



## Living With Colon Cancer: Beating the Odds

*Eliza Wood Livingston*

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Despite the efforts of Katie Couric to draw attention to the importance of colonoscopy screening for the detection of colon cancer, this cancer still does not receive the publicity devoted to breast, lung, and prostate cancer. Yet colorectal cancer is the third most common malignancy in the world and is the second leading cause of death from cancer next to lung cancer. As a result of the silence surrounding this disease, colon cancer patients and their families can feel isolated, without the support and information networks available to those coping with more publicized illnesses.

In this helpful and inspiring book, Eliza Wood Livingston provides a wealth of practical information about colon cancer while telling of her own heroic battle against this challenging disease and her survival after a bleak diagnosis. Designed to provide both vital information and emotional support, Livingston's story will help anyone faced with the difficult ordeals of surgery, chemotherapy, colostomy, and the emotional roller coaster that patients often experience. At every stage of facing these challenging hurdles, she describes to readers what they can expect, guides them to be their own advocates and ask the right questions of medical personnel, and effectively conveys the comforting message that they need never feel alone. A very reader-friendly text, with many useful sidebars highlighting important points, makes this accessible book easy to follow for average readers.

Livingston points out that while society seems more willing to recognize and openly discuss other life-threatening illnesses, a sense of shame and secrecy persists regarding colorectal cancer. Her personal story of courage and complete candidness about her condition go a long way toward dispelling the fear and embarrassment often associated with colon cancer. Most important, she gives fellow patients and their families hope that they too can triumph over this serious disease.



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