

Quality Control: A Message From Cancer Health's Editor

Quality of life is a recurring theme in this Winter 2025 issue of Cancer Health.

December 9, 2024 By [Trent Straube](#)

While living with leukemia for over 22 years, George Valentine developed a simple metric for making decisions about his health care: “What I determined over time,” he recalls, “is it comes down to quality of life.” When his recommended treatment of regular infusions began to interfere with his personal life and career goals, he switched doctors and regimens. He now takes daily pills for his chronic lymphocytic leukemia. “You have to decide what’s important to you and what kind of life you want to live,” he advises. Turn to our [Can Heal column](#) for more of his insights.

Valentine is not alone in foregrounding quality of life in his cancer care. In fact, that’s a recurring theme in this Winter 2025 issue of Cancer Health. Regardless of how you define quality of life, a patient navigator will likely be able to assist on your cancer journey. For example, oncology navigators can improve timeliness of treatment, increase patient satisfaction, overcome barriers, reduce health disparities and even save money. [Go here](#) to learn much more— including how to find one.

Many cancer patients find that making art can reduce stress and lessen pain, says Lisa Simms Booth, the executive director of the Smith Center for Healing Arts. “People would be quite surprised at how much better they feel just by participating in creative outlets,” she explains in our [Your Team profile](#).

Ben Nathanson, who has metastatic prostate cancer, finds an unexpected sense of purpose and therapeutic relief through blogging about his experiences and sharing his knowledge, and he fosters community and friendships through advocacy. He’s profiled in our [cover story](#), which also includes insights on how intimate relationships can thrive amid cancer.

Our roundup of the latest in news, care and treatment features items on [screening for breast cancer](#), [avoiding falls](#) and [managing nausea](#). Finally, please complete our [survey](#) to let us know more about your quality of life.

