



# Destination Cancer Free: Navigating the Challenges of Head and Neck Cancer

*Barbara L Bragg*

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## **Destination Cancer Free: Navigating the Challenges of Head and Neck Cancer** Barbara L Bragg

Destination Cancer Free is an easy to read, excellent resource detailing one couple's experience through cancer diagnosis, treatment and the year that followed. This book reveals valuable information on beneficial products, challenging side effects, practical menus, patient specific needs and caregiver responsibilities. Cancer is BIG BUSINESS and if you aren't diligent about your own care, you will get lost in the process. Nurses and doctors are people and they know what they know from education and experience, but they don't know you. You must be your own advocate, ask questions and speak up for yourself. If possible, have a caretaker with you, to help monitor your appointments, medication and nutrition. Read this journal and celebrate in the triumph of two people through an incredible journey reaching their destination cancer free.

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