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Contact:

Michelle Pollak

(202) 255-8563

michelle@thewellnesscommunity.org

Kim Thiboldeaux Highlights *The Total Cancer Wellness Guide* on Dr. Mehmet Oz's Oprah & Friends Radio Show

Dr. Oz talks to The Wellness Community's CEO about Cancer Survivorship

WASHINGTON, D.C. – October 18, 2007 – Kim Thiboldeaux, president and CEO of The Wellness Community and co-author of *The Total Cancer Wellness Guide*, appeared on Dr. Mehmet Oz's show on Friday, September 21, 2007 to talk about the new book, *The Wellness Community*, and what the future holds for cancer survivorship care. The interview aired four times on XM Satellite Channel 156. It can be found at http://www2.oprah.com/xm/moz/200709/moz_20070921.jhtml.

Throughout the interview, Thiboldeaux sheds light on the importance of psychosocial care in the continuum of cancer treatment. She emphasizes its significance for the cancer patient and also the caregiver, saying that, "A lot of the research shows that the caregivers suffer potentially the same amount of emotional distress, anxiety and depression as the patient. Yet I think we as a society don't take this into account or have an infrastructure in place to deal with it." Thiboldeaux then explains that those who visit The Wellness Community are called participants rather than patients because cancer is a family disease. Everyone is affected.

Thiboldeaux describes *The Total Cancer Wellness Guide* as a "soup to nuts" piece that is "relevant for anybody, at any point, in the cancer continuum." The book uses evidence-based research to guide its readers in making treatment decisions, examining clinical trials and understanding the importance of them, managing side-effects and social, financial and emotional issues.

"I was thrilled to be a guest on Dr. Oz's show and tell listeners about the support, education and hope we have provided to cancer patients and their loved ones for the past 25 years," said Thiboldeaux, president and CEO. "The opportunity to sit down with Dr. Oz helps us to reach many more affected by cancer and point them toward valuable resources that will help them live better, more productive lives."

The Total Cancer Wellness Guide highlights true stories of inspiration and hope from cancer patients and caregivers around the country, and includes tips, evidence-based research, treatment, and support information. This guide compassionately addresses physical, emotional, social, and practical needs to prepare readers for a wellness regimen that can be incorporated into daily life. It also helps people with cancer and their loved ones stay focused on healing through strength and empowerment. Dr. Oz wrote the foreword to the book.



The *Total Cancer Wellness Guide* is available through Ben Bella Books at www.totalcancerwellnessguide.com and www.amazon.com.

ABOUT THE AUTHORS

Kim Thiboldeaux is the President and CEO of The Wellness Community, an international non-profit organization dedicated to providing free support and education and hope for all people affected by cancer. Kim serves as a founding board member of the Education Network to Advance Cancer Clinical Trials and is a member of the National Advisory Board of the American Psychosocial Oncology Society. Kim speaks internationally on the importance of social and emotional support for cancer patients and their families.

Mitch Golant, PhD, is a health psychologist and the Vice President of Research & Development for The Wellness Community. From 2002-2006, he served on the board of Directors for the American Psychosocial Oncology Society. He is also the contributing editor to the *Essentials of Psychosocial Oncology Handbook* (2006) and the author of six books including *What To Do When Someone You Love Is Depressed* (Holt).

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ABOUT THE WELLNESS COMMUNITY

Celebrating its 25th anniversary in June 2007, The Wellness Community is an international non-profit organization dedicated to providing free-support, education and hope to people with cancer and their loved ones. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease. Today, there are 22 Wellness Communities around the United States plus 56 satellite and off-site programs, two centers in Tel Aviv and Tokyo, five centers in development, and online at The Virtual Wellness Community. For more information, visit www.thewellnesscommunity.org