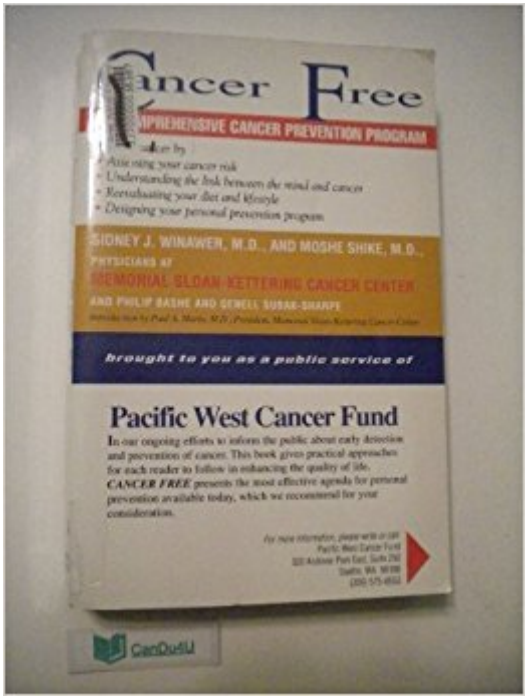
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Cancer Free: The Comprehensive Prevention Program Developed By Physicians At Memorial Sloan-K



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Synopsis

From doctors at the Sloan-Kettering Cancer Center, the world’s foremost cancer research and treatment center, the first comprehensive guide to assessing and dramatically reducing cancer risk--the book that does for cancer what Dr. Dean Ornish has done for heart disease.

Book Information

Hardcover: 416 pages

Publisher: Simon & Schuster (January 23, 1995)

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ISBN-10: 0671799673

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Product Dimensions: 1.8 x 6.5 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

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Best Sellers Rank: #1,186,388 in Books (See Top 100 in Books) #75 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #1661 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #40458 inÃ Â Books > Parenting & Relationships

Customer Reviews

Winawer, head of gastroenterology at Memorial Sloan-Kettering Hospital in New York, and Shike, director of clinical nutrition there, believe the greatest hope for further reducing the toll of cancer lies in its prevention. They say that use of careful analysis and family and personal histories makes it is possible to estimate a particular individual’s risk for many cancers, and then reduce that risk. So if cancer should develop, it can be detected at an early stage, when it is most treatable. Unfortunately, as the authors acknowledge, researchers do not know all there is to know about prevention of certain cancers. They recommend periodic screening and diagnostic tests, and survey the possibilities offered by more advanced genetic screening tools in the future. Diet is discussed in depth?what to avoid and what seems to be cancer-preventive. Also assessed are dangerous environmental pollutants at home and at the workplace. Although the authors’ approach is sometimes stuffy, the information provided is user-friendly, augmented by numerous charts and other features. Copyright 1995 Reed Business Information, Inc.

In an updated version of her Preventing Cancer (LJ 3/1/78), Whelan attempts to show the "real" vs. the perceived causes of cancer by using historical reference and statistical evidence. Tobacco,

alcohol, and sunlight are her primary targets, followed by sexual practices, medications, occupational risks, and diet. Some statements, such as "dioxin doesn't pose a significant human health threat," are controversial and may put off some readers. While Whelan details known cancer causes, she does not delineate prevention techniques. Winawer and Shike, both physicians at Memorial Sloan-Kettering Cancer Center, take a similar but more practical and comprehensive approach by giving readers tools to assess their overall cancer risks. General prevention methods, including lifestyle changes such as smoking cessation, exercise, and diet, are discussed in detail. Individual cancers are listed by describing the body organ(s) affected, diagnosis and staging, treatment, risk factors and prevention methods, and medical tests employed. Each chapter has a "key word" glossary, and reading lists are included. While both books will be of popular interest and value to health collections, Cancer Free is more comprehensive, readable, and informational.Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla.Copyright 1994 Reed Business Information, Inc.

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