



PLWC Bulletin

Oncologist-approved cancer information from the American Society of Clinical Oncology & The ASCO Foundation

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July 2007

✉ FORWARD TO A FRIEND >>

Summertime Tips for People with Cancer

With much of the nation experiencing heat waves this summer, it is important for people with cancer to consider taking precautions against such seasonal challenges as heat exhaustion, sunburn, and dehydration.

PLWC offers a variety of tips on how to cope during the summer, including special suggestions regarding wigs, exercising, and swimming apparel. For more information, read the PLWC Feature: **Cancer and the Summer Months.**

New on PLWC

- **En Español: Guías para Pacientes.** PLWC has translated two more of its popular *ASCO Patient Guides* into Spanish: *Terapia Hormonal para el Cáncer de Próstata Avanzado* (Hormone Therapy for Advanced Prostate Cancer) and *Tratamiento del Cáncer de Pulmón Avanzado* (Advanced Lung Cancer Treatment).
- **PLWC Podcast on Choosing a Treatment Facility.** Listen to this new audio podcast that offers suggestions on how to select a cancer treatment facility that is right for you.
- **Latest Updates to PLWC Guides to Cancer.** Several of the website's 120+ *Cancer Types* have been recently updated, including the sections on colorectal cancer, eye cancer, germ cell tumor, and multiple myeloma.
- **Cancer in Older Adults Booklet.** If you haven't already, be sure to download this easy-to-read booklet in PDF format on PLWC at no charge. Written for patients and their families, it contains information on managing daily life and care, co-existing conditions, and clinical trials. To order copies, send an email to contactus@plwc.org.

This Week on PLWC

Did You Know?

One of the most important things a patient can do is to talk with a doctor who has experience treating the specific type of cancer that has been diagnosed. To help locate a specialist, PLWC offers its **Find an Oncologist Database**. Consistently one of the most visited pages on PLWC, this free, searchable database provides contact information for oncologists who are ASCO members and who have agreed to share their information through this tool.

The search form is easy to use. The database can be searched by doctor's name, location, specialty, or certification – or a combination of criteria. Visit the **Find an Oncologist** tool now!

ASCO members: If you need to update your contact information found in this database, contact the ASCO Membership Department at 888-282-2552 or membermail@asco.org.

The Find an Oncologist Database can also be found in PLWC's *Diagnosis and Treatment* section. Use the blue navigation bar below to visit this and other sections of the website.

ASCO Expert Corner: Approaching the End of Active Treatment

PLWC Associate Editor Lidia Schapira, MD, Massachusetts General Hospital, recently discussed with PLWC one of the least understood aspects of a patient's cancer experience: how to cope when active treatment ends. As people complete their cancer treatment, they may feel a range of emotions, from relief and joy to isolation and apprehension.

To assist patients with this transition, PLWC offers Dr. Schapira's insights in two formats:

- Listen to the new **PLWC Podcast** on this topic.
- Read the **ASCO Expert Corner Feature Article** on PLWC.

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:

- **Finding Information and Support Resources for Rare Cancers** provides tips on obtaining information about diagnosis, treatment, and support options for people with uncommon cancer types.
- **Ultrasound-What to Expect** describes what a person can anticipate happening when having this common diagnostic test, which uses high-frequency sound waves to create a picture of internal organs.
- **Donating Umbilical Cord Blood** explains how easy it is to donate this alternative source of stem cells, which can help patients in need of bone marrow transplantation unable to find a tissue-matched donor.
- *Don't forget that you can also check out 130+ other **Feature Articles** on PLWC!*

[Learning About Cancer](#) ▶

[Cancer Types](#) ▶

[Diagnosis and Treatment](#) ▶

[Coping](#) ▶

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[PLWC En Español](#) ▶

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

In the News

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

- July 17, 2007: Can the right foods reduce cancer treatment costs? (Reuters Health)
- July 16, 2007: New test pinpoints deadliest prostate cancers (Reuters Health)
- July 12, 2007: Many cancer survivors go back to work as usual (Reuters Health)
- July 11, 2007: Bubbles deliver cancer drugs to tumors with a pop (Reuters Health)
- July 10, 2007: No evidence lycopene thwarts cancer, FDA concludes (Reuters Health)
- July 6, 2007: Cancer drug curbs radiation-induced vision loss (Reuters Health)
- July 5, 2007: Being overweight ups risk of colon cancer (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 nearly 25,000 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.