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### **New Cancer Organizer Helps Patients Manage Their Medical Information**

SteppingStone Journals Releases Cancer Organizer for Patients and Caregivers

HAYMARKET, VA – (9/4/09) – Each year more than 1.4 million people are diagnosed with cancer. One of the many challenges facing cancer patients and their caregivers is how to effectively track the overwhelming amount of information related to their cancer diagnosis and treatment. To assist cancer patients with the day-to-day management of their illness, SteppingStone Journals has recently published *My Personal Journey Through Cancer*. Created with input from cancer survivors, medical providers, and devoted caretakers, this 100 page cancer organizer contains easy-to-use charts, forms and logs to record and monitor vital medical information from cancer diagnosis through treatment and recovery.

SteppingStone Journals' Susan Thornberg, a cancer survivor and caregiver herself, developed the prototype for *My Personal Journey Through Cancer* while caring for her mother who was diagnosed with lung cancer. "I wanted to create a guide that would keep track of my mother's medical information and her daily well being. The peace of mind of having her medical information in one readily accessible place was such a relief for my mother and those caring for her." Thornberg witnessed first-hand the value of the organizer when her mother suddenly became ill one morning. When the emergency response team arrived, Thornberg was able to answer the paramedics questions and provide a detailed medical history by referring to the entries in her cancer organizer.

Patients and their caregivers are encouraged to bring this comprehensive cancer notebook with them to doctor appointments, radiology and chemotherapy treatments, hospital visits, trips to the pharmacy, etc. Sections of the notebook include:

- Medical history, including drug allergies
- Insurance information
- Medical appointments
- Lab results
- Questions for medical providers
- Treatments, tests and procedures
- Symptoms and possible related causes
- Medical and personal contact information
- Important reminders and to-do lists

SteppingStone Journals is currently offering a free copy of the SteppingStone Journals Reflections Diary for anyone placing an order. *My Personal Journey Through Cancer* is now available through the SteppingStone Journals website at [www.steppingstonejournals.com](http://www.steppingstonejournals.com).

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*For more information about the SteppingStone Journals cancer organizer or to schedule an interview or speaking engagement please contact Susan Thornberg directly at (703) 346-4561 or via e-mail at [sthornberg@steppingstonejournals.com](mailto:sthornberg@steppingstonejournals.com).*