



PLWC Bulletin

Oncologist-approved cancer information from the American Society of Clinical Oncology

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December 2006

 FORWARD TO A FRIEND >>

New Year's Resolutions

PLWC wishes all of its readers a happy and healthy 2007! Many people set new goals for the New Year, but for people with cancer, this tradition can take on a special meaning. Setting goals, no matter how small, may help people living with cancer feel more in control of their future. And, deciding to do such things as spend more time with loved ones or pay more attention to lifestyle choices may greatly enhance a person's quality of life.

To help, PLWC offers a **Feature Article** that specifically addresses how people can make positive lifestyle

New on PLWC

- Clinical Cancer Advances 2006.** Visit PLWC to read ASCO's newly released report *Clinical Cancer Advances 2006: Major Research Advances in Cancer Treatment, Prevention, and Screening*, a review of this year's research findings that will have the greatest impact on patient care.
- Patient Guide on HER2 Testing.** A new patient guide is now available on PLWC, based on a joint clinical practice guideline published by ASCO and the College of American Pathologists on improving the accuracy of HER2 testing for patients with breast cancer.
- PLWC En Español.** Be sure to visit this new section of PLWC, which offers patient information in Spanish on 19 common cancer types, as well as a full introduction to clinical trials. Readers can find this section through the PLWC homepage, or by visiting www.plwc.org/espanol or www.plwc.org/spanish.
- PLWC Feature Articles.** Check out the improved navigation of PLWC's Features section, making it easier for readers to find the article they're looking for among the 120 titles offered. What's more, the revamped page now provides a simple way for visitors to suggest topics for future articles.

changes after a cancer diagnosis, including how to set achievable goals and how to make those goals a reality.

Did You Know?

The newest patient information that PLWC offers in Spanish is a translation of its entire section on **Clinical Trials**. This includes an introduction to clinical trials, information on the rigorous patient safety measures in place, how to decide whether to participate in a study, and questions to ask the research team to help make the decision making process easier.

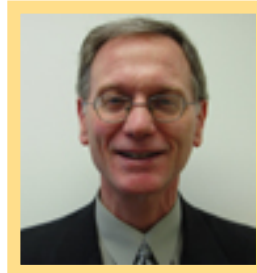
As stated above, this information can be found in the new navigation area entitled *PLWC En Español*, a section that will see regular expansion in the coming year to include new content translations. There is also a link to it from the *Diagnosis and Treatment* section in English. Use the blue

Upcoming Events on PLWC

December 2006: Readers' questions are still being accepted for PLWC's Q&A on "**Tips to Cope with Cancer.**"



Diane Blum, MSW



Les Gallo-Silver, ACSW, LCSW-R



Lidia Schapira, MD



Susan Leigh, RN, BSN

Through December 31, your questions will be answered on how to handle changes in relationships, self confidence, body image, and sexuality, as well as how to cope with anger, depression, and fear of recurrence. The featured experts are Diane Blum, MSW, *CancerCare*; Les Gallo-Silver, ACSW, LCSW-R, *CancerCare*; Susan Leigh, RN, BSN, Cancer Survivorship Consultant, Oncology Nursing Society; and Lidia Schapira, MD, Massachusetts General Hospital.

Have a question for this "Ask the ASCO Expert" event? Email chats@plwc.org now! PLWC Q&A forums are free of charge, anonymous, and preregistration is not required. Answers to selected questions are posted throughout the month, and full event transcript will be archived in PLWC's *ASCO Resources* section.

navigation bar below to explore these sections of PLWC.

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Cancer Types ▶

Diagnosis and Treatment ▶

Coping ▶

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For more information about ASCO's patient information resources, visit www.plwc.org or call 888-651-3038.

Patients' Toolbox

Each month, PLWC offers original **Feature Articles**, which address common challenges for people living with cancer and offer practical, how-to information. The latest Features include the first two articles in a special 13-part series on common diagnostic tests used in cancer care:

- **Colonoscopy - What to Expect** offers patients a full description of this common test for colorectal cancer and what they can anticipate will happen before, during, and after the procedure.
- **Telephone and E-mail Cancer Helplines** provides a resource list of organizations that offer assistance or give advice on cancer-related topics through free telephone and e-mail helpline services.
- **Biopsy - What to Expect** explains the different types of biopsies that a doctor may use to obtain a tissue sample for analysis under a microscope, in order to determine if cancer cells are present.
- **Obesity and Cancer (Updated)** outlines the causes of obesity, obesity's effect on cancer risk, and ways to achieve and maintain a healthy body weight.
- *Don't forget that you can also check out 120+ other **Feature Articles** on PLWC!*

In the News

Here are some of this month's cancer-related news headlines:

- December 11, 2006: Heavier men have lower PSA levels, study shows (Reuters Health)
- December 6, 2006: Blacks more likely to want end-of-life intervention (Reuters Health)
- December 5, 2006: Global fund needed to fight cancer - U.N. (Reuters Health)
- December 4, 2006: Smoking raises virus-related cervical cancer risk (Reuters Health)
- December 1, 2006: Childhood cancer survivors at risk for stroke (Reuters Health)
- *For more headlines, visit PLWC's News Articles section.*

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The American Society of Clinical Oncology (ASCO) is the world's leading professional organization representing physicians of all oncology subspecialties who care for people with cancer. ASCO's more than 23,000 members from the United States and abroad set the standard for patient care worldwide and lead the fight for more effective cancer treatments, increased funding for clinical and translational research, and, ultimately, cures for the many different types of cancer that strike an estimated 10 million people worldwide each year. In addition to producing the award-winning patient information website *People Living With Cancer* (www.plwc.org), ASCO publishes the *Journal of Clinical Oncology* (JCO), the preeminent, peer-reviewed medical journal on clinical cancer research, and the *Journal of Oncology Practice* (JOP), the authoritative resource for practicing oncologists making day-to-day decisions regarding clinical and administrative management.

