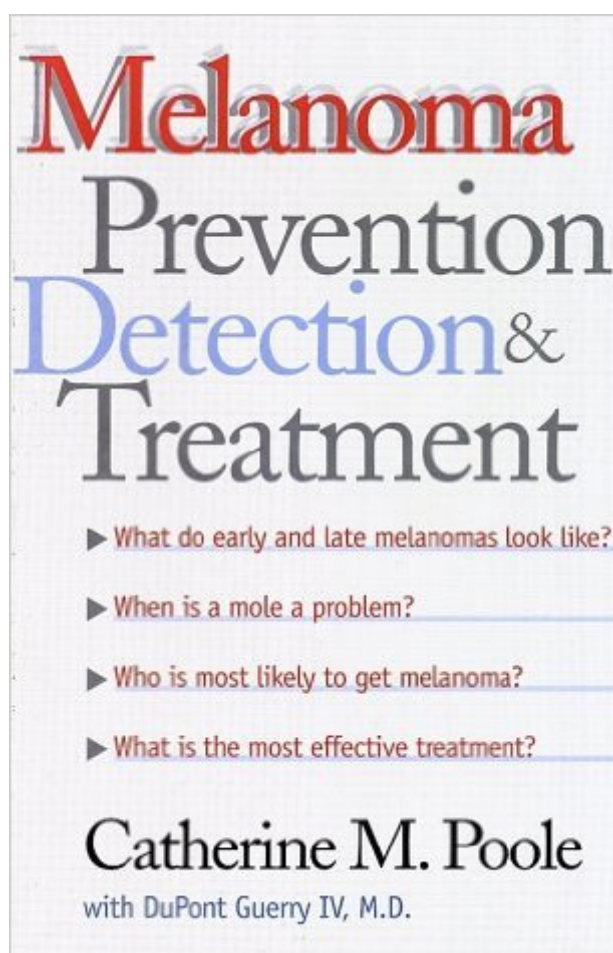


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# Melanoma: Prevention, Detection, And Treatment



## Synopsis

Melanoma, a dangerous and potentially lethal form of skin cancer, is on the rise. Yet melanoma is readily detectable and curable in its early stages, and it is a disease that often can be prevented by avoiding excessive sun exposure. This text is a complete guide to melanoma for anyone newly diagnosed with this disease and for others who are concerned about detecting and preventing it. Featuring colour photographs that show normal and malignant spots on the skin, and medical information on getting proper treatment and lowering the risk of developing the disease, the book is filled with facts that can save lives. Health writer Catherine M. Poole, also a melanoma survivor, teams up with world-renowned melanoma expert Dr. DuPont Guerry IV to provide practical advice for patients, their families and their health care providers. Readers should find in this book the answers to such important questions as: what do early and late melanoma look like?; when is a mole a problem?; is sunscreen the best way to prevent melanoma?; who is most likely to get melanoma?; what does the pathology report on a biopsy mean?; are there different treatments? which is most effective?; is there hope when melanoma has spread within the body? ; and where can accurate melanoma information be found on the Internet?.

## Book Information

Paperback: 160 pages

Publisher: Yale University Press; 1 edition (April 20, 1998)

Language: English

ISBN-10: 0300073623

ISBN-13: 978-0300073621

Product Dimensions: 0.5 x 5.8 x 8.5 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #4,724,449 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Skin Cancer](#) #218 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #2847 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Oncology](#)

## Customer Reviews

Written by a journalist who herself had melanoma and a medical doctor, this concise book aims at helping those who have contracted melanoma or who fear they might. It is also valuable for those whose spouse or other loved one has this frightening disease. Poole follows the plan implied in the

title, showing how melanoma might be prevented, how it can be detected as early as possible (which is absolutely essential in this disease, because it is the spread, the metastasis, that kills), and how it can be treated. She adds some resources including web sites, helpful organizations, publications, and a glossary. The photos showing what melanoma looks like include shots of moles that may be spots where melanoma may begin. The prints are ugly and scary, but very helpful. There is some technical material, especially about the staging system for melanoma in Appendix A, but for the most part the emphasis is on practical information and guidance presented in a straight forward and readable manner. I wish the information in this book had been widely available twenty years ago so that my mother who died from the disease might have understood what the spots on her skin were and had them removed before they spread to her brain. For myself, I note that of the five most important factors in gauging who is most likely to get melanoma (p. 21), I have all five. The good news is, although once it has metastasized melanoma is a very deadly disease, if it is caught in time, the cure rate is very high, in some case approaching 100% (p. 39). What's beautiful about this book is that the information it contains will surely save lives.

This book was very useful in understanding melanoma. My mother had the disease and I have many moles that on occasion worry me. The photos and text dispelled many of the myths I had heard about getting melanoma and now I know what to look for when I worry about a mole changing. I don't panic about my moles as much and now I'm armed to discuss anything with my doctor in an intelligent manner.

Catherine Poole is a careful researcher who has written a useful, easy-to-read book for those of us with melanoma. I have learned so much from her, both on her website and from this book, which will serve as a handy reference for me and my family. Catherine's careful approach to emergent treatment gives us hope, without sugar coating the realities of this deadly disease.

What a thorough and informative book! I have had many small basal cell carcinomas and pre-cancerous lesions (the legacy of growing up fair-skinned in California), so I am extra vigilant with regard to any changes or "funny spots" on my skin. I thought that I was fairly well informed about melanoma, but there were many aspects that I was unaware of, and how glad I am to have read this book. This is an excellent book for anyone, but especially for those with a history like mine or who might have actually been diagnosed with melanoma. The personal stories are reassuring and informative, and all of the most current options for treatment are outlined and discussed. (This

is a new edition of a previous book, written to include all of the up-to-date research and protocols.) This is a must-have for anyone with skin issues or with a melanoma diagnosis.

This book was very helpful in explaining what melanoma is, what questions to ask my doctor and what the answers meant. It was recommended that I have some "suspicious" moles checked and read the book to gain a better understanding of what they were looking for and the consequences of what might be found. As a layman it's hard to know where to begin and what you should be asking. This book gave me the answers - I strongly recommend it.

Another great book by Catherine Poole. Informative and helpful. Even though we have the first book, the updated version is even better. You can never know enough when it comes to this deadly disease. The author is a survivor herself so she understands the fear and uncertainty that goes along with a melanoma diagnosis. Well written!

Poole and Guerry have written an easily accessible book. The pictorial content, drawings and photography, further enhances the educational impact. They will undoubtedly save many lives through their thoughtful use of language and approach. As a concerned Floridian I have recommended "Melanoma" to other friends and even to my dermatologist. Thank you for publishing this fine book.

As the managing editor of the popular online family health magazine Pinksunrise I had the opportunity to both read Ms. Poole's book and to interview her. Melanoma is not only a personal issue for Ms. Poole but also a national warning in the fight to prevent the deadly cancer melanoma. Ms. Poole spends a great deal of time talking about the prevention, early detection, and the latest treatments for melanoma. In addition, she has written a book that is comprehensive, yet written for everyone to understand. Early detection is the real key to warding off melanoma and escaping invasive and potentially dangerous cancer. She includes many excellent photos of what "normal" skin marks and moles look like and what "abnormal" or dangerous marks and moles look like. This is an invaluable resource for the whole family.

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