

IN EVERY ISSUE

Letters from Our Readers

Conquering Fear

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While I was at my doctor's office for my ongoing therapy, I picked up a copy of *CURE* from the waiting room. I am so glad I did. It is perfect material for someone going through or who has gone through cancer. As a survivor, I found a lot of useful information in several of the articles from the Fall issue, including "[Never Fear.](#)" I wish I would have come across an issue a couple years ago when I was going through chemo. I believe it would have helped me emotionally to see that I was not the only one that had certain fears about cancer and treatment.

Cindy Wilson
West Point, Georgia

Integrating Supportive Therapy

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I read your "[East Meets West](#)" article in the Fall issue with interest. After a lumpectomy and removal of all lymph nodes under my left arm, chemotherapy, and radiation, I developed lymphedema. I have been combining acupuncture and traditional treatments to treat this condition. I have had wonderful results. I have acupuncture once a month and continue a regular massage and bandaging regime at night. It's important that we consider all types of treatment when considering our options.

Nancy Rimmel
Vincennes, Indiana

Read about options for managing lymphedema in "[Downsizing Swollen Limbs.](#)"
—Editors

Caregiver Denial

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Thank you for the article "[When Patients Don't Want to Know.](#)" I have advanced breast cancer that has spread to other parts of my body. My husband of 35 years has been by my side every step of the way. The article helped me to understand that even though he cannot talk about what will come, I still have his support with just holding my hand at every doctor's visit and infusion.

Claire R.
City and state unavailable

Resist Guilt

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For the devoted caregiver, losing the object of one's labor of love can be traumatic and painful. Feeling guilty for being alive and for not having done enough are among the emotions surviving caregivers commonly feel at some point. My parents died 11 months apart. I agree with Vicki Rackner, MD, in ["The Guilt Factor"](#) from the Summer 2008 issue that guilt is a dangerous thing, but I've learned that guilt is not necessarily an inside job. In my case, guilt was imposed by others. Unfortunately, many months elapsed before I realized it. I caution caregivers to be aware of people who may try to pile on the guilt. I urge them to salute their own virtue and beware of bullies, along with the guilt they may try to impose. Strengthening one's self-esteem through support groups, fitness activities, and creative hobbies goes a long way toward keeping bullies and feelings of guilt at bay.

Susan Kross
Ellenville, New York

..... Correction

The article "[Finding Your Compass](#)" in the Fall 2008 issue incorrectly identified Oncotype DX as an FDA-approved test. Oncotype DX is regulated and certified by the Clinical Laboratory Improvement Amendment.

We love to hear what you think about *CURE*. Address comments to editor@curetoday.com. Letters may be edited for length, grammar, spelling, and clarity. If you prefer your letter not be published, please indicate.

And don't forget we are always looking for good writing from our readers. Send your stories about cancer and its impact on your life to editor@curetoday.com. Keep it to 1,000 words please.