

BOOK REVIEWS

Breast Cancer 2nd Edition

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Springer 2008
ISBN: 9780387349503
561 pages
RRP: \$US59.95

MD Anderson Cancer Care Series has seven volumes, with this being the 2nd edition of the *Breast Cancer* volume. All of the chapters have been updated from the 1st edition and incorporate important developments in the management and treatment options for breast cancer. There are 19 chapters going from prevention, through treatment modalities, to rehabilitation and survivorship issues. Each chapter is written by experts in their individual field of practice.

Early on in this book, the recurring theme emerges around the focus on the multidisciplinary approach to breast cancer management. A similar emphasis in Australia over recent years has been seen as a more holistic approach to patient care.

I found that most of the chapters in this book, although comprehensive descriptions of treatment protocols, were written with a technical focus. Each chapter provides

details and suggestions based around current practice at MD Anderson Cancer Centre. The chapters towards the end of the volume on rehabilitation and survivorship issues are very informative. Coming to the end of up to a year's worth of varying treatment modalities, these patients report feelings of isolation and fear at the prospect of 'going it alone' and issues of whether they can ever feel 'normal' again. The book addresses some of these issues and suggests proven strategies which can be put in place prior to the end of treatment, with interventions continuing after active treatment has been completed. Individualising coping measures are discussed, all designed to help patients reintegrate into what they regard as a normal routine. High emphasis is put on a holistic approach in assessing patient needs, in order to avoid divorcing emotional care from physical care.

This book is primarily aimed at physicians specialising in care of the patient with breast cancer. It would serve well as a resource for trainee medical oncologists and nurses and would be a good addition to any oncology reference library.

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