What's New in the Library for January 2011?
By: Colleen Kleier

Lymphedema's Caregiver's Guide, Arranging and Providing Home Care by Kathleen Kearse, PT, CLT-LANA, Elizabeth McMahon, PhD, and Ann Ehrlich, MA, published in 2009

As the title suggests, this book was written for caregivers of those affected by lymphedema. One might wonder, "Who is considered a caregiver?" Unfortunately, due to the shortage of lymphedema caregivers, patients may have to be their own caregivers. This book covers poignant topics to those experiencing the inconveniences of lymphedema, from compression bandages to decongestive exercise. This book is not specific to lymphedema caused by breast cancer treatment, but it is well organized and easy to navigate.

What to Eat During Cancer Treatment, 100 Great Tasting, Family-Friendly Recipes to Help You Cope by Kristina Ratley, Sheri Knecht, and Michele Szafranski, published in 2009

Just the cover of this book could make a person's mouth water. Not only are these recipes simple and appetizing, but they are specifically designed to help people be able to enjoy food when they are experiencing side-effects from their cancer treatments, such as taste alterations and nausea. Inside these pages one will also find tips for eating in restaurants, grocery shopping, and avoiding excess weight gain. From flavors to portion sizes, this book gives readers the tools they need to take control of their diet during cancer treatment.

The ACP Evidence-Based Guide to Complementary and Alternative Medicine by Bradley Jacobs, MD, MPH and Katherine Gundling, MD, published in 2009

Within the context of cancer treatment, Jacobs and Gundling are quick to point out that the key word in "complementary and alternative medicine" (CAM), is complementary. These authors focus their attention on using CAM to enhance the body's response to conventional treatment, ease side effects, and improve the quality of life. With the increased availability of CAM therapies and knowing that breast cancer patients are "the most common users of CAM therapies" this book highlights the need for patients to be well informed about the complementary treatments they utilize.