



The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment

Judith McKay, Tammy Schacher RN OCN MSN

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When you're facing cancer treatment, it's easy to feel overwhelmed and alone. Between the hospital or clinic environment and the medical terminology used by doctors and health care professionals, you may feel as though you've entered a foreign country.

Written by two experienced oncology nurses, this compassionate and comprehensive guide explains in plain English everything you need to know about your treatment, including what you can expect at each stage of chemotherapy and what you can do to prevent or minimize side effects. Packed with practical suggestions, nutritional advice, relaxation skills, and other techniques to help strengthen your body and calm your mind, **The Chemotherapy Survival Guide** is a must-have resource for anyone navigating this difficult time.

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