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'A moving and invaluable resource that fills a gap, when people are most in need. Cherry Armstrong's wide experience in nursing and palliative care have given her extraordinary insight into the daily questions and worries that patients, their close family and friends grapple with as they travel this path.'

Judy Sandison
 FORMER BROADCAST EDITOR
 AND HEALTH REPORTER

cancer

navigating the journey

This guide is written with love and care by a palliative nursing sister to help ease the journey for patients and their loved ones.

'Be patient, be kind to yourself and most of all, just breathe...'

CHERRY ARMSTRONG

This book offers mindful advice for patients and their loved ones on navigating the cancer journey – from the time of diagnosis to remission or terminal stages – armed with appropriate information and emotional support. It covers the practical aspects of cancer treatment in a simple, comprehensive way – from medical aids, treatments and side effects to nutrition, complementary therapies and caring for a loved one. It also addresses questions and fears, what to say and do, and how to deal with a terminal diagnosis. Amongst this, you will also find stories of how others experienced and managed their cancer journey.

About the author:

CHERRY ARMSTRONG is a nursing sister and stress consultant who has engaged with various aspects of cancer over the years, both in her cancer clinic and palliative care business. Cherry has also worked as a clinical research nurse, running oncology trials for the treatment of various cancers.