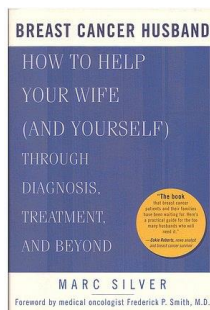




Good reads by Josie Padro

According to Statistics Canada close to one in ten caregivers is caring for a spouse. Cancer accounted for 17 percent of those cases. The following two books available in the NSCR Caregiver library deal specifically with this subject, but they also contain valuable information that is applicable to many other caregiving situations.

Breast Cancer Husband (Rodale Books, 2004) was written by Marc Silver after his wife was diagnosed with breast cancer. Mr. Silver says his main goal is to help partners with the task of supporting their spouses through all stages of the illness and treatment: “everything from what to say to a bald wife to what to do about intimacy (or lack of it).” Mr. Silver’s writing is clear and honest and often filled with humour. While the book is mean for spouses, much of the information would be helpful to anyone caring for someone with cancer or any other illness.



In *The Caregiving Wife's Guide: Caring for Your Seriously Ill Husband, Caring for Yourself* (Hunter House, 2012) author Diana B. Denholm covers a whole range of issues. She discusses managing difficult emotions, broaching difficult subjects and taking new roles and responsibilities. She stresses the importance of self-care and maintaining health connections to friends and family.

The 50 Do's and Don'ts in Chapter 9 are especially practical.

