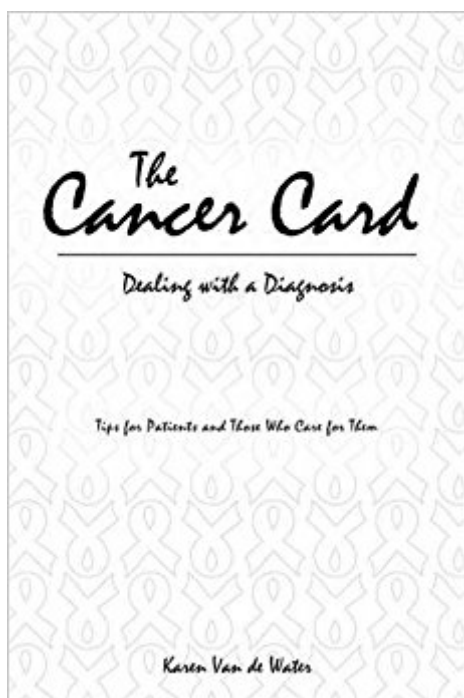


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# The Cancer Card: Dealing With A Diagnosis



## Synopsis

Top 100 Notable Indie Book for 2016 by Shelf Unbound. Å Karen Van de Water was a forty-seven-year-old healthy, nonsmoker with no family history of cancer when she learned she had lung cancer. A malignant tumor the size of a small hand grenade was lodged in her left lung. Suddenly, her life changed forever. She was pummeled physically, emotionally, psychologically, and spiritually. In *The Cancer Card*, Van de Water shares the story of her personal journey-from lung cancer diagnosis through surgery, chemotherapy, hair loss, and recovery. Inspiring, candid, and motivating, she offers helpful, clear, and concise tips, advice, and information for every step of the process for both the patient and the support team. Part memoir and part handbook, *The Cancer Card* includes a comprehensive listing of resources and terminology that equips the patient with crucial information and support service options. This easy-to-read book shares essential information for everyone faced with any form of cancer and all who love them.

## Book Information

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## Customer Reviews

TOP 100 NOTABLE INDIE BOOK FOR 2016 - SHELF UNBOUND"Reflective, upbeat, and hopeful: offers honest insight into the real trials and tribulations of a cancer patient as well as valuable advice for those facing treatment." -Å Kirkus Reviews"The determination to fight cancer displayed inÅ *The Cancer Card*Å will be inspirational to cancer patients and their families.....In a book about a topic that is inherently grim, the author&apos;s use of humor is effective and encouraging." - Foreward Reviews"Van de Water&apos;s sense of humor helped her navigate a potentially deadly diagnosis

and for anyone who needs to read a book like this, the funny quips should help them smile through the tears." Indie Reader

Karen Van de Water was a forty-seven-year-old healthy, nonsmoker with no family history of cancer when she learned she had lung cancer. A malignant tumor the size of a small hand grenade was lodged in her left lung. Suddenly her life changed forever. She was pummeled physically, emotionally, psychologically, and spiritually. In *The Cancer Card*, Van de Water shares the story of her personal journey - from lung cancer diagnosis through surgery, chemotherapy, hair loss, and recovery. "Inspiring, candid, and motivating, she offers helpful, clear, and concise tips, advice, and information for every step of the process for both the patient and the support team. Part memoir and part handbook, *The Cancer Card* includes a comprehensive listing of resources and terminology that equips the patient with crucial information and support service options. This easy-to-read book shares essential information for everyone faced with any form of cancer and all who love them.

*The Cancer Card: Dealing with a Diagnosis*, by Karen Van de Water is a combination of narrative, background information, tips for patients and friends, and useful resources. It follows the author's journey from the time she first learned about her lung cancer, through her surgery, recovery, and subsequent chemotherapy. Van de Water includes many interesting and sometimes alarming statistics. For instance, lung cancer in the US kills more people every year than colon, melanoma, breast, liver, kidney, ovarian, and pancreatic cancer combined. About 20% of lung cancers now are found in non-smoker women, a group that includes the author. Because her surgery took place at Brigham and Women's Hospital in Boston, she also includes some of the history of the hospital. But this is more than an interesting compilation of facts. It's the author's story, and she tells it honestly and completely. She doesn't skip the icky parts: the drain tube for lung fluid and blood, the catheter, the exhaustion. For each step, she includes helpful tips for both patient and caregiver. For the trip to the hospital, for example, she suggests packing headphones, lip balm, undershirts, and wearing clothes that button or zip down the front. She acknowledges that recovery is tough and that sometimes people say stupid things to the patient or say nothing at all out of fear of saying the wrong thing. The last section of the book lists helpful resources for everything from American Cancer Society volunteers to sources for financial aid to networks for survivors. One of the best things was the writer's easy style. She talks directly to the reader. "My intake nurse told me I had the bloodwork and vitals of a twenty year old, that the only thing wrong with me was lung cancer. Although,

Let's face it, I realize she was sugar-coating it a bit (okay, a lot), it gave me some added confidence, and I loved the visual of my decidedly middle-aged self being compared to a twenty-year-old me. She has a writer's sensitivity to her surroundings, and her descriptions really capture the moments. When she's describing the hospital, she notes, "There is an echo in the hum of machines, fluorescent lights, and murmured voices; the smell of diluted bleach and stress and too many patients is carried in the still air." When she's dealing with chemotherapy visits, she describes a mother and her sick son leaving the elevator on the way to another treatment: "The most powerful of human emotions, love and fear, radiate from her and leave a palpable trail as they disembark." While there are many books about cancer research and treatment, few have the direct, personal tone of this book combined with the wealth of information. I strongly recommend this book to anyone dealing with a cancer diagnosis or caring for someone else who is.

A diagnosis of cancer is frightening. When Karen Van de Water heard her diagnosis, she turned to family and friends for support. At such a time of extreme vulnerability, she found her support and an inner strength that got her through a difficult time. In Van de Water's well-written book, she shares her experience and describes her feelings and fears, and tells of the necessary steps she took to travel the very difficult path to recovery. Van de Water describes her experience in navigating the difficult course from diagnosis, through treatment and, finally, recovery. She writes of these steps in order and in detail, and with some welcome humor. At the end of each section, Van de Water offers helpful tips for both patient and care givers. The list of resources at the book's conclusion will serve useful to patients and their families. The writer's strength and dogged determination to fight her disease and not to give in will serve as an inspiration to all patients. The Cancer Book is an excellent book for anyone facing a similar journey and a great help to patients and their families..

This is an excellent resource for anyone facing a cancer diagnosis. I wish I had a copy when we were starting our long struggle. It is highly recommended for its honesty and humor, a wonderful combination that educates the reader and provides relevant suggestions to the patient and all those in the support network. It is essential reading for "dealing with a diagnosis".  
NC McHugh  
Mother of Cancer Survivor

This book has it all; it's humorous, informative, and touching. Ms. Van de Water offers practical advice for patients as well as caregivers. She tells her story with rare honesty. I laughed. I cried. I

took notes. Wonderfully done!

Karen VandeWater tells her personal story with honesty and courage, and with a sense of humor. She writes about her own experiences in a series of chapters from the initial diagnosis through the follow-up treatment. At the end of each chapter she gives practical suggestions for patients and for their families, friends, and caregivers relating to each of categories. Her story about her journey as a cancer patient is very well-written and interesting to read. This book is a valuable resource for people dealing with cancer---patients, their friends and family, and their caregivers. I highly recommend it.

Those of us who are struggling with, or have struggled with, *The Cancer Card* owe the author of this book, Ms. Van de Water, many thanks for sharing her story. Hers is a poignant, articulate and candid account of her experience. While she doesn't shy away from describing the insults that the disease wreaks on both the body and the spirit, she manages to maintain a positive and, at times, humorous style. In the second chapter entitled *After Diagnosis* the author demonstrates some mental gymnastics as she distinguishes the healthy part of her physical and mental self from the part that needed to be partly dismantled and rebuilt into a healthier cancer-free body that (her) self could safely return to. I only wish this book had been available when I received the card. Barbara van Drimmelen, Psy. D., Clinical Psychologist

This is a must have resource for those dealing with the diagnosis of cancer and also for those supporting their loved ones dealing with the diagnosis. It's a quick and easy read and an essential guide you can refer to throughout the journey as you and/or your loved ones navigate the steps of treatment. I've always struggled with what to say someone who is newly diagnosed or what to do to best help that person through their treatment. This book has answered those questions and is full of wonderful ideas on how best to talk, listen and help those people through their journey. I highly recommend this book.

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