

Menorca

All inclusive from just £339
Save up to £650 per couple!

WOW! This is a fantastic offer - a 4 Diamond rated all-inclusive property from just £339; it also has great savings to match! One definitely not to be missed so book your place now!

Menorca is a great holiday destination, with an informal atmosphere designed to let you really get-away-from-it-all! This island has more beaches than all the other Balearic Islands put together - great for soaking up the sun on the golden sand!

The resort of Ciudadela has a picturesque harbourside with plenty of historic and beautiful sights. A great base for sightseeing it also has access to lovely sandy coves and a good selection of shops, restaurants and nightspots.

The 4 Diamond Hotel Esmeralda (all-inclusive) basks in the sunshine right beside the waterfront just 750m from Playa Grande beach and 1km from the resort centre. The hotel also offers a free shuttle bus to Cala'n Bosch Beach, which is further away. Facilities include buffet style restaurants (gentlemen to wear long trousers in evenings), seawater swimming pool, free sunbeds, TV in bar, pool bar serving snacks, games area with outdoor pool table and an entertainment programme. Official rating is 4 Star. This property is featured in the Cosmos Spain Brochure.

Rooms have satellite TV (news and sport), safety deposit box, bath with hand held shower and WC, air conditioning and a balcony or terrace.

Departures - Birmingham	WAS	NOW	SAVE
5th May	£664	£339	£325
12th May	£664	£359	£305
19th May	£694	£369	£325
9th June	£694	£399	£295
16th June	£694	£399	£295

Departures available from London Gatwick at NO supplement and from Manchester at £10 per person supplement.

Offer expires 22nd February. Prices are per person based on 2 adults sharing and include flights, fuel supplements, transfers, and accommodation as described for 7 nights. Local facility charges may apply. Express Travelshop act as agents for ATOL 2275.

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THE PATIENT FROM HELL

If I were the mythical average patient I would be dead by now, but I am diagnostically cancer-free. I do not believe that to be just good fortune.

Most of us facing a life-threatening disease suffer from fear, anxiety and helplessness after hearing the diagnosis. Many also feel powerless in the face of the medical establishment.

I wrote my book to help patients and their advocates overcome some of their fears and traumas. In it I explain my cancer experiences and tell how my attempts at partnering with doctors to pursue individualised treatments led to new therapies that eventually worked for me.

I strongly encourage patients who are so inclined to get involved in the decisions made about their diseases and I demonstrate ways of doing so.

The lessons the book provides are applicable to all "dread diseases". I do not attempt to give medical advice. I am a climate scientist, not a medical doctor. But the book does provide examples of the kinds of questions people should ask their physicians.

I was diagnosed with mantle cell lymphoma (MCL) in 2001. It is a rare type of non-Hodgkin's lymphoma in which a person's B cells in the lymphatic system are infected with cancer. It is an aggressive cancer for which no standard cure is available. Also, there is little evidence about which treatments work.

I quickly realised that much of what we would be doing would be based on the experiences of

Academic Stephen Schneider became a doctor's worst nightmare when he was diagnosed with a rare cancer and felt his treatment to be sorely lacking. In a new book he tells his extraordinary story

my doctors and on my and my wife's studies of my disease.

After patients are diagnosed, they learn two facts: that no doctor has all the answers and that there are rarely definitive answers, only odds. Think of it as a roulette wheel of life - it has slots with really good outcomes and slots with terrible outcomes. As we have no control over where the ball lands, our job is to make the bad slots narrower and the good ones fatter. It won't just happen by trusting to fate.

The single blood test is just one of the many examples in medicine of a procedure that is outdated, inaccurate or inconclusive. It is based mainly on cost considerations, which can limit the amount of potentially useful information available and ultimately result in poorer care for patients.

Despite wanting to be an active participant in treating my cancer, the out-of-body experience I'd had when being told my full diagnosis and treatment reminded me that when dealing with a dread disease, an advocate is essential. Having my wife Terry - a biology professor at the University of Michigan - by my side was valuable in itself, as it allowed us to make better decisions about treatment.

Despite having learned

from the internet that chemotherapy is unpleasant at best, mine actually started out well. After three sets of the treatment I heard the news that I was in full remission but there were still cancer cells hiding somewhere.

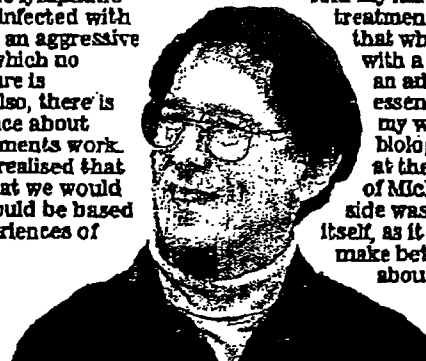
It had proved difficult to pin down my consultant Sandra Horning, one of the best clinicians in Stanford Hospital, to a meeting where we could discuss the possible outcomes of decisions about my treatment.

Eventually, when we managed to sit down with her, I was no longer in denial about needing a bone marrow transplant and radiation treatment.

WHEN dealing with a dread disease, it is important for the patient to choose their battles carefully. If something comes up that could dramatically affect your outcome (as the possibility of not being able to get radiation therapy did for me), then it is well worth a fight.

It's possible that your doctors, who are highly intelligent but sometimes get stuck in routines, will see things your way, or they may give you good arguments as to why you are wrong.

Sometimes common sense may be the best medicine. Your doctors do want what's best for you but, as you might have guessed, you can't assume their systems are flawless.



TOUGH:
 Stephen Schneider

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