

NEWS

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Life In *The Chemo Zone*: The Ultimate Survival Guide

MINNEAPOLIS – (Sept.10, 2011) *The Chemo Zone, Your Guide To Living and Flourishing with Chemotherapy*, is the new, 270-page definitive handbook for people who are starting a course of chemotherapy for the first time.

The book has one simple goal: to guide people safely through the process of dealing with the impact of chemotherapy on their personal lives.

For all of its wonderful benefits as a cancer-fighting tool, chemotherapy can also be profoundly disruptive on patients' lives. The Rubiettas' book equips patients to handle the changes, by letting them know what's coming – and how to best organize their lives to deal with the changes.

“Chemotherapy is a country unto itself,” says Tracy Rubietta, who co-authored *The Chemo Zone* with her mother, Linda Rubietta. “Travel in this country of chemotherapy is very disruptive – people need to know what to expect, how to prepare for this precipitous journey into the unknown with all of its foreign terminology, its unfamiliar ways, its discomfiting side effects, its dramatic and life-changing impact. *The Chemo Zone* is the ultimate guidebook for this strange and strenuous trip.”

In straightforward, easy-to-understand text, *The Chemo Zone* delineates the challenges ahead for the chemotherapy patient.

For example, the book includes sections on such topics as:

- A comprehensive, itemized list of side-effects that lets readers both identify ways that the treatment will impact their lives and cues them in on ways to ameliorate the effects to minimize disruption to their lives
- Easy-to-understand glossaries of cancer- and chemo-related terminology – a phrase-book, if you will, for translating complex medical terminology into everyday English
- 10 Easy Ways To Live With Chemo-Brain – the mind-befuzzing aspect of chemotherapy that many people find to be a near-maddening experience

- Numerous workbook-like charts – ultimately the most valuable portions of the book for many people – that people can use to write down information vital to their therapeutic progress such as data on prescribed medication, notes on blood counts and other key diagnostic tests, contact lists for medical and home-care team members, records of specific side effects and other reactions to medications, and much more. The authors recommend writing in pencil since this is information that will change over time.

The authors bring a unique perspective to the work. Linda Rubietta initially wrote much of the book while undergoing chemotherapy for cancer. Working from her own experience – she was involved in chemotherapy for three years following her initial diagnosis with Stage IV ovarian cancer – she developed the kind of guidebook that she wished she would have had before starting therapy. Linda passed away from her disease in 2010, but her daughter Tracy carried on with her mother's wishes to see the book through to publication.

Using skills honed through her decades as an award-winning advertising industry art director and illustrator, Linda broke the complex and daunting subject matter down into easily-digestible segments that even the most chemo-weary patient can understand and assimilate.

“She knew how overwhelming the chemotherapy experience could be from her own first-hand experience,” Tracy explains. “So she organized the book in short segments, so even if you're not feeling well – even if you're brain is a little scrambled from chemo – you can use it and not feel overwhelmed and exhausted.”

As an added bonus, the book contains a number of beautifully rendered, full-color reproductions of paintings that Linda – a professional artist in her own right – created over the years.

“My mom loved life, and she loved helping other people,” says Tracy. “She always wanted to give something back to the world, and this book is her answer – a tremendously warm-hearted, compassionate and above all useful resource that will be of great value to anyone who is going through the trials of chemotherapy.”

The Chemo Zone is available now for purchase online through Amazon.com, Barnes & Noble and other fine booksellers, and at www.thechemozone.com. It is also available in select bookstores in the Twin Cities.

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