

RESEARCH & RESOURCES

Benefits of DOCTOR ETIQUETTE, CANCER CAREGIVER SUPPORT *and* BATHTIME SAFETY

SUPPORTIVE IDEAS

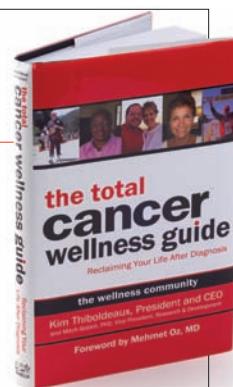
Well, Well, Well

RESEARCH SHOWS that people with cancer who actively participate in their treatment with their healthcare team increase their chance for survival. This “Patient Active Concept” was initiated more than 25 years ago at the first Wellness Community in Santa Monica, CA, and is evidenced throughout the organization’s new book, *Total Cancer Wellness Guide* (BenBella Books, \$24.95), which uses evidence-based research, first-person testimony, and professional guidance to lend support and offer hope for people affected by cancer.

The Wellness Community, an international non-profit organization, offers cancer patients, their families and caregivers free support and education. In 24 Wellness Communities across the U.S., and through an online community at cancerwellness.org, TWC provides professionally led support groups, educational workshops, nutrition and exercise programs, and mind/body classes

By the Book

Kim Thiboldeaux and Mitch Golant, PhD, fully explain the “Patient Active Concept” and more.



to help bring hope and understanding to everyone affected by the disease.

TWC particularly supports the role of caregivers. Its recent study revealed that nearly 85 percent of cancer patients, survivors and caregivers agree that the support of caregivers allows the focus to remain on cancer treatment, and that 72 percent of caregivers, cancer patients and survivors believe caregivers are critical to making treatment decisions. “Patients value the role of caregivers — whether the person is a spouse, other family member, nurse or friend,” says Kim Thiboldeaux, TWC president and CEO. “It’s a difficult job, as our survey found,

that takes a great deal of strength and courage.”

TWC recently partnered with The MetaCancer Foundation to provide metastatic cancer survivors online aid. “Metastatic cancer survivors often are traveling back and forth to oncology clinics and hospitals to get treatment, sometimes

several times per week,” says the foundation’s president, Michael Lundblad.

“Even if there is a metastatic-specific support group at the hospital, which is not always the case, another trip back can seem like just too much. With an online support group, people can get the tremendous benefits of professional support in the comfort of their own homes.” To connect to this online support, click Live Support Group at metacancer.org; or click Support at thewellnesscommunity.org.

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