

# KNOWLEDGE CENTRAL

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Associate Editor

## B O O K S

**Nutritional Oncology (2nd ed.).** David Heber, George L. Blackburn, Vay Liang W. Go, and John Milner (Eds.). Burlington, MA: Academic Press, 2006, 848 pages, \$183.95.

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This lengthy reference book is designed to be used by researchers and graduate students in nutrition and oncology. The book covers the currently available knowledge in the growing field of nutritional oncology, including the relationship of nutrition and oncology and the impact of nutrition in cancer prevention and therapeutics. The book provides not only the theoretical and research basis for nutritional oncology but also offers practical information on nutrition assessment and nutritional regimens, including micronutrient and phytochemical supplementation. In addition to an overall discussion of nutrition and cancer, the book discusses specific nutrients and their classes. It also covers various clinical trials in nutritional care.

The reference is organized into seven sections: biology of nutrition and cancer, epidemiology of nutrition and cancer, biologic approaches to investigating nutrition and cancer, gene-nutrient interaction and cancer prevention, bioactive food components and botanical approaches to cancer, nutritional assessment and support of patients with cancer, and nutritional implementation guidelines and practice. Tables enhance the text by providing a summary of various research studies described in the individual chapters. Also, each chapter includes an extensive reference list.

Given its length, the book is not meant to be a quick reference. Clinicians in acute care, medical-surgical, and ambulatory medicine will find it to be an in-depth resource to turn to when answering patients' questions related to nutrition research and oncology. The editors

assume that the reader has basic nutritional knowledge prior to reading the book.

The chapter on obesity and cancer risk was easy to read. It provided an explanation of the etiology of obesity and discusses cancer sites that are suspected to be associated with obesity. It contains an extensive review of research studies related to obesity and cancer. However, it does not provide clinicians with suggestions on how to counsel patients related to obesity. General counseling suggestions are provided in a subsequent chapter.

If the reader is looking for background information on cancer anorexia and cachexia, the chapter in the nutritional assessment and support of patients with cancer section provides a great overview of the topic. It contains information about the relative roles of anorexia and metabolic abnormalities, approaches to the treatment of anorexia and cachexia, and clinical recommendations for prevention and treatment of anorexia and cachexia.

Overall, this is an exhaustive reference that is useful to clinicians, educators, students, and researchers. Although much of the content is based in research rather than clinical application, the chapters are divided in such a way that readers need to review only the topics that interest them.

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**Cancer Therapies.** Margaret Barton-Burke\* and Gail M. Wilkes\*. Sudbury, MA: Jones and Bartlett, 2006, 364 pages, \$62.95.

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The numerous developments in science and caring for individuals dealing with cancer since the 1990s has challenged healthcare professionals to become perpetual students to stay abreast of new technology, targeted

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therapies, cancer vaccines, monoclonal antibodies, and biologics, as well as the extended use of medications in arenas outside of the hematology and oncology field. *Cancer Therapies* is a new book to the oncology market intended for use by professional nurses to enhance and support high-quality cancer care for patients and their families. The reference can be used for accessing drug information and interactions quickly, developing care plans, or, more generally, expanding the reader's knowledge regarding updated therapies and recent changes in the management of patients with and without cancer.

*Cancer Therapies* is an expansion of the authors' past works: *Cancer Chemotherapy: A Nursing Process Approach* (3rd ed.), *Cancer Chemotherapy Care Plans Handbook* (3rd ed.), and the *2006 Oncology Nursing Drug Handbook*. It includes in-depth information on the biologic basis for cancer, biologic therapy for cancer treatment, molecular targeted therapy, hematopoietic stem cell transplantation, use of cancer therapies in nonmalignant conditions, and drug interactions with anti-neoplastics. The book provides the user with a more complete reference to deal with the complexities of today's patients being treated with cancer therapies. The content can be used as a core curriculum for nursing and allied healthcare members entering the cancer care arena. The content of each chapter contains didactic information along with flow sheets and outlines for setting up treatment plans for patients. The information can be transformed easily into teaching tools for patients, families, and significant others. The terminology used is comprehensible for novice and experienced nursing professionals.

The pharmacologic discussion provides the reader with historical background for drug development, information on specific cancer chemotherapeutic and molecular targeted therapy, and concise tools and care plans to evaluate patients. The importance of holistic care for patients with cancer supports high-quality, safe best practice, the ultimate patient care goal for all healthcare providers. Also, the hematopoietic stem cell transplant chapter covers this complex topic with depth and yet is understandable for novice or experienced nurses.

Of specific interest are the discussion and guidelines about hazardous drugs—the

Ease of Reference and Usability	Content Level	Media Size
🕒 Quick, on-the-spot resource	√ Basic	👤 Pocket size
🕒🕒 Moderate time requirement	√√ Intermediate	👤👤 Intermediate
🕒🕒🕒 In-depth study	√√√ Advanced and complex, prerequisite reading required	👤👤👤 Desk reference

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