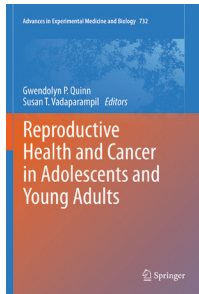


BOOKS

Reproductive Health and Cancer in Adolescents and Young Adults. Gwendolyn P. Quinn and Susan T. Vadaparampil (Eds.). Dordrecht, Netherlands: Springer Science and Business Media, 2012, hardcover, 220 pages, \$209.



As more children are diagnosed with cancer and achieving higher survival rates, a growing need exists for more information about reproductive health in that segment of the survivor population. *Reproductive Health and Cancer in Adolescents and Young Adults* fills that need. The quality-of-life issue is laid out in an easy-to-follow-and-read format with provider recommendations at the end of each chapter. The 16 chapters in this text discuss topics such as the principles of cancer treatments and their impact on reproduction, fertility preservation in men and women, the impact of cancer on family planning and parenting, ethical and legal concerns surrounding fertility preservation, and reproductive technologies.

Increasing availability of fertility preservation options are outlined comprehensively by Quinn and Vadaparampil as they relate to adolescents and young adults with cancer diagnoses. The editors address populations of childhood cancer survivors and young adults with a diagnosis of cancer.

This review of the impact of cancer care on reproductive health is an excellent resource for the general practitioner who is looking for a baseline knowledge and reference text. A very comprehensive summary of sexual health, reproductive health, and organ biology is included in the text. Psychological impact of a cancer diagnosis and the need to consider fertility options are explored throughout the book and nicely taught through the patient testimonials at the beginning of each chapter. Each one is a poignant reminder that, although

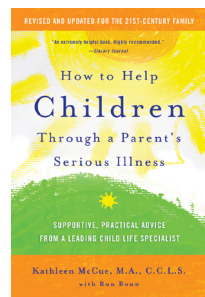
the editors are talking about biology, a person and a family are attached to the other side of each situation encountered.

The graphics, diagrams, and charts used throughout the book present a learning summary for the points made in the chapters. Each section is well referenced and outlined. Some duplication of basic facts occurs throughout the chapters; however, that is hardly an issue when referencing the subject matter in each individual chapter and not reading the book straight through. The repetition can serve as a learning approach.

Overall, this is a well-thought-out and laid out text with distinct baseline information about reproductive and sexual health as it pertains to the adolescent and young adult diagnosed with cancer. It progresses through the more complicated issues of the reproductive system in a nonthreatening, easy-to-understand manner. It is a well-organized, comprehensive text for the general practitioner or the oncology specialist who has a desire to understand the reproductive and sexual health concerns of young adults with cancer.

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How to Help Children Through a Parent's Serious Illness: Supportive, Practical Advice From a Leading Child Life Specialist. Kathleen McCue and Ron Bonn. New York, NY: St. Martin's Griffin, 2011, softcover, 368 pages, \$16.99.



For many people, a diagnosis of cancer can put them into "information-seeking mode." A diagnosis combines fear of the unknown with difficult information; however, for parents of children, the added burden and worry about what to say to their children is included. As a parent of two young children who had a scare after the birth of my daughter two years ago, I know from experience that my first concern was not me, but what will happen to

the children. I found the information in this text practical and informative. It is a comprehensive step-by-step guide for the support of children through a parent's illness. Not specifically for patients with cancer, other serious illnesses also are covered; however, much of the information still is applicable to patients with cancer.

The authors are informative, knowledgeable, and sometimes humorous writers who share years of training with a combination of patients' and families' life experiences. This allows the reader to assimilate to, associate with, and accompany a variety of journeys while learning from the authors' successes and failures.

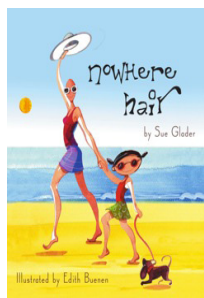
Practical, credible advice from specialists provides evidence-based guidance when available. Written instruction and strategies (communication, sharing emotions, music, imagery, laughter, and relaxation) are tailored to a child's age and development stage. A summary at the end of each chapter provides quick, easy information, which may be helpful particularly for parents and caregivers with severe time constraints who are often distressed or exhausted and want quick, practical advice.

The book provides advice for all illnesses with information and advice that is fairly transferable. However, a chapter with issues particular to cancer would have been beneficial. I also would have liked more information on self-care and self-help and spiritual, emotional, and psychological preparation for death and dying—without becoming morbid or sad. The conclusion provides practical advice on the emotional healing that needs to take place after treatment or illness.

This book is intended for a wide audience and not specific to cancer, but the information and advice are applicable to a cancer diagnosis. It is quite a large book with some repetition. The bullet point formatting in the age-specific groups is easy to read and helpful.

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Nowhere Hair. Sue Glader. Mill Valley, CA: Thousand Words Press, 2012, hardcover, 32 pages, \$15.99.



Before you even open the book, a smile will cross your face. The cover of *Nowhere Hair* by Sue Glader hints at the fun-loving contents. A bald-headed, smiling mother is lifting her hat in the air with her young daughter trailing behind her. Both of them are smiling contentedly. They are walking the beach, which, for many, reflects a time of serenity.

No matter the diagnosis, it is a challenging feat for a parent to tell a child that cancer is the reason for hair loss. This book frames the experience using simple prose and beautiful artwork. It is a beginning step for any parent who must inform their child in simple, straightforward language that they are facing cancer. Fanciful illustrations by Edith Buenen add life to text that covers issues such as body-image changes, fatigue during treatment, and a child's perception of illness.

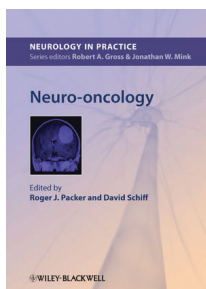
A fear that many children hold is that they somehow caused their parent's cancer. This book poignantly addresses this question, "It wasn't something that I did. Or said. Or thought. Dad promised me (he crossed his heart) it's not because we fought" (p. 14). An endearing passage addresses the young daughter looking for her mother's hair, "Where did it go? I've looked you know. And it's not anywhere" (p. 5). Different hats are chosen for different moods but "when Mommy's feeling confident, she wears nothing at all" (p. 28). Other similar messages hold true for the child aged 3–7 years, "And though I know her hair will grow, it's what's inside that counts" (p. 32).

Nowhere Hair is a beautiful story with whimsical pictures drawing both the adult and child reader into a cancer journey that proves to hold the hidden secrets of strength, courage, and lessons learned. The book portrays the inner peace that can only come from mother and child surviving the journey together.

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NEW RELEASE

Neuro-oncology (Neurology in Practice). Roger R. Packer and David Schiff (Eds.). West Sussex, England: Wiley-Blackwell, 2012, paperback, 264 pages, \$79.95.



Neuro-oncology provides a guide to cancers of the nervous system, which take many different forms. Treatment is specific to the type of malignancy, its location in the nervous system and, increasingly, its molecular characteristics. The challenges manifest further when management choices need to be made, multidisciplinary approaches are required, and when children's developing neurological systems require more sensitive treatment.

Following a general approach to diagnosis and treatment, the clinical aspects of specific cancer types in adults and children are explained in practical terms. A final section considers the effect of system cancer on the nervous system and the side effects of treatment. Clinical in approach, practical in execution, *Neuro-oncology* can help healthcare practitioners diagnose and manage patients more effectively.

PROGRAMS

Bobby's Books Program. Columbus, OH: The Midwest Center for Home, Hospice, and Palliative Care Education.

The use of literature to encourage and assist children is called bibliotherapy. Choosing the right book or individual story is essential to effectively using bibliotherapy, but can be daunting to those who are not familiar with child-centered



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literary resources. The Midwest Center for Home, Hospice, and Palliative Care Education in Columbus, OH, offers a unique bibliotherapy program called Bobby's Books, which helps adults choose appropriate books to help children deal with difficult issues such as illness, death of a loved one or friend, or divorce. Bobby's Books can serve as a springboard for conversations to allow children to express feelings and tell their own story.

The Bobby's Books program has multiple resources, lesson plans, read-aloud guides, educational seminars and training, and comfort care packages that include a book and a blanket. The Web site, www.bobbysbooks.org, gives guidance about book choices including a bibliography by category, such as loss of pets, death of grandparents, and illness or death of a sibling. An advisory committee of experts in child development, children's literature, pediatric palliative care, and parents ensure that Bobby's Books stays current and that book choices remain developmentally appropriate. Bobby's Books is supported by grants, donations, seminars, and book sales.

Beth White, MSN, CNS, is the quality improvement coordinator at Best Evidence for Advancing Child Health in Ohio NOW in Columbus.

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