



“The WriteTrack”

Personal Health Tracker helps thousands cope with cancer

Like thousands of others in the United States, University of Wisconsin pharmacy professor Joe Wiederholt was diagnosed with colon cancer in 1994 when he was just 45 years old. Throughout his illness, Joe kept a journal to track his symptoms and side effects, as well as medications and other treatments. Joe's journal and his passion for teaching and helping others become full partners in their cancer care led to the creation of the first cancer tracker and planner, *The WriteTrack*. Originally published as a hardcover book in 1997, to date, over 150,000 copies in three versions have been printed and distributed to cancer patients throughout the country.

Joe succumbed to his disease in 2001. Wishing to continue her late husband's legacy, as well as to provide a proven and highly acclaimed tool for patients, families, and cancer care professionals, oncology nurse Peggy Wiederholt recently released the revised edition of *The WriteTrack* through Wiederholt Group, Inc. The new tracker offers guidance and support, and includes tracking calendars, information about cancer resources, inspirational quotes, and helpful suggestions made by cancer patients and health care providers who have used previous editions.

The WriteTrack Personal Health Tracker for Cancer Patients by Joe Wiederholt with Peggy Wiederholt is available through www.thewritetrack.net for \$14.95.