

FOREWORD
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Now is a significant time in the treatment of cancer. So many changes are occurring and for the most part, these are for the better. There is an understanding that real progress is occurring in all major aspects of multi-disciplinary care, including surgery, radiotherapy, hormonal therapy, chemotherapy and drug treatments. And while the number of people living with cancer is increasing, this is because more people are surviving and, in so many cases, going on to enjoy a normal life expectancy.

In the medical and scientific communities, we understand better than ever what we are treating. And when we understand cancer better, we know how to deal with it. For example, the last decade has seen a revolution in our knowledge of genomics and, with it, our understanding of the molecular workings of the cancer cell. This has led to better technology and newer, more targeted drugs. Personalized therapy is also helping us give the right treatment to the right person with the right tumour at the right time and, together, these collaborative advances are creating a powerful environment for 'beating cancer'.

Our cure rate is also increasing, so it is immensely timely that this book on living with and beyond cancer has been written. It focuses on the often unspoken truths and hidden aspects of care away from the science and, in doing so, provides an insight to the physical, emotional and psychological challenges of life during and after cancer treatment – told in the words of real people with real lives. Crucially, it also gives practical advice for overcoming those challenges.

For me personally, it's easy to write about the science of cancer but hard to write about 'what next?' when people are in the process of rebuilding and continuing their lives. That is why we need this book: a resource for people living with cancer and those who have survived it, and a powerful point of reference for family, friends and carers whose loved ones have been affected.

Most of all though, it reaffirms that treating cancer is, and will always be, about people and the challenges they face going forwards.

I hope you find it as valuable, useful and inspiring as I do.

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Living With And Beyond Cancer

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Summary : Free living with and beyond cancer pdf download - a supportive guide for anyone who has completed their cancer treatment or who no longer has cancer and for their friends and family the guide contains an intimate and inspiring collection of stories in which people living with and beyond cancer describe the challenges they have faced and give practical tips for overcoming them bupa oncology experts also offer their own advice for dealing with common issues relating to cancer and cancer treatment including cancer related fatigue crf anxiety and depression physical changes such as hair loss and scarring eating and exercising healthily relationships returning to work and much more the book also contains a foreword from world-renowned oncologist professor justin stebbing living with and beyond cancer is produced by bupa bupa co uk beyondcancer

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the importance of physical activity - macmillan - *for the purpose of this report we are using the term 'cancer survivor' to refer to people both living with and beyond cancer. 3 background

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