



Oncology Book Reviews

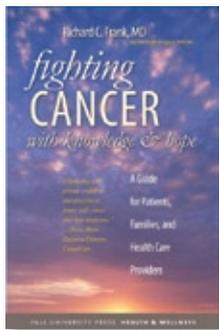
by Greg Gorgas

Fighting Cancer with Knowledge and Hope

By Richard C. Frank, MD

Published by Yale University Press

ISBN 978-0-300-15102-2 • 257 pages



“It’s cancer” often triggers a tsunami of questions for the newly diagnosed patient and the desperate search for answers frequently yields inconsistent and confusing results.

Now, patients will find clarity in a new book by Richard Frank, MD, Director of Cancer Research, Whittingham Cancer Center, Norwalk Hospital, Norwalk, CT. Written with straightforward and easy to understand language, *Fighting Cancer with Knowledge and Hope* (Yale University Press, 2009) demystifies the disease and inspires hope for patients and



Richard C. Frank, MD

their caregivers. “My motivation to write this book stems directly from the words of my patients—more specifically the burning questions that so many of them have and rarely get answered to their satisfaction,” said Frank.

The book is divided into two main sections. In the first part, “Exposing Cancer”, Frank explains the biology and behavior of the disease, discusses diagnosis, staging and curability, and reveals why cancer develops. Also included in the first section are the role of tumor markers, how prognosis can guide treatment decisions, and the impact of genomics.

In Part 2, “Attacking Cancer”, Frank elucidates cancer treatment strategies, the importance of metastasis in decision making, and how the major forms of cancer-fighting drugs curb its growth. “My purpose,” he said, “is to impart knowledge and a fresh perspective on some of the most complicated, but essential aspects of cancer.” Packed with patient stories, helpful illustrations, and useful questions to ask their oncologist, the book helps patients understand their illness and make decisions.

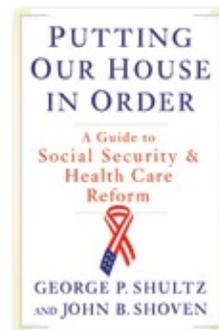
Speaking at a recent book signing, Frank expressed enthusiasm for the last chapter, “Get Prepared to Survive.” His compassion, experience and optimism promote an enhanced sense of control over a disease known for the lack of control it creates. For patients, answers offer hope. For healthcare professionals seeking to recommend a credible and current cancer resource with confidence, this guide is invaluable.

Putting Our House in Order: A Guide to Social Security and Health Care Reform

By George P. Shultz, John B. Shoven, Matthew Gunn, Gopi Shah Goda

Published by W. W. Norton & Company, 2008

ISBN 0393066029, 9780393066029 • 226 pages



Elder statesman, George Shultz (former US Secretary of State, US Secretary of Treasury, and US Secretary of Labor) teamed up with distinguished economics professor, John Shoven

(Director of the Stanford Institute for Economic Policy Research) to offer a bold, timely, and rational approach to resolving the greatest domestic policy challenge facing America today, entitlement reform. The purpose of their book, *Putting Our House In Order: A Guide to Social Security & Health Care Reform* (WW Norton) is “to help find a way to make progress on this most important problem.” Obfuscation is no longer an option. In 2007, the US spent \$2.2 trillion on healthcare and though the US economy rewards innovation, mounting costs of improving health and increasing longevity confront the fundamentals of essential entitlement programs—Social Security, Medicare, and Medicaid. “In demographic terms,” Shultz and Shoven summarize the problem as “we are retiring earlier and living longer.”

