

## The Cancer Clock

**S Missailidis (Editor)**

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*The Cancer Clock* is described in the preface as a reflection of the cancer experience. Cancer begins prior to abnormality being detected. As time progresses, cancer too progresses. Abnormalities become evident, leading to diagnosis. The proceeding path is similar to a ticking clock. Time moves on as the patient undergoes tests, biopsies, a number of treatments and further tests. Just as a clock continues to tick, cancer continues to progress onwards whether through treatments, ongoing follow-up or withdrawal from treatment.

Like the 12 numerals on a clock, this book has 12 chapters focusing on different aspects of cancer. It begins by looking at the socioeconomic and molecular contributors to cancer such as diet, alcohol and tobacco. Then the book moves on to metal ions and cancer, as well as genetics and cancer, followed by inflammation and cancer.

From here there is discussion on diagnosing cancer and various imaging technologies available. Next, information is provided on the various cancer treatments such as surgery and anti-cancer therapeutics and finally palliative care.

The book then changes focus and discusses physiotherapy and to a lesser extent, the contributions of other allied health professionals to cancer care. It concludes with a chapter on the emotional effects of cancer and psychosocial oncology.

A variety of experts have contributed to this book. They predominately work in the United Kingdom, Greece

and Brazil, with two others from the United States and Germany.

An easy to follow index provides a quick reference to topics covered in each chapter. Occasionally a diagram may be too small to read the details, but the text usually provides these. Each chapter generally presents some history, current practice and research, as well as future developments.

The editor was aiming to capture a range of audiences. He believes books like this are often targeted at professionals in specific disciplines, only covering a specific aspect or treatment of cancer. He hopes this overview of cancer and treatment will be useful to students and health professionals who are undecided about the field in which to specialise. The editor also intends it to be useful to the general public wanting to know more about cancer, whether they themselves have cancer or are carers of people with cancer. However, the language used may be too technical for the lay person to understand. He also hopes it will be useful to health professionals specialising in specific fields of cancer treatment, wanting to increase their understanding of other cancer specialties.

This book does not claim to be an exhaustive reference of information, but a general overview of cancer. It does provide at the end of each chapter useful self assessment questions, an extensive list of references and suggested resources for more comprehensive information.

*The Cancer Clock* provides a good overview of cancer diagnosis and treatment, being a suitable starting point for those wishing to expand their knowledge in areas of cancer treatment with which they may not yet be familiar.

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