Need to Know

At her lowest ebb, breast cancer survivor Amanda Enayati, our cover subject, discovered serenity.

September 16, 2019 By Bob Barnett

“Every day the world is teaching me what I need to know to be in the world,” writes essayist Margaret Renkl in Late Migrations: A Natural History of Love and Loss.

When you have cancer, you need to know so many new things, including the latest therapies. Fortunately, this issue features a Q&A with the president and CEO of the Damon Runyon Cancer Research Foundation, which has been behind some of the greatest advances in cancer over nearly half a century. See “Betting on a Cure."

In News and Care & Treatment, you’ll learn about a novel way to harness the common cold virus, a blood test that may detect malignancies early, a new way to treat cancer anywhere in the body, light treatment for mouth sores, cannabis for pain and the best ways to prevent lymphedema, the painful swelling that can occur after breast cancer surgery. Elsewhere in the issue, educate yourself about protecting your bones and how acupuncture eases side effects and improves quality of life.

One common “side effect” is severe financial stress. In “Cancer, Hands Off My Bank Account!” you’ll find practical ways to protect yourself and get help. “Resources” provides assistance for anyone whose child has cancer.

What we need to know, however, goes well beyond facts. Cancer can toss you down, and there’s no better way to learn how to get back up than to hear the stories of fellow survivors. At her lowest ebb, breast cancer survivor Amanda Enayati, our cover subject, discovered serenity. Gaby Kressly, who has Stage IV metastatic ovarian cancer, is still going on cruises in her 80s. Clare Reed became her own therapist, Robert Ginyard reimagined sexual intimacy after prostate surgery and Allison Ruddick discovered that for people with cancer, politics is a life-and-death issue. Avie Barron vanquished her fears with jiujitsu.

What else might you need to know? Perhaps new ways to reach out to friends and family for help. How about suggesting a gift they can give you to make life just a little easier? Check out “Gifts for All Seasons.”

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