



PLWC Bulletin

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

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November 2007

✉ FORWARD TO A FRIEND >>

New Prevention Content on PLWC

PLWC recently launched one of its largest additions to the site this year. Adapted from ASCO's *Cancer Prevention Curriculum*, a comprehensive new **Prevention** section includes seven key topic areas including cancer screening, chemoprevention, diet and nutrition, physical activity, tobacco use, weight control, and links to additional resources.

Learn things such as: why maintaining a healthy weight is important for cancer prevention and recovery from cancer; diet and nutrition recommendations, including details on the roles of fat, fiber, vitamins and minerals, and plant-based foods; and how alcohol consumption may affect cancer risk. Check out the new content at www.plwc.org/prevention.

New on PLWC

- **ASCO Patient Guide: Breast Cancer Tumor Markers.** Learn more about ASCO's recommendations regarding different tumor markers that should be used at specific points during the diagnosis and treatment of breast cancer.
- **ASCO Patient Guide: Epoetin and Darbepoetin.** Find out more about updated recommendations from ASCO and the American Society of Hematology about the use of epoetin and darbepoetin for chemotherapy-related anemia.
- **ASCO Patient Guide: Adjuvant Treatment for Lung Cancer.** ASCO and Cancer Care Ontario developed recommendations for treatment after surgery for non-small cell lung cancer.
- **ASCO Patient Guide: Preventing and Treating Blood Clots.** Read about ASCO's recommendations about the prevention and treatment of blood clots in people with cancer.
- **Expert Perspective from ASCO: Paclitaxel and Breast Cancer Treatment.** Read perspectives from ASCO members on the use of paclitaxel (Taxol) in treating women with estrogen receptor-positive, HER2-negative breast cancer.
- **JCO Cancer Advances on Double Mastectomies.** Learn more about a study published in ASCO's *Journal of Clinical Oncology* that found a large increase in American women opting to have both breasts removed when cancer has been found in only one breast.
- **PLWC Podcasts.** Listen to three new podcasts on coping strategies: *Cancer and the Holidays*, *Tips on Caregiving*, and *Strategies for a Better Night's Sleep*. Check out other podcasts on coping and other topics at www.plwc.org/podcasts.

Attention Patient Advocates:

Patient advocates are welcome to register for two upcoming educational and scientific symposia, listed below. To inquire about discounted registration for patient advocates, please e-mail

patientadvocates@asco.org.

The 2008 Gastrointestinal Cancers

Symposium presents the latest strategies in prevention, screening, diagnosis, and treatment of gastrointestinal cancers **January 25-27, 2008**, in **Orlando, Florida**.

Educational sessions and abstract presentations focus on each type of GI cancer including esophagus, stomach, hepatobiliary tract (liver, bile duct, and gallbladder), pancreas, small bowel, colon, and rectum. For more information, please visit www.gicasymposium.org.

The 2008 Genitourinary Cancers

Symposium offers educational sessions and abstract presentations focused on GU cancers, including testicular, bladder, kidney, and prostate. Expanding on The Prostate

- **Latest Updates to PLWC Guides to Cancer.** Several of the website's *Cancer Types* have been recently updated, including PLWC's first-ever addition of childhood cancer types in Spanish: Leucemia linfoblástica aguda (ALL) infantil (acute lymphoblastic leukemia); astrocitoma, cáncer infantil (astrocytoma); y tumor del sistema nervioso central, cáncer infantil (tumor of the central nervous system). Updated cancer types in English include anal cancer, carcinoid tumor, oral and oropharyngeal cancer, and pituitary gland tumor.

This Week on PLWC

ASCO Expert Corner: A Decision Aid Tool for Lung Cancer

In this new article, Christopher Azzoli, MD, and John Strawn, MD, discuss a decision aid tool created to help people with non-small cell lung cancer who have had surgery talk with their doctor about whether to have adjuvant treatment. Designed by ASCO and Cancer Care Ontario, the tool teaches patients about the benefits and risks of adjuvant therapy, and helps them sort through their treatment options with their doctor and family members. Drs. Azzoli and Strawn are members of ASCO's Non-Small Cell Lung Cancer Expert Panel.

Read this ASCO Expert Corner.

Patients' Toolbox

Each month, PLWC offers original **Feature Articles**, which address common challenges for people living with cancer and offer practical, how-to information. In addition to the *ASCO Expert Corner* article outlined above, the latest Features include:

Cancer Symposium, this new event will be held **February 14-16, 2008**, in **San Francisco, California** . For more information, please visit www.gucasymposium.org.

For more information on *News and Events* , use the blue navigation bar below to explore this and other sections of PLWC.

Cancer Types ▶

Learning About Cancer ▶

Diagnosis and Treatment ▶

Coping ▶

Survivorship ▶

Library ▶

ASCO Resources ▶

News and Events ▶

PLWC En Español ▶

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

- **ASCO Expert Corner: Addressing the Emotional and Social Needs of People With Cancer** discusses the new Institute of Medicine report, "Cancer Care for the Whole Patient: Meeting Psychosocial Health Needs." In this article, PLWC Editor-in-Chief Diane Blum, MSW, discusses some common emotional, social, and practical needs of people with cancer, in addition to the report's findings and recommendations.
- **ASCO Expert Corner: ASCO Cancer Treatment Plans and Summaries** is led by Patricia Ganz, MD, Chair of the ASCO Quality of Care Committee, who explains how these tools work, and how they can help people with cancer.
- **Recognizing and Celebrating Milestones** explores the various ways that people can mark milestones in their treatment plan and survivorship.
- *Don't forget that you can also check out 150+ other **Feature Articles** on PLWC!*

In the News

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

- November 7, 2007: Brain tumor risk decreased in allergy patients (Reuters Health)
- November 7, 2007: Colonoscopy can predict advanced tumors (Reuters Health)
- November 5, 2007: Cancer takes a toll on spouse caregivers (Reuters Health)
- November 5, 2007: Sweep of lung cancer genome reveals new gene (Reuters Health)
- November 1, 2007: At the moment, Vitamin D may fight cancer (Reuters Health)
- November 1, 2007: Breast cancer recurrence more likely in black women (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 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.

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