

Women's Health Hints

Easing The Stress Of Treating Breast Cancer

(NAPSA)—There's good news for women diagnosed with breast cancer. That's because a new guide can help with the stressful task of selecting the most appropriate treatment.

The National Comprehensive Cancer Network (NCCN) and the American Cancer Society have teamed to update their Breast Cancer Treatment Guidelines for Patients. This tool allows women to work more closely with their healthcare team and make treatment decision-making a bit easier.

"The collaboration between the NCCN and the American Cancer Society provides patients with direct access to the guidelines and information that oncologists use. We are committed to providing the most-up-to-date, scientifically valid information to help better inform decision-making," said William T. McGivney, Ph.D., chief executive officer of NCCN.

These reliable, easy-to-understand booklets are based on the NCCN clinical practice guidelines used by doctors nationwide. Among the topics covered are: types of breast cancer, tests and exams, types of treatment, clinical trials information, and a helpful glossary of breast cancer terms.

Patients are also provided with "decision trees" written in lay language, similar to the ones used by their doctors in making treatment recommendations. These flowcharts represent the appropriate course of treatment for each stage of breast cancer. These charts are invaluable in determining the most effective course of treatment, helping women take a more active role in the decision-making process with their healthcare provider.



"Not all women with breast cancer should have the same treatment, and these patient guidelines will help women better understand their cancer treatment options," said Robert C. Young, M.D., former national volunteer president of the American Cancer Society and president of Fox Chase Cancer Center, a founding member of the NCCN. "This information will facilitate the process of informed decision-making and help make sure women select the best possible treatment."

The NCCN Breast Cancer Treatment Guidelines for Patients are part of a series to help patients and their families make more informed decisions regarding their cancer treatment. The series covers supportive care topics such as nausea and vomiting; fever and neutropenia; cancer-related fatigue and anemia; and cancer pain, and provides disease-specific information on melanoma and cancers of the prostate, lung, colon and rectum, bladder, and ovaries.

These materials, available in English and Spanish, are available free of charge at www.nccn.org or 1-888-909-NCCN, or from the American Cancer Society at 1-800-ACS-2345 or at www.cancer.org.