

Welcome to the project

My name is Dr. Kerry Forrestal and I want to thank you for agreeing to take a look at this project.

Why the "Warrior Stance?" (Our working title)

Because a diagnosis of Cancer is not a death sentence, but rather a fight. And if you are going to win that fight, you have to assume a "Warrior Stance". Get ready to fight. You CAN fight and the likelihood is that, with today's medicine, you will win.

Why this book?

Since starting as a physician I have had to give the news to patients they have a finding concerning for cancer. The reactions have been as varied as people themselves, tears, anger, fear, disbelief, but a common thread that I have found is "Now what?" As an Emergency Room Physician, I can get patients set up for the next appointment, answer what few questions people can think to ask through the haze of disbelief and then they leave the department. I've encouraged every patient I've given that news to call me back with any question. To date none ever have. Yet in talking to people actively engaged in the fight, there are huge numbers of questions that go unanswered. In this storm of fear, hope, and uncertainty patients have to make potentially life changing decisions.

Oncologists and allied providers including your own family physician make every effort to answer questions, but time is limited. Questions get forgotten, Answers are misunderstood and new issues arise all the time. The internet is a mixed blessing with access to hordes of information, but not all of it is sound advice and scams abound.

It is **not** my intention(Nor could I hope to) to replace your provider's advice or role. In fact outside of answering definitional, educational and resource questions, my ability to advise you on your disease process will be quite limited. I will not be able to tell you "What to do" In this process I am an observer.

So what's in it for you?

- 1) You will have the opportunity share your story.
- 2) You will help others who will follow.
- 3) Together we may just improve some facet of cancer care.

What will be requested of you?

A commitment to a web based update of a private online journal at least once a week, or have family do it for you if you don't feel up to it. Our initial time course will be for a period of one year. Some will want to journal more often than weekly and certainly after significant events. As a minimum, please consider once per week.

I mentioned "family" (The people who go through this with you) and their voices are important too. Should they want to, and if YOU approve, they will be given an account to journal their thoughts as well.

Should things not go as planned, we intend to follow that process as well. The reality of this is that some portion of our contributors will not be successful in their fight and that's important for people to know about as well. We will find our way on this one.

Obviously this is not a contractual agreement. No money changes hands and your desire to share is the defining factor. If you drop away from the project no body will harass you or your family, simply send a note bowing out. In agreeing to do this though and for it to benefit others in the future, our stories must be as complete as possible. So please commit only if you will see it through come what may.

There will be a collective as well. Your fellow contributors are people you may get to know fairly well over the year. You will have the option to keep your membership and all of your entries private (Meaning you and the project team are the only ones who can read the entry), or make all public (To the entire group). In no instance do we foresee an open internet posting at this time.

You may never post another contributor's internally public post to the open internet, even anonymously.

We would ask that you not post material of your own that you contribute on the project site to the open internet. Also, please try to ensure that your family members are comfortable with this process and understand your wishes for publication.

"But I don't express myself well"

If you aren't a writer or are worried about how you'll come across, our Editor, Elizabeth Haydon, has agreed to look over the journals and "Proof" them without changing content. You'll see a copy of the journal corrected, IF you wish to have it edited at all. You can accept or reject changes as you please. These are your words, and the editorial services are strictly yours to use if you like.

Things we can't do

1) Medical Advice

I can not provide medical advice on what treatments you should take. I hope to be able to answer questions and educate if there are things you are confronted with that were not adequately explained.

As this project progresses, we have established a discussion forum. You are welcome to discuss any topic you like with the other contributors, however any advice you elect to take is not certified, endorsed or sanctioned by the project.

Your decisions about healthcare should be undertaken in the real world with your primary care and oncology team based on scientifically based medicine.

2) I can not endorse alternate therapies.

Simply stated, I've never seen a credible peer reviewed study that demonstrates that any of these work. Our focus is on your journey and your fight. If you elect to use alternate therapies you may chronicle that.

To be up front about it, I have seen these "Secret" remedies steal valuable time from patients and drain family resources.

3) Financial Compensation

This is a volunteer effort on your part. You are under no obligation outside of your commitment to the idea of helping others by sharing your journey. There is not a corporation backing the effort, this is a solitary individual with the help of some (Much more) talented friends, trying to address a need.

4) Participate in legal dealings

Should any legal issues arise from your treatment with your chosen provider, I do not have the background or expertise to provide testimony.

NEXT STEP

The next step is to sign the consents and releases to receive your login. Once on, take a look around. It will be a minimal effort as things start out, but that is what the ground floor often looks like. We will build.

Once you are acquainted with the site, open your specific blog, select a name for yourself to publish under and start writing.

Introduce yourself on the discussion forum. While this is a contained site with a small number of people, all the rules of the internet still apply. Forum guidelines should be read as well.

About the Author

Dr. Kerry Forrestal MD/MBA FACEP

Started in EMS at age 16 (1979)

Graduated State University of New York at Binghamton BS Biology and Psychology
1986

Graduated State University of New York at Binghamton Master in Business
Administration-1992

Medical School State University of New York at Stony Brook Graduated 2001

Residency in Emergency Medicine Thomas Jefferson University Graduated 2004

Emergency Medicine Physician 2004- Present

Medical Missions to Haiti 2005, 6 and 10

Eisenhower Institute representative to China with the Emergency Medicine Delegation
2011

Granted Fellow status in the American College of Emergency Physicians 2014

Appointed ACEP ambassador to Ireland 2014

Co-author of Club Hell- a 2 act play and the Cataclysm Series (Pending publication)

Married, father of two.

About the Editor

Elizabeth Haydon

Author of the Rhapsody and Ven Polyphem series

Editor on

"Daughter of Destiny" Benizar Bhutto's autobiography.

"It's Always Something" Gilda Rander's book on her fight with Ovarian Cancer.

Erica Jong, Martha Stewart, Arnold Swarzenegger, Isaac Asimov to name a few

How do I proceed?