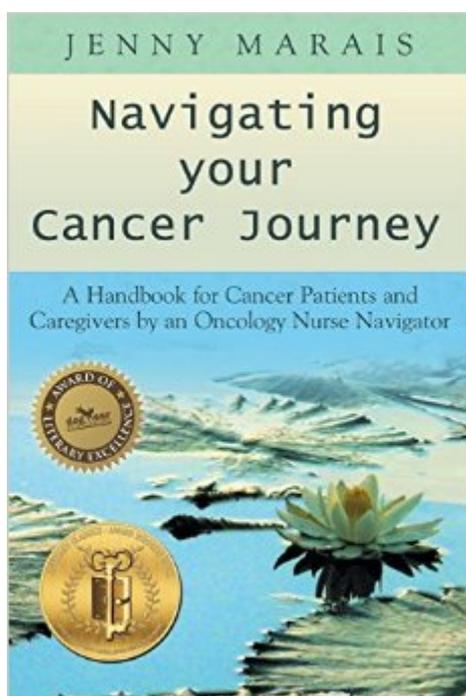


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# Navigating Your Cancer Journey: A Handbook For Cancer Patients And Caregivers By An Oncology Nurse Navigator



## Synopsis

Navigating your Cancer Journey is a book that dares to understand the unique challenges that exist for cancer patients and caregivers at home, during treatment. This book was written by an oncology nurse navigator to empower cancer patients and caregivers with knowledge on topics like: Financial Resources • Exercise and the Cancer Patient • Nutrition • Complementary and Alternative Therapies • Clinical Trials • Self Help • Cancer Medications • Medical Insurance • What is Cancer Anyway? • Cancer and Sexuality • End of Life Counseling • Care for the Caregivers • How to travel with cancer • Survivorship and more... The compassion and understanding with which Marais writes feels like a warm, calming hug from a beloved best friend. Her obvious and refreshing belief in the power of the patient takes center stage and is solidified through eloquently penned patient stories that bring home the message: You are not alone. Marais is a natural writer whose descriptions gently move the reader from one vivid landscape to another with ease and grace. We sincerely hope she continues to put pen to paper! Angela Wade Dog Ear Publishing Editor

Jenny Marais RN, BN, OCN obtained her Associate of Nursing Degree in South Africa in 1988 at the age of 21. She has years of experience working with cancer patients. She has a Bachelor's of Nursing Degree through a distance learning program from the University of Dundee in Scotland, and is Oncology Nurse Certified in the USA. She has applied her 27 plus years of nursing experience to the world of Oncology nursing, where she shares her insight into the complexity of cancer care in the USA. Jenny is tri-cultural having called Zimbabwe, South Africa and the USA, home. She has been married to Robert for 27 years and has 2 children and 4 grandchildren. Nursing is a passion that runs in her family, and both her twin sister Gilly, and daughter Lucy, are both RNs living and working in the USA.

## Book Information

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## **Customer Reviews**

This handbook of Hope and inspiration provides the Cancer Patient and their caregivers with a valuable, user friendly, 'roadmap' to help Navigate their unique Journey. Jennifer writes with incredible warmth, wisdom and knowledge and as we all know knowledge is the key to 'empowerment'. I am so very excited there is a wonderful guidebook available for our Patients and their loved ones.

This book is like a comforting arm around your shoulders for those dealing with a cancer diagnosis. Jenny writes with such compassion, understanding and warmth! There is a wealth of information that patients and caregivers can return to throughout their treatment.

My only regret in reading this book is that my husband and I did not have access to this most amazing resource when we were on a nine year cancer journey from 2004-2013. I can still remember the shock of hearing the doctor say to my husband that he had metastatic colon cancer. Our lives were instantly turned upside down, his as the patient and mine as the caregiver. At that time our health care provider's system did not have a nurse navigator in the oncology department and we were left to try and figure out this most complex road map. Were we to have been handed this book by Jenny Marais, and a relationship with a nurse navigator with Jenny's knowledge, insight, kindness and caring, our cancer experience would have been improved by 100%. Each chapter in this book offers the information and delicately respectful perspective that took us many hours/days/months or years to figure out on our own. WOW! This handbook anticipates each and every question and situation that we encountered. I can wholeheartedly recommend this book for any newly diagnosed cancer patient and their caregivers. It is like a dream come true, in one concise reference book with a human connection to "real" patients and situations. The beautiful proverbs and photographs add a spiritual and artistic dimension which reinforces the message of empowerment.

As an oncology nurse for 10 years who experiences patients at all stages of diagnosis, I am so thankful for this fantastic resource. Jenny has written the handbook of all handbooks. I have already

begun recommending this book to patients and their caregivers, as well as utilizing the wonderful information she provides when speaking to my patients. Handing patients and their families piles of papers and pamphlets is overwhelming for them. This book gives much information in one easy to read and understand place. I have requested that my facility purchase this book to give to patients as a resource as well. Jenny is a very inspiring and caring author and nurse.

Nothing prepares you for hearing the words "Cancer". It is frightening, dizzying and earth-shattering all at the same moment and for many, the biggest fear is the unknown about the path that lies ahead. Jenny Marais has authored the first and only book that comprehensively walks you through some of the most terrifying days, weeks and months after first hearing the words cancer. As an Oncologist I have relied on the expertise of Nurse Navigators in my practice. Their role is indispensable and make a daily difference for the care of patients with cancer. Whether you have been diagnosed with cancer, or are caring for a loved one with cancer this book is an invaluable guide which can help answer questions you had and many you never knew you needed ask. I wish every one of my patients had this wonderful resource.

A cancer diagnosis can be devastating for those receiving it as well as their loved ones. But now, more than ever, there is so much hope for cancer patients. Author Jenny Marais is an oncology nurse navigator who offers an enlightening and refreshing perspective on the cancer patient's journey to healing. Marais provides encouragement, along with honest, practical guidelines for patients and caregivers as they face the unknowns of cancer. Marais addresses a multitude of highly relevant points, educating and enlightening readers as she dissects topics in a way that brings a comfortable familiarity, effectively whisking away patients' and caregivers' fear of the unknown. Sometimes you don't know what you don't know until you know it. Marais' comprehensive guidebook touches on subjects which may often be overlooked in relation to the cancer treatment process. With an optimistic, common-sense tone she offers comfort through providing a wealth of information which is best known up front. Eliminating the dreaded surprises which can often compound the stress brought on by cancer, she helps readers prepare for and face their cancer journey intrepidly. Navigating Your Cancer Journey is highly recommended for home and school libraries and in clinical settings. This book is a must-read for patients and caregivers.

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Navigating Your Cancer Journey: A Handbook for Cancer Patients and Caregivers by an Oncology Nurse Navigator  
Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives

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