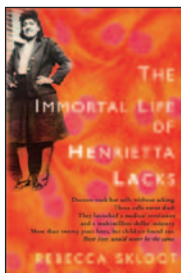


# Advanced Practitioners' Favorite Books

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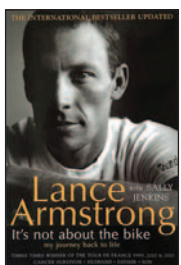
*Read any good books lately? For many of us, a good read is one of the greatest pleasures in life. In the struggle of our busy, busy lives, it's nice to sit down with a good book and enjoy a few moments of peace. For many, reading is a tool we have to refresh and educate ourselves. Here we've collected some fascinating books that you might enjoy and share with your colleagues and patients. Topics range from leadership, generational struggles, and relationship issues to cancer, cells, and cadavers. Grab one and enjoy!*



## ***The Immortal Life of Henrietta Lacks***

by Rebecca Skloot  
(Broadway, 2011)

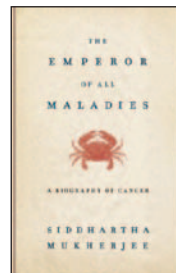
Now out in paperback, this scholarly work examines the origin of the immortal HeLa cells still used in medical research today. The HeLa cells came from Henrietta Lacks, who was diagnosed with an incredibly aggressive cervical cancer and died from the disease in 1951. These resilient cells formed the basis of many significant medical breakthroughs, starting with the cure for polio, yet the patient's family never knew the cells were originally harvested, filling them with fear and anger. The author does a masterful job of telling the remarkable story of Henrietta and her family, interwoven with the tale of the potent discovery of the unique cancer cell line that forms the basis for much of our research today.



## ***It's Not About The Bike: My Journey Back to Life***

by Lance Armstrong and Sally Jenkins  
(Berkley Trade, 2001)

Although this book was published over 10 years ago, its inspirational story is still relevant. Cancer care professionals and patients have enjoyed the story of a world-class cyclist who conquered stage IV testicular cancer against significant odds. Lance Armstrong defeated his disease and went on to win the Tour de France, but his book also discusses the medical aspects of his illness with poignancy and detail. Patients who are fighting the disease of cancer could find inspiration in this informative yet very readable story.



## ***The Emperor of All Maladies: A Biography of Cancer***

by Siddhartha Mukherjee  
(Scribner, 2011)

This incredible work was the deserved winner of the 2011 Pulitzer Prize for general nonfiction, and represents a definitive history of cancer. Although the book is a must for any professional working in the discipline of cancer care, it is so well written and interesting that the general public would enjoy both the writing and the subject matter. From the first mention of cancer in literature and history to the modern perspective of the treatment of this common illness, Dr. Mukherjee engages the reader by weaving in stories of his own patients and his feelings regarding a disease that represents a formidable enemy. The discussion of the origins of chemotherapy and the evolution of targeted therapies, which have changed the way we look at cancer, are skillful and read like a detective story. This book is highly recommended for any cancer care professional or anyone interested in the history of cancer.



## ***That Takes Ovaries! Bold Females and Their Brazen Acts***

by Rivka Solomon  
(3 Rivers Press, 2002)

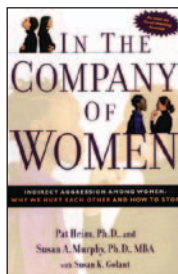
A favorite quotation of the editors is "Well-behaved women rarely make history." With this in mind, *That Takes Ovaries* is a collection of stories from women about their interesting experiences, thoughts, and actions. Women will be inspired to take charge and redefine what being a female is about. Men, too, will enjoy tales of skydiving, fighting diversity, or what it feels like to have a mastectomy. Be bold and enjoy!



**Stiff: The Curious Lives of Human Cadavers**

by Mary Roach  
(W. W. Norton & Company, 2003)

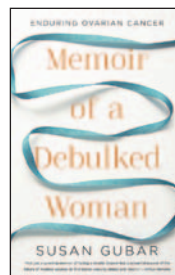
This is a humorous and easy read about the lifetimes of human cadavers and what they have contributed to the science of medicine. This book gives an appreciation for the amazing human body in a respectful, yet delightfully entertaining manner. The study of “stiffs” has contributed not only to our understanding of anatomy and physiology, but to our automobile and airline safety, forensic study, nutrition, medications, medical procedures, and much more. You will unexpectedly learn something while you are laughing at comments like “Death. It doesn’t have to be boring”!



**In the Company of Women—Indirect Aggression Among Women: Why We Hurt Each Other and How to Stop**

by Pat Heim and Susan Murphy  
(Jeremy P. Tarcher/Putnam, 2001)

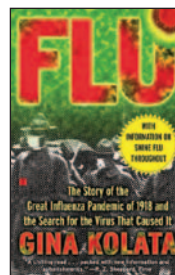
For anyone who works with women or is a woman, this book is for you! Many of us have noted that working with women may be more stressful than working with men. This book examines the relationships, indirect aggressive behaviors, self-esteem issues, and behaviors of women from childhood into adulthood. This insightful book delves into female-to-female conflict and evaluates techniques for effective management. A colleague read this book and made comments in the margin. It was passed on to a (male) physician colleague who very much enjoyed the comments and made his own in the margins as well. Then the same book was passed on to a (female) physician colleague who added her own comments! Needless to say, the other two advanced practitioners were eager to read this and added their comments as well. This is a great leadership book that gives excellent ideas on how to stop the female cycle of indirect aggression.



**Memoir of a Debulked Woman**

by Susan Gubar  
(Scribner, 2012)

This memoir of a woman diagnosed with stage IV ovarian cancer is a wonder. The author discusses the difficult diagnosis of a disease that is usually fatal and what the surgical and medical treatments meant to her. Ms. Gubar talks about her debulking procedure (describing the procedure as an “evisceration or disemboweling”) and the complications she suffered post-surgery. She speaks honestly about the side effects, including hair loss and mental changes during chemotherapy. But through all of the horrific treatments and complications she suffers, Ms. Gubar relates the details of her illness in an emotional and intimate manner. Health-care professionals will recognize the medical details as accurate; the author’s discussion of the changes in her relationships with friends and family are enlightening and searing.



**Flu: The Story of the Great Influenza Pandemic of 1918 and the Search for the Virus That Caused It**

by Gina Kolata  
(Farrar, Straus and Giroux, 1999)

A thrilling discussion of the lethal flu virus that killed 40 million people worldwide in 1918, *Flu* doesn’t disappoint. Ms. Kolata, an accomplished writer for *The New York Times*, weaves a tale of an influenza virus that caused a pandemic and ended up targeting the young and healthy population. Although we are familiar with the lethal characteristics of the black plague, AIDS, and hemorrhagic viruses, we are still somewhat unsure about the influenza virus and what the implications of an outbreak of a new lethal virus might mean in this age of instant overseas travel. Ms. Kolata discusses the science of influenza viruses and the modern-day hunt to track down the original virus DNA by examining frozen corpses of Alaskan villagers entirely wiped out by the 1918 flu virus.

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