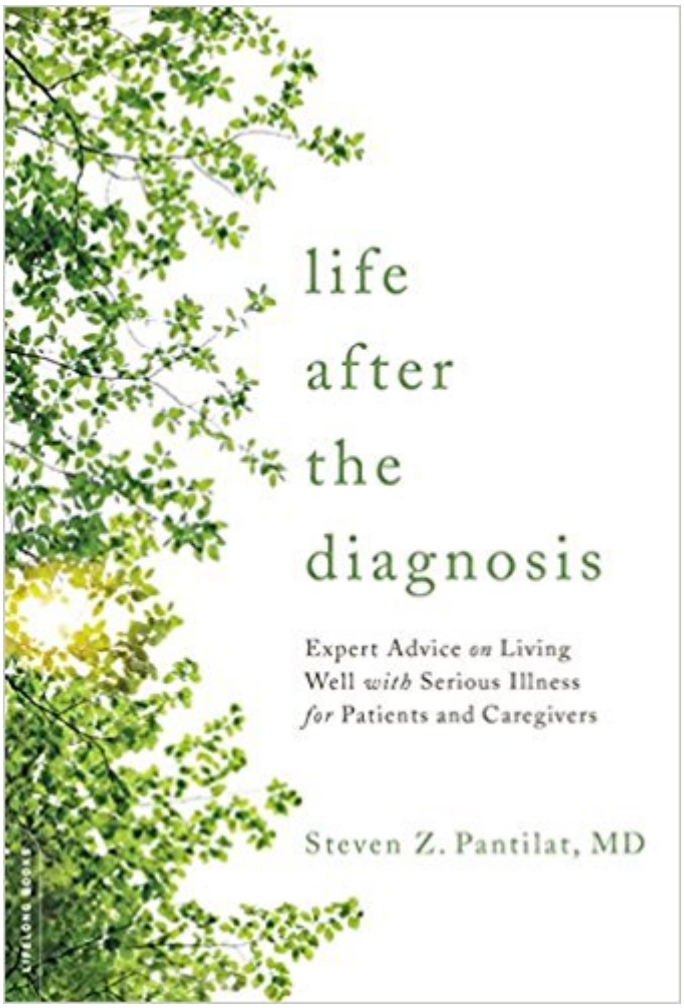
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Life After The Diagnosis: Expert Advice On Living Well With Serious Illness For Patients And Caregivers



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Synopsis

For a time of growing concern about living well with serious illness and getting the best possible end-of-life care, Life After the Diagnosis delivers a compassionate and sensitive guide for patients, families, and caregivers.In Life After the Diagnosis, Dr. Steven Z. Pantilat, a renowned international expert in palliative care, shares innovative approaches for dealing with serious illness, outlines the steps that patients should take, and demystifies the medical system. He makes sense of what doctors say, what they actually mean, and how to get the best information to help make the best medical decisions. Dr. Pantilat covers everything from the first steps after the diagnosis and finding the right caregiving and support, to planning your future so your loved ones don’t have to. He offers advice on how to tackle the most difficult treatment decisions and discussions and shows readers how to choose treatments that help more than they hurt, stay consistent with their values and personal goals, and live as well as possible for as long as possible.

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Customer Reviews

"As a physician and a former caregiver to my late husband, I adored this wise and comforting book. I will recommend it to patients, friends, anyone facing a life-changing illness. An empowering resource for living better and longer."- Lucy Kalanithi, MD, FACP, Clinical Assistant Professor of Medicine, Stanford University School of Medicine"An invaluable book for those struggling to live well with an incurable disease, written by a doctor’s doctor--the sort of fellow that physicians seek out for their own care."?Abraham Verghese, MD, Professor and Vice Chair, Stanford University Department of Medicine"During the times of uncertainty and fear that follow a serious diagnosis, this

book arrives like a guardian angel. I will recommend it to all my patients, and will keep it close to hand for me and my family too."?Diane E. Meier, MD, Director, Center to Advance Palliative Care

As a palliative care physician I often get calls and emails from friends, family and colleagues who are facing serious illness or who have a loved one with serious illness. They have questions about what the doctor means or how to decide about treatments. Serious illness can be confusing and frightening and you can't just google your way through. I share with them advice based on my 27 years of experience caring for thousands of seriously ill people. Every person asks if there's a book they can read to provide the same kind of guidance and I had to say "no." Until now. That's why I wrote my book. I realized that there's a great need for a book to guide people with serious illness and their loved ones. A book that offers clear, concise, caring and compassionate information about the experience of serious illness and how to get the best care from the medical system. A book that focuses on the whole person, explains what doctors mean, provides the truth behind the myths about serious illness, and offers practical recommendations on what to do and when. I can't be with every person going through serious illness, so I wrote a book to serve as that personal guide.

Dr Pantilat shares his wisdom and provides comfort in approaching end of life choices.With a warm and clear style, Dr Pantilat lays out a path from receiving the diagnosis through to moving forward and then to planning ahead to enjoy the life that you have. He finds a way to empower patients and their families, demystifying jargon and explaining that you will have choices.Dr Pantilat provides a framework to consider how you might want to proceed, consistently pointing out that you need to identifying your personal goals and making decisions that allow you to enjoy life.The stories he shares of his patients and of his own family members provide warmth and lead toward a better understanding of the options to consider.Like Atul Gwande’s book "Being Mortal", "Life After the Diagnosis" is an important read. One to share with friends and family.

In Life After the Diagnosis, Dr. Steven Z. Pantilat, shares his expert advice on how to navigate the journey of living with serious illness. The book reads like a conversation and provides invaluable insight for the caregivers and the patients. The chapter on hope and the mood roller coaster offers a compassionate and calm perspective on hope. The book offers tremendous insights that support the journey of living with serious illness. It is much broader than end of life care and anyone caring for someone with serious illness or anyone who themselves is living through a serious illness, this

book offers the comfort of a strong shoulder to lean into or a warm hug.Ã Â Life after the Diagnosis: Expert Advice on Living Well with Serious Illness for Patients and Caregivers

An outstanding presentation of the alternatives and choices facing those who have a life threatening condition. This book is well written by a nationally recognized leader in palliative care. The author clearly explains the trade offs that one should consider between quality of life and length of life, suggesting that one needs to set goals and measure the impact of a course of treatment against those goals. This is not a "cookbook" with cut and dried solutions, but rather a roadmap with clear guidance on how to approach the end of life in the fashion that you want and a description of resources that are available to you. This book is an invaluable resource to the patient and their family when a potentially end of life is on the horizon. Highly recommended.

This book was very useful to me, and I plan to review some of the recommended ideas in the book that I highlighted. Some information was provided that I did not know, and unfortunately hadn’t read the book years ago to give me information that would have been valuable at that time. Toward the end I felt there was some repetition, but not enough to not think that this book is of value to families/caretakers/friends when someone is going through difficult medical issues.

Dr. Pantilat has done a wonderful job of reaching people when they most require help. He takes his many years of experience having difficult discussions and framing them with a method of patient understanding. It is an easy read, filled with real life examples, stories and encouragement to reflect.The next time someone you know is facing a life-altering diagnosis and you don’t know quite what to say to them, hand them a copy of this book. You will ease their journey, help them focus and they will be grateful for your wisdom in sharing Dr. Pantilat’s words.

This book is written with a great deal of passion illustrating true stories and giving a professional resource on how to best embrace life changing illness and live life to the fullest. Dr. Pantilat delivers a very important message on the journey of advanced illness focusing on empowering information; a guide through the illness/healthcare system; and what can be done even if a cure is not possible. Highly recommended for all healthcare professionals, those facing serious illness, families, and friends. Dr. PantilatÃƒÂ¢Ã â ¬Ã â„¢s writing is as though he is right next to you as your advocate.We have shared with our team of clinicians and physicians in our community. I personally have pages highlighted as a reference and will continue to share this book!

a wonderful resource for patients and families dealing with a serious illness. I am a nurse and feel that it helps me and my coworkers as well when dealing with difficult issues. I have been sharing this book with our hospice board members too.

A must read for people dealing with serious illness and their caregivers.

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