a must-read for people who find

themselves caregivers as soon as their loved ones utter the words "I have cancer." . . . Woven together, these stories provide the reader with an invaluable resource. As Ms. Cornwall says, "There's no better way to learn about dealing with cancer as a caregiver than hearing other people's stories." -Josh Fernandez, Writer and Web Content Coordinator, Living Beyond Breast Cancer Blog (LBCC.org), October 30, 2013

Deborah J. Cornwall is the author of *Things I Wish I'd Known: Cancer and Kids* (2015) and *Things I Wish I'd Known: Cancer Caregivers Speak Out* (2012-3). A breast cancer survivor, she has been associated with the American Cancer Society (ACS) and its Cancer Action Network as a volunteer leader since 1994, serving in a variety of local, regional, and national roles and acting as a frequent media spokesperson. She is a member of stakeholder peer research committees to contribute to ACS research funding decisions for grants to early-career researchers at both New England and national levels. In 2013 she was awarded the American Cancer Society's St. George National Award for her contributions to cancer control, and in 2014 she received the Lorin Lavidor Caregiver Award from the N.E. Coalition for Cancer Survivorship. Deborah's personal goal is to increase Federal funding for cancer research and to eliminate cancer as a health concern during our lifetimes. Her passion to write the first book (*Things I Wish I'd Known: Cancer Caregivers Speak Out*) was ignited by her interaction with cancer patients and caregivers at the Society's AstraZeneca Hope Lodge Center in Boston where she came in contact with people whose survival and caregiving stories were much more dramatic than her own. Generous with their stories, the 101 interviewed caregivers (who came from 19 states and represented 122 patients with over 40 different cancer diagnoses) felt a strong desire to be heard and to share the lessons they had learned (often the hard way). Her second book, *Things I Wish I'd Known: Cancer and Kids*, draws on that foundation by offering guidance to adults on how to help them understand the impact of cancer on their families' lives and how to engage children with cancer in age-appropriate ways. It is distinctive in that it provides the reader with quick access to many available resources for depth on a variety of critical topics.

Deborah J. Cornwall eases the guilt of the compassionate caregiver who may have begun to resent their role even as their cancer-stricken loved one struggles with life and death. In *Things I Wish I'd Known: Cancer Caregivers Speak Out*, the stories of those who have been there elegantly portray the struggles of those powerless in the face of watching a loved one so ill, but allocated the responsibilities and critical role of being the caregiver. For all those in this position, there is now a

place to find comfort and support. This book bolsters the brave, supports the scared, guides the guilty, and helps everyone recognize how hard the caregiver's role is, and how supporting the caregiver supports the patient. Bravo Deb! I recommend this book without reservation. Joseph Shrand, MD

For anyone dealing with a terminal illness this is a must read. Even if you have lost a loved one read this book.

The stories in this book are poignant and timely for those who are caretakers of a loved one with cancer. . .and for those of us who have not yet been faced with this role. Every reader will learn something about compassion, listening, and presence from the vignettes and examples that Deborah Cornwall skillfully examines. I will keep this book as a reference that I can return to again and again.

. I have it on my kindle and ordered in paperback as well It is a great reference book

I am currently caring for my young adult son who has cancer. This book is full of good insights and tips. It is focused on caring for a parent, but there are spouse/friend and child care experiences too. I highly recommend this book.

Pretty basic, and too America-focused for the Canadian medical reality. This book did not meet my needs, although it might help some people in the US.

Oh how I wish I had read this book 7 years ago, our lives would have been so much easier, and I wouldn't have had to learn these things through our own painful experiences....

Purchased for a friend whose husband is in stage 4. She said it was tremendously helpful!

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