

# Guide to Resource Materials

Breast Cancer Resources · Hospice and Palliative Care Resources ·  
Resources for Health Care Professionals and Students

## Breast Cancer Resources

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### The American Cancer Society

1-800-ACS-2345  
www.cancer.org

Providing the public with accurate, up-to-date information on cancer is a priority for the American Cancer Society. The Society provides information on all aspects of cancer as well as the Society's programs and services through a toll-free information line, a Web site, and published materials.

### National Breast Cancer Coalition

1101 17th St NW, Suite 1300  
Washington DC 20036  
Telephone: 800-622-2838  
Fax: 202-265-6854  
www.stopbreastcancer.org

The National Breast Cancer Coalition is a grassroots membership organization whose mission is to eradicate breast cancer through action and advocacy.

### National Cancer Institute

NCI Public Inquiries Office  
6116 Executive Blvd  
Room 3036A  
Bethesda MD 20892-8322  
Telephone: 800-4-CANCER (1-800-422-6237)  
www.cancer.gov

The National Cancer Institute, a component of the National Institutes of Health, supports and conducts groundbreaking research in cancer biology, causation, prevention, detection, treatment, and survivorship.

### Susan G. Komen for the Cure

5005 LBJ Freeway, Suite 250  
Dallas TX 75244  
Helpline: 800-IM AWARE (1-800-462-9273)  
Telephone: 972-855-1600  
Fax: 972-855-1605  
www.komen.org

The Susan G. Komen Breast Cancer Foundation is an international nonprofit organization dedicated to eradicating breast

cancer as a life-threatening disease by advancing research, education, screening, and treatment.

#### **Y-ME National Breast Cancer Organization**

212 W Van Buren, Suite 1000

Chicago IL 60607-3903

Telephone: 312-986-8338

Fax: 312-294-8597

Hotline: 800-221-2141 (English, with interpreters for 150 languages); 800-986-9505 (Spanish)

[www.y-me.org](http://www.y-me.org)

Y-ME is a nonprofit organization serving men and women with breast cancer, as well as their families and friends. Its mission is to ensure, through information, empowerment, and peer support, that no one faces breast cancer alone.

#### **Sharsheret**

1086 Teaneck Rd, Suite 3A

Teaneck NJ 07666

Telephone: 866-474-2774

[www.sharsheret.org](http://www.sharsheret.org)

Sharsheret is a nonprofit organization of cancer survivors dedicated to addressing the challenges facing young Jewish women living with breast cancer.

#### **American Breast Cancer Foundation**

1220 B East Joppa Rd, Suite 332

Baltimore MD 21286

Telephone: 877-KEY-2-LIFE (877-539-2543)

Fax: 410-825-4395

[www.abcf.org](http://www.abcf.org)

The American Breast Cancer Foundation is a nonprofit organization dedicated to providing a fighting chance to every individual

threatened by breast cancer, regardless of age, race, or financial challenge, through screening assistance programs, research, and support.

#### **Mothers Supporting Daughters with Breast Cancer**

25235 Fox Chase Dr

Chestertown MD 21620-3409

Telephone: 410-778-1982

[www.mothersdaughters.org](http://www.mothersdaughters.org)

*MSDBC encourages those with Internet access to use the Web site rather than the phone number.*

Mothers Supporting Daughters with Breast Cancer is a nonprofit Web-based organization providing support services specifically to help mothers with daughters battling breast cancer.

#### **Men Against Breast Cancer**

PO Box 150

Adamstown MD 21710-0150

Telephone: 866-547-6222 (Leave message for return call if answered by voice mail.)

Fax: 301-874-8657

[www.menagainstbreastcancer.org](http://www.menagainstbreastcancer.org)

Men Against Breast Cancer is a nonprofit organization designed to educate and empower men to be effective caregivers when breast cancer strikes a loved one and to mobilize men in the fight to eradicate breast cancer.

#### **Inflammatory Breast Cancer Research Foundation**

321 High School Rd NE, Suite 149

Bainbridge Island WA 98110

Telephone: 877-786-7422

[www.ibcresearch.org](http://www.ibcresearch.org)

The Inflammatory Breast Cancer Research Foundation is ded-

icated to the advancement of research in inflammatory breast cancer in order to find its causes and to improve treatment. The organization also seeks to increase awareness of symptoms of inflammatory breast cancer in the hope of leading to better clinical methods of detection and diagnosis.

#### **Living Beyond Breast Cancer**

10 East Athens Ave, Suite 204  
Ardmore PA 19003  
Telephone: 888-753-5222  
www.lbbc.org

Living Beyond Breast Cancer is a national nonprofit education and support organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life.

#### **Inflammatory Breast Cancer Association**

www.ibchelp.org

Inflammatory Breast Cancer Association is a Web-based organization that provides information specific to inflammatory breast cancer patients.

#### **National Breast and Cervical Cancer Early Detection Program**

Centers for Disease Control and Prevention  
Division of Cancer Prevention and Control  
4770 Buford Hwy NE, MS K-64  
Atlanta GA 30341-3717  
Telephone: 800-232-4636 (select Option 1, "General Health Information")  
Fax: 770-488-4760  
www.cdc.gov/cancer/nbccedp

The National Breast and Cervical Cancer Early Detection Program (NBCCEDP) provides screening services, including clinical breast examination, mammograms, pelvic examination, and Pap tests, to women underserved in the health care community. The NBCCEDP also funds postscreening diagnostic services, such as surgical consultation and biopsy, to ensure that all women with abnormal results receive timely and adequate referrals.

#### **WomenStories**

1807 Elmwood Ave  
Buffalo NY 14207  
Telephone: 716-873-3689; toll-free: 800-775-5790  
Fax: 716-873-5361  
www.womenstories.org

WomenStories, a nonprofit organization, benefits those who have been diagnosed with breast cancer and need the information and comfort that only other breast cancer survivors can provide. WomenStories is a series of videos in which breast cancer survivors offer emotional support.

#### **Sisters Network™ Inc.**

8787 Woodway Dr, Suite 4206  
Houston TX 77063  
Telephone: 713-781-0255; toll-free: 866-781-1808  
Fax: 713-780-8998  
www.sistersnetworkinc.org

Sisters Network™ Inc. is a national African American breast cancer survivorship organization. This nonprofit organization is committed to increasing local and national attention on the devastating impact that breast cancer has on the African American community.

**Young Survival Coalition**

61 Broadway, Suite 2235  
New York NY 10006  
Telephone: 646-257-3000; toll-free: 877-972-1011  
Fax: 646-257-3030  
www.youngsurvival.org

The Young Survival Coalition is dedicated to the concerns and issues that are unique to women aged 40 and younger with breast cancer.

**SHARE: Self Help for Women with Breast or Ovarian Cancer**

1501 Broadway, Suite 704A  
New York NY 10036  
Telephone: 212-719-0364  
Toll-free breast cancer hotline and Spanish-speaking hotline: 866-891-2392  
Fax: 212-869-3431  
<http://sharecancersupport.org>

SHARE: Self Help for Women with Breast or Ovarian Cancer serves women, men, and children who have been affected by breast cancer or ovarian cancer. Services include hotlines, survivor support groups, public education, advocacy, and wellness programs.

**FORCE: Facing Our Risk of Cancer Empowered**

16057 Tampa Palms Blvd West, PMB 373  
Tampa FL 33647  
Telephone: 954-255-8732; toll-free: 866-824-7475  
Fax: 954-827-2200  
www.facingourrisk.org

Facing Our Risk of Cancer Empowered is a nonprofit organization for individuals and families affected by hereditary breast cancer and ovarian cancer due to the BRCA mutation or a family history of these cancers.

**National Women's Health Information Center**

8270 Willow Oaks Corporate Dr  
Fairfax VA 22031  
Telephone: 800-994-9662  
www.womenshealth.gov

The National Women's Health Information Center (NWHIC) is a service of the Office on Women's Health in the Department of Health and Human Services. NWHIC provides a gateway to the vast array of federal and other women's health information resources.

**National Asian Women's Health Organization**

1 Embarcadero Center, Suite 500  
San Francisco CA 94111  
Telephone: 415-773-2838  
Fax: 415-773-2872  
www.nawho.org

National Asian Women's Health Organization is a national nonprofit health organization whose mission is to achieve health equity for Asian women and their families.

**Patient Access Network Foundation**

PO Box 221858  
Charlotte NC 28222-1858  
Telephone: 866-316-7263  
www.patientaccessnetwork.org

*Patient Access Network Foundation encourages those with Internet access to use the Web site rather than the toll-free number.*

Patient Access Network Foundation is an independent, nonprofit organization dedicated to assisting underinsured patients who cannot afford the out-of-pocket medication costs associated with their treatment. Patients must be U.S. residents and meet certain financial, insurance, and medical criteria. In addition, the drugs must be covered by the patient's insurance.

## Hospice and Palliative Care Resources

Prepared by the National Hospice and Palliative Care Organization (NHPCO), the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. Founded in 1978, NHPCO continues to break new ground in professional leadership, consumer and caregiver services, research, legislative advocacy, international development, and issues relating to quality care.

### General Resources

*Find information on advance care planning and living wills, pain control, financial issues, hospice and palliative care, and grief and loss.*

#### Caring Connections

Helpline: 800-658-8898  
www.caringinfo.org

Caring Connections is a program of the National Hospice and Palliative Care Organization (NHPCO), the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. The organization's mission is to lead and mobilize social change for improved care at the end of life. It is supported by a grant from The Robert Wood Johnson Foundation.

### Caregiving and Home Care

*Find information, support, tips, and medical assistance for taking care of loved ones at home.*

#### American Association for Homecare

Telephone: 703-836-6263  
www.aahomecare.org

#### Family Caregiver Alliance

Telephone: 800-445-8106  
www.caregiver.org

#### National Family Caregivers Association

Telephone: 800-896-3650  
www.nfcacares.org

#### Support Team Network

Telephone: 877-614-9129  
www.supportteam.org

#### Visiting Nurses Association of America

Telephone: 888-866-8773 ext. 221  
www.vnaa.org

### Nursing Homes and Assisted Living

*For help with finding a nursing home or assisted-living facility.*

#### The American Health Care Association

Telephone: 202-842-4444  
www.longtermcareliving.com

#### The Assisted Living Federation of America

Telephone: 703-849-1805  
www.alfa.org

#### National Center for Assisted Living

Telephone: 202-842-4444  
www.ncal.org

**National Citizens Coalition for Nursing Home Reform**

Telephone: 202-332-2276  
www.nursinghomeaction.org

**Pain Management, Chronic and Malignant**

*Find organizations that can help you learn about different types of pain and assist you in finding the pain treatment.*

**American Pain Society**

Telephone: 847-375-4715  
www.ampainsoc.org

**Pain.com**

www.pain.com

**Cancer Pain**

www.cancer-pain.org

**American Pain Foundation**

Telephone: 888-615-PAIN (888-615-7246)  
www.painfoundation.org

**The National Foundation for the Treatment of Pain**

Telephone: 713-862-9332  
www.paincare.org

**Transportation**

*For patients who need to be treated at a facility a great distance from their homes.*

**Angel Flight**

Telephone: 877-247-5433  
www.angelflight.com

**National Patient Travel Helpline**

Telephone: 800-296-1217

**MMA-Mercy Medical Airlift**

Telephone: 888-675-1405  
www.mercymedical.org

**Organ Donation**

*Find information on how to become an organ donor, how the organ donation network works, and other national resources relating to organ donation.*

**United Network for Organ Sharing**

Telephone: 888-894-6361  
www.unos.org

**Anatomy Gifts Registry**

*Anatomy Gifts Registry is a nonprofit corporation that provides an alternative to traditional funerals while supporting medical science and education.*

Telephone: 800-300-5433

## Hospice

*Find a hospice or find information on patient advocacy, education, or technical assistance.*

### **National Hospice and Palliative Care Organization**

Telephone: 800-658-8898

[www.nhpco.org](http://www.nhpco.org)

### **American Hospice Foundation**

Telephone: 202-223-0204

[www.americanhospice.org](http://www.americanhospice.org)

### **Hospice Foundation of America**

Telephone: 202-638-5419 or 202-638-5312

[www.hospicefoundation.org](http://www.hospicefoundation.org)

### **Children's Hospice International**

Telephone: 800-24-CHILD (800-242-4453)

[www.CHIonline.org](http://www.CHIonline.org)

### **Partnership for Parents**

[www.partnershipforparents.org](http://www.partnershipforparents.org) (English)

[www.padrescompadres.org](http://www.padrescompadres.org) (Spanish)

## Grief

*Find support groups and information on the bereavement process.*

### **National Hospice and Palliative Care Organization**

Telephone: 1-800-658-8898

[www.nhpco.org](http://www.nhpco.org)

### **The Dougy Center for Grieving Children and Families**

[www.dougy.org](http://www.dougy.org)

### **The Compassionate Friends, Inc.**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### **Journey of Hearts**

[www.journeyofhearts.org/](http://www.journeyofhearts.org/)

## Resources for Health Care Professionals and Students

Prepared by John E. Selickman, medical student, Northeastern Ohio Universities College of Medicine, and Steven Radwany MD, Summa's Palliative Care and Hospice Services, Akron, Ohio.

### Internet Resources

*The amount of material on the World Wide Web related to end-of-life care is rapidly increasing. The references listed here, some of the largest Web sites dedicated to hospice and palliative care, were chosen because they met three simple criteria: are accredited organizations at the national level, act as gateways to many other related sites, and update their sites on a regular basis.*

### **American Academy of Hospice and Palliative Medicine**

[www.aahpm.org](http://www.aahpm.org)

The AAHPM offers one of the best Internet resources available. Of particular interest are extensive listings and descriptions of educational materials (including books, articles, videos, and CDs); a "fast facts" section, with peer-reviewed one-page summaries on current topics in hospice and palliative medicine; and

a thorough listing of related sites. Also available are job listings in palliative and hospice care, a directory of all the palliative care fellowship programs in the country, and even a database to locate speakers for educational programs.

### **American Hospice Foundation**

[www.americanhospice.org](http://www.americanhospice.org)

The American Hospice Foundation offers an extensive list of free informative articles on hospice-related issues as well as a directory of hospice programs in the United States, publications and brochures for sale, and a large section dedicated to managing grief. It also contains a unique section on end-of-life legal issues and a list of attorneys that specialize in them.

### **Center to Advance Palliative Care**

[www.capc.org](http://www.capc.org)

This site is dedicated to educating health care professionals on palliative care and to providing assistance to start and maintain palliative care programs across the country. It has helpful educational links for professionals as well as job openings, seminar listings, training opportunities, and an impressive collection of research and references on designing, maintaining, strengthening, and defending palliative care programs.

### **Growth House**

[www.growthhouse.org](http://www.growthhouse.org)

Growth House contains one of the most comprehensive listings of Web sites dedicated to end-of-life care and terminal illnesses. In addition to its links, it also has a “bookstore” linked to [amazon.com](http://amazon.com), which recommends and summarizes helpful reading material. Growth House Radio provides streaming music channels as well as educational programs.

### **Hospice Foundation of America**

[www.hospicefoundation.org](http://www.hospicefoundation.org)

This organization’s Web site has articles, reading lists, stories, and frequently asked questions on topics concerning hospice care. Also of interest are its monthly newsletter “Journeys” and a section that specifically addresses the concerns of familial care givers.

### **National Hospice and Palliative Care Organization**

Helpline: 800-658-8898

[www.nhpco.org](http://www.nhpco.org)

The NHPCO has put together a website unparalleled in its on-line resources for professionals and consumers. Its “Marketplace” section has one of the largest selections of hospice/palliative care books, videos, brochures, audio conferences on CD, and technical materials available for sale on the Internet. Marketplace Catalog 820540 has a variety of useful publications designed to assist professionals with end-of-life care issues. Available at [www.nhpco.org/marketplace](http://www.nhpco.org/marketplace). The LIVE Campaign Resources for community outreach on end-of-life care issues are available at [www.LIVEpartners.org](http://www.LIVEpartners.org).

### **Promoting Excellence in End-of-Life Care**

[www.promotingexcellence.org](http://www.promotingexcellence.org)

This site provides resources for professional health care givers. Most of the resources are actually links to other Web sites, journal articles, books, and reports, although there has clearly been a good deal of effort finding and organizing them. This is most evident in the sections on “promoting excellence tools” and “key clinical assessment and research tools,” each of which contains a large variety of forms, scales, and pamphlets.

## Annotated Print Material

### Textbooks

Ferrell, Betty R., and Nessa Coyle, eds. 2006. *Textbook of Palliative Nursing*, 2d ed. New York: Oxford University Press.

Aside from the target audience, this text is very similar to the *Oxford Textbook of Palliative Medicine* (below) in its scope, the amount of material covered, its research-based and experience-based grounding, and its arrangement. In particular, it tries to incorporate the humanity of palliative medicine: each chapter includes relevant case studies as well as an introductory quotation from a patient or family member dealing with the material covered.

Doyle, Derek, Geoffrey Hanks, and Nathan Cherny, eds. 2005. *Oxford Textbook of Palliative Medicine*, 3d ed. New York: Oxford University Press.

This textbook has become the definitive text on palliative medicine. Based on research and clinical experience, it is divided into broadly themed sections that include everything from symptom management to cultural and spiritual aspects of palliative medicine; each is divided into subsections written by contributing authors who represent expertise in their respective fields. The text is written to be universal, outlining basic principles as well as advanced techniques, and is geared specifically toward medical doctors.

Berger, Ann M., Russell K. Portenoy, and David E. Weissman, eds. 2002. *Principles and Practice of Palliative Care and Supportive Oncology*, 2d ed. Philadelphia: Lippincott, Williams, and Wilkins.

This text is similar to the two above; however, notable differences include the various perspectives brought by a list of almost entirely different contributing authors and information weighted more heavily toward palliative treatment for patients with malignant disease.

### Pocket Guides and Handbooks

Watson, Max, Caroline Lucas, and Andrew Hoy. 2005. *The Oxford Handbook of Palliative Care*. New York: Oxford University Press.

Based on the third edition of the *Oxford Textbook of Palliative Medicine*, this handbook is intended for use by doctors, nurses, and allied health professionals. To facilitate quick reference, material is often repeated at multiple points (alongside relevant material). It includes nearly 200 blank pages for personal notes, further reading suggestions, and ribbon bookmarks bound to the spine.

Storey, Porter. 2004. *Primer of Palliative Care*. Glenview, IL: American Academy of Hospice and Palliative Medicine.

Considerably more condensed than the *Oxford Handbook*, this text is also a fraction of the size and very conducive to quick use. Its target audiences are physicians in residency training, practicing physicians, and palliative care teams. Focusing primarily on pain and symptom management, it contains many tables that feature treatment and dosage suggestions.

Storey, Porter, Carol Knight, and Ronald Schonwetter. 2003. *Pocket Guide to Hospice and Palliative Medicine*. Glenview, IL: American Academy of Hospice and Palliative Medicine.

### Case Studies

Macdonald, Neil, Doreen Oneschuk, and Neil Hagen, eds. 2005. *Palliative Medicine: A Case-based Manual*, 2d ed. New York: Oxford University Press.

This up-to-date second edition features multifaceted case studies on both malignant and chronic nonmalignant illnesses. It is an excellent resource for medical students, outlining at the opening of each chapter the attitudes, skills, and knowledge that the author intends to impart. Each case features multiple open-ended questions (in some cases more than 10) that are discussed

in full by the contributing author. Most chapters also end with a small section discussing relevant future research.

Regnard, Claud, ed. 2004. *Helping the Patient with Advanced Disease*. Abingdon, UK: Radcliffe Medical Press Ltd.

This workbook contains more than 60 worksheets dealing with such topics as symptom and pain management, communication, and bereavement, among many others. Created with the idea of a “coffee update” in mind, worksheets take about 15 minutes to complete and involve a case study and information sheet, both multiple-choice and open-ended questions, and further reading suggestions. The difficulty of these worksheets ranges from introductory to advanced, and they are intended for use by health care professionals.

Storey, Porter, and Carol F. Knight. 2003. *American Academy of Hospice and Palliative Medicine Hospice/Palliative Care Training for Physicians: A Self-Study Program*. New Rochelle, NY: Mary Ann Liebert, Inc.

Eight booklets (ca. 100 pages each) comprise this series, which is meant to serve as an introductory text for physicians training in palliative care. Each booklet covers specific issues in depth (e.g., ethical and legal decision making, alleviating psychological and spiritual pain, etc.), contains a pre-test and post-test, and features clinical situations and references. The series serves as an excellent preparatory tool for the American Board of Hospice and Palliative Medicine’s written examination for certification.

Enck, Robert E. 2002. *The Medical Care of Terminally Ill Patients*, 2d ed. Baltimore: Johns Hopkins University Press.

This book provides information on pain and symptom management by reviewing clinical studies related to end-of-life care at the time of its publishing. As indicated by its title, this text looks exclusively at the different ways to manage the physiological

symptoms most often associated with terminal illnesses, leaving the spiritual and psychological aspects to others.

Heffner, John E., and Ira R. Byock. 2002. *Palliative and End-of-Life Pearls*. Philadelphia: Hanley and Belfus.

This compilation of more than 70 case studies represents contributions from prominent nurses, ethicists, religious leaders, and doctors within the palliative care community. Each patient vignette is written from the actual experiences of its author and includes a diagnosis, discussion, and summary of key points. Topics approach a wide variety of end-of-life issues, including medical treatment, spiritual care, cultural sensitivity, and communication.

## Topical Issues

### Communication

Heaven, Cathy, and Peter Maguire. 2003. “Communication Issues.” In *Psychosocial Issues in Palliative Care*, edited by Mari Lloyd-Williams, 13–34. New York: Oxford University Press.

The authors of this selection identify factors that contribute to communication breakdown in palliative care scenarios and then briefly discuss effective ways to interview, give information, and maintain acquired communication skills.

Kuhl, David. 2002. *What Dying People Want: Practical Wisdom for the End of Life*. New York: Public Affairs.

Kuhl, a palliative care physician, tells the stories of his dying patients as well as those from literature, folktales, myths, and religious traditions. In doing so he is able to explore the spiritual and psychological aspects of dying, informing the reader, whether he is terminally ill or knows someone who is dying, about ways to navigate the process of dying. An emphasis is placed on communicating as a dying patient and communication with dying patients.

Randal, Fiona, and R. S. Downie. 1999. "Giving Information." In *Palliative Care Ethics: A Companion for All Specialists*, edited by Fiona Randal and R. S. Downie, 2d ed., 128–48. New York: Oxford University Press.

Most palliative care writings on communication explore the "how to do" aspects of communicating; this chapter, from a larger work on palliative care ethics, explores the moral obligations of a physician when giving information. It asks questions such as "How much information is the physician obligated to tell?" and "Whom is the physician obligated to tell this information to?" It also looks at the moral difficulties in giving information and revisits key points in its summary.

Longaker, Christine. 1998. *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying*. New York: Double Day.

Buckman, Robert. 1993. *How to Break Bad News: A Guide for Health Care Professionals*. Baltimore: Johns Hopkins University Press.

Based on the "Breaking Bad News" course at the University of Toronto, this book was intended for the use of doctors and medical students (although it is an interesting read for any health care professional). It is one of the few books that deal exclusively with how to effectively break bad news to patients. It offers case histories, sample interviews, chapter summaries, and bolded "ground rules" throughout the text.

### **Death and Dying**

Lynn, Joanne, and Joan Harrold. 1999. *Handbook for Mortals: Guidance for People Facing Serious Illness*. New York: Oxford University Press.

This handbook is primarily written for patients with a terminal illness, although it is a worthwhile read for family members

and caregivers alike. It is essentially a "roadmap" for the dying and answers questions that concern seeking help, coping with illness, seeking medical treatment, enduring bereavement, and managing pain. Information is disseminated in a reader-friendly manner, and scattered throughout the book are valuable stories, quotations, and boxes. An issue-specific and disease-specific resource list is also available at the end of the book.

Byock, Ira. 1998. *Dying Well*. New York: Riverhead Books.

A hospice director in Missoula, Montana, Byock shares 12 stories of dying patients and their families. In this collection of his personal experiences, each of which illustrates a different aspect of personal growth, he argues that death does not have to be a journey of suffering: it is possible to "die well." The book also includes a valuable question-and-answer section in the back, as well as a brief list of resources and further reading suggestions.

Nuland, Sherwin B. 1995. *How We Die: Reflections on Life's Final Chapters*. New York: Vintage Books.

This surgeon recounts his experiences with six of the most common fatal illnesses and their devastating physical and emotional effects. In his opinion, too much of the literature dealing with death and dying romanticizes the process, ultimately causing us to be unprepared for our own deaths and for the deaths of those we love. As such, his purpose in this book is to "demythologize the process of dying" and to emphasize the importance of a profound life, something we can control, over the importance of a profound deathbed scene, something we cannot.

Kubler-Ross, Elisabeth. 1969. *On Death and Dying*. New York: Macmillan.

Written by a pioneer in the field of thanatology, this work has become one of the most well-known and widely read texts on

death and dying. It is not meant to be a textbook on caring for dying patients. It was in this book that Kubler-Ross introduced her “stages of grief” model.

### **Ethnicity and Spirituality**

Stanworth, Rachel. 2004. *Recognizing Spiritual Needs in People Who Are Dying*. New York: Oxford University Press.

This book suggests ways to spiritually care for terminally ill patients and encourage their growth. It is based on the experiences of 25 hospice patients and looks at the ways in which they express their spirituality. The “language of spirit” they use is often metaphorical and independent of religion, making this suitable for a universal audience.

Wilcock, Penelope. 1997. *Spiritual Care of Dying and Bereaved People*. Harrisburg, PA: Morehouse Publishers.

The author, a hospice chaplain and Methodist minister, writes this book as encouragement for anyone who accompanies a person through the stages of dying. Although the writing is rooted in a Judeo-Christian background, this guide offers many ways to comfort and relate to dying people and can be appreciated by any reader.

Parkes, Colin Murray, Pittue Laungani, and Bill Young. 1997. *Death and Bereavement Across Cultures*. London: Routledge.

Intended for anyone working with terminally ill patients or the bereaved, this handbook looks at the traditions and beliefs of major world religions. By discussing the context in which these beliefs were formed, how they have been affected by an increasingly globalized world, and future implications, the authors hope to foster a greater sense of understanding and support.

Irish, Donald P., Kathleen F. Lindquist, and Vivian Jenkins Nelsen, eds. 1993. *Ethnic Variations in Dying, Death, and Grief*. Washington, DC: Taylor and Francis.

This volume looks at death, dying, and grief across non-dominant ethnic communities in the United States and Canada, chronicling rituals, traditions, and teachings. It looks not only at larger groups, like Mexican Americans, but also at recent immigrant groups, like the Hmong. Each section is written by a representative of that cultural tradition and includes an illustrative episode. The book is intended for any professional working in the field of death and dying.