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# After You Ring The Bell . . . 10 Challenges For The Cancer Survivor



## Synopsis

For patients with cancer and their healthcare team, the ringing of the bell is a significant moment a point in time that signals the end of active treatment and the beginning of a life free of cancer. What happens, though, to the patient with cancer after the bell has rung? Anne Katz, in her latest book from Hygeia Media, explores what happens next for those who have survived cancer. While life as a cancer survivor can be complicated, Katz breaks down 10 challenges often faced by survivors including health worries, depression, fatigue, nutrition, and the long-term effects of cancer treatment. Written in an accessible style, *After You Ring the Bell* is a book that members of a healthcare team can share with their patients with cancer and their families.

## Book Information

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## Customer Reviews

Anne Katz is a working clinician and author of several best-selling books on cancer and sexuality, including *Woman Cancer Sex* and *Man Cancer Sex*, both from Hygeia Media. Anne works and lives in Canada.

This book was an unbelievable help during the after stages of my cancer journey. It made me feel like I was not alone in my survivorship and helped me to move forward into "normal" life after winning this battle. Highly recommend this book!

This is the best book I've run across that advises how to recover from cancer treatment, rather than

how to recover from cancer itself. With no symptoms of prostate cancer other than PSA test results and no proof of cancer other than biopsy results, I never felt a challenge "recovering" from cancer. Rather, it was the side effects of high dose rate brachy and external radiation that presented challenges. And this is the only book that I read that seemed to adequately describe and deal with the fatigue issue (Chapter 4) resulting from radiation treatment.

Very good for raising sensitivity regarding concerns and worries of survivors. Everyone in my office read it after I did.

A very helpful book that has turned into a sort of bible for me. I refer to it a lot as it makes sense and her writing style is so user friendly.

This was a gift for a friend who recently "rang the bell". She seemed pleased with the book.

Thought provoking and helpful

While undergoing treatment for cancer there's a team to guide you through the process but after treatment is complete many people are confused as to what to do next. This book addresses issues that are of great concern all of us after treatment is completed. Thank you for this invaluable guide.

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(Alternative Medicine Book 1) After You Ring The Bell . . . 10 Challenges for the Cancer Survivor  
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