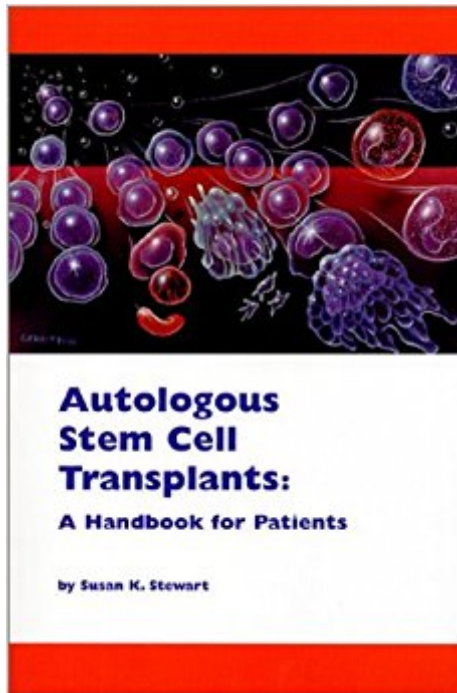


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# Autologous Stem Cell Transplants: A Handbook For Patients



## Synopsis

This book is an excellent guide for patients and families facing an autologous stem cell transplant. It describes what's involved in going through a transplant, both physically and emotionally, and provides guidance on how to cope with potential side effects.

## Book Information

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## Customer Reviews

Ms. Stewart's book will help patients and physicians find common ground for communicating about a complicated medical intervention. -- Karl G. Blume MD FACP, Stanford University Medical Center  
Sue Stewart provides critical information to patients about transplantation in a straight forward manner, with heartfelt concern for patient needs." -- Kenneth C. Anderson MD, Harvard Medical School  
Susan's books made my experience with transplantation lots easier, and provided me with understandable, usable information. -- Barbara Lackritz, Board Member, Association of Cancer Online Resources

Dear Friend, In 1988, after being diagnosed with leukemia, my doctor recommended an autologous bone marrow transplant. I'd never before heard of a bone marrow transplant, and hadn't a clue as to what bone marrow or stem cells were and why they were important. I was confused and overwhelmed. All the medical terms used to describe the treatment were new to me; often, I was so lost I couldn't even figure out the right questions to ask! After recovering from my transplant, I met other survivors and learned my experience was not unique. This book is written by and for patients

with the help of many doctors, nurses, social workers and other survivors. It's designed to transplant some of the medical information you'll receive before, during and after your transplant into plain English. There's no getting around it, autologous transplantation is a big, confusing subject. There is a lot of information to absorb in this book. Take it at your own pace. If you only want the basics, start with Chapters One and Two. Then use the table of contents and index to find answers to the questions that concern you the most. When you are ready for more details, read the other chapters that thoroughly discuss each step of the transplant process, how complications are managed, and how other patients have coped with the experience. Throughout the book you will find quotations from transplant survivors -- real people who faced the same challenges that now lie before you. They will tell you firsthand what it feels like to undergo and survive a transplant. I know how difficult it is to make the decision to have an autologous transplant, undergo the treatment, and get back to a normal life. I hope this book helps make your experience a little easier. Susan K. Stewart

A must read for any patient, caregiver or family member walking through an autologous stem cell transplant. Easy to read, very thorough and educational.

My wife has been getting treatment for a rare and very aggressive form of lymphoma. It has responded to treatment, however, her body will not accept further standard chemotherapy treatments and we are left with several options, including an autologous stem cell transplant. The book is rather basic and covers the bare material needed to understand what will happen during the transplant. I didn't find it particularly difficult to read and it has a significant amount of very valuable information. It deals with touchy issues such as pain management and post transplant sex in an open and forthright manner. It also provides information on how to deal with insurance company rejection. My one complaint about the book is that it was published several years ago and treatments are changing rapidly with new solutions being put in place every day. Some of the material is outdated and the book needs to be updated to include newer information. Overall, I would suggest this book to anyone who is facing the option of this type of transplant. It doesn't provide all the answers, but does give a good overview and opens up areas to be discussed with your doctor.

I was my sister's caregiver when she had a stem cell transplant for ovarian cancer and the family was given this book from the hospital to read. The book really did not go into enough depth on the reality of the transplant and what to expect from it for the patient and the family. My seventy five year old mother had trouble understanding it. I felt this book was "sugar coating" what really

happens physically and emotionally to the patient, caregiver and family members.

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