

Recommended reading list from your health sciences library September 2020



In the news

"Nearly Half of Dementia Cases Could Be Prevented or Delayed"

brief at this [link](#)

(JAMA September 15, 2020)

Full report at this [link](#)

(The Lancet August 8, 2020)

Aphasia

1. Corallo F, De Cola MC, Lo Buono V, Cammaroto S, Marra A, Manuli A, Calabro RS. **Recovery of severe aphasia after cranioplasty: considerations on a case study.** Rehab Nurs 2020;45(4):238-242 [abstract](#)

Caregivers

2. Cheung DST, Tiwari A, Yeung WF, Yu DSF, Pui MK, Chau PH, et al. **Self-administered acupressure for caregivers of older family members: a randomized controlled trial.** J Am Geriatr Soc 2020;68(6):1193-1201 [abstract](#)
3. Ghosh S, Choi WY, Williams A, Duggleby W, Ploeg J, Markle-Reid M, Peacock S. **Burden on caregivers of adults with multiple chronic conditions: intersectionality of age, gender, education level, employment status, and impact on social life.** Can J Ag 2020;39(3):456-467 [abstract](#)

Climate and our environment

4. Salas RN, Shultz JM, Solomon CG. **The climate crisis and COVID-19.** New Eng J Med September 10, 2020;383(11):epub ahead of print [link](#)

Clinical practice

5. Hanrahan K, Utech J, Cullen L, Tucker SJ, Gallagher-Ford L. **Implementing and sustaining change: implementing improved central line flushing practices.** m J Nurs 2020;120(8):66-70 [abstract](#)
6. Pradhan S, Tandon R. **PSP-FTD complex: a possible variant of PSP.** Am J Alzheimer's Dis Oth Dem 2020;35:online [abstract](#)

Communication

7. Koeberle S, Tannou T, Bouiller K, Becoulet N, Outrey J, Chirouze C, Aubry R. **COVID-19 outbreak: organisation of a geriatric assessment and coordination unit. a French example.** Age Ageing 2020;49(4):516-522 [abstract](#)
8. Meyer C, Hickson L. **Evidence Based Practice Guideline: Nursing management of hearing impairment in nursing facility residents.** J Geront Nurs 2020;46(7):15-25 [abstract](#)
9. Tomlinson J, Cheong VL, Fylan B, Silcock J, Smith H, Karban K, Blenkinsopp A. **Successful care transitions for older people: a systematic review and meta-analysis of the effects of interventions that support medication continuity.** Age Ageing 2020;49(4):558-569 [abstract](#)

Community care

10. Falvey JR, Krafft C, Kornetti D. **The essential role of home and community based physical therapists during the COVID-19 pandemic.** Phys Ther 2020;100(7):1058-1061 no abstract
11. Smith JM, Lee AC, Zeleznik H, Coffey Scott JP, Fatima A, Needham DM, Ohtak PJ. **Home and community-based physical therapist management of adults with post-intensive care syndrome.** Phys Ther 2020;100(7):1062-1073 [abstract](#)

COVID-19 new research and perspective

12. Bahl P, da Silva C, Bhattacharjee S, Stone H, Doolan C, Chughtai AA, MacIntyre CR. **Droplets and aerosols generated by singing and the risk of COVID-19 for choirs.** Clin Infect Dis September 18, 2020; Epub ahead of print [abstract](#)
13. Benbow W. **Engineering controls for long term care facilities to prevent and manage infectious diseases such as COVID-19.** Can Nurs Home 2020;31(2):4-13 no abstract
14. Cascella M, Rajnik M, Cuomo A, Dulebohn SC, Di Napoli R. **Features, evaluation, and treatment of coronavirus (COVID-19).** StatPearls Publishing; August 2020; epub ahead of print [abstract](#)
15. Coccia M. **The effects of atmospheric stability with low wind speed and of air pollution on the accelerated transmission dynamics of COVID-19.** Int J Environ Stud September 15, 2020; epub ahead of print [link](#)
16. Farrell TW, Ferrante LE, Brown T, Francis L, Widera E, Rhodes R, et al. **AGS position statement: resource allocation strategies and age-related considerations in the COVID-19 era and beyond.** J Am Geriatr Soc 2020;68(6):1136-1142 [full text](#)
17. Fennelly KP. **Particle sizes of infectious aerosols: implications for infection control.** Lancet Respir Med September 2020;8(9):914-924 [abstract](#)
18. Gandhi M, Rutherford GW. **Facial masking for Covid-19 — potential for “variolation” as we await a vaccine.** New Eng J Med September 2020; epub ahead of print [link](#)

19. Haddow AD, Watt TR, Bloomfield HA, Shamblin JD, Dyer DN, Harbourt DE. **Stability of SARS-CoV-2 on produce following a low-dose aerosol exposure.** Am J Trop Med Hyg 2020; epub ahead of print [abstract](#)
20. Jayaweera M, Pererab H, Gunawardana B, Manatungea J. **Transmission of COVID-19 virus by droplets and aerosols: a critical review on the unresolved dichotomy.** Environ Res September 2020; epub ahead of print [abstract](#)
21. Kim G, Wang M, Pan H, Davidson GH, Roxby AC, Neukirch J, et al. **A health system response to COVID-19 in long term care and post acute care: a three phase approach.** J Am Geriatr Soc 2020;68(6):1155-1161 [abstract and link](#)
22. Meisner BA, Boscart V, Gaudreau P, Stolee P, Ebert P, Heyer M, Kadowski L, Kelly C, Levasseur M, Massie AS, Menec V, Middleton L, Taucar LS, Thornton WL, Tong C, van den Hoonaard DK, Wilson K. **Interdisciplinary and collaborative approaches needed to determine impact of COVID-19 on older adults and aging: CAG/ACG and CJA/RCV Joint Statement.** Can J Ag 2020;39(3):333-343 [abstract](#)
23. Meyerowitz EA, Richterman A, Gandhi RT, Sax PE. **Transmission of SARS-CoV-2: a review of viral, host, and environmental factors.** Ann Intern Med September 17, 2020; epub ahead of print [abstract](#)
24. Morawska L, Milton DK. **It is time to address airborne transmission of coronavirus disease 2019 (COVID-19).** Clin Infect Dis 2020; epub ahead of print [link](#)
25. Mukhra R, Krishan K, Kanchan T. **Possible modes of transmission of novel coronavirus SARS-CoV-2: a review.** Acta Biomed September 7, 2020; epub ahead of print [abstract](#)
26. Rubin E, Baden L, Morrissey S. **Operation Warp Speed and COVID-19.** New Eng J Med 2020;383(9):e79 audio interview [link](#)
27. Sofer D. **The unanticipated effects of COVID-19.** Am J Nurs 2020;120(8):12 no abstract
28. Sommerstein R, Fux CA, Vuichard-Gysin D, Abbas M, Marschall J, Balmelli C, et al. **Risk of SARS-CoV-2 transmission by aerosols, the rational use of masks, and protection of healthcare workers from COVID-19.** Antimicrob Resist Infect Control 2020; epub ahead of print [abstract](#)
29. Tsilingiris D, Papatheodoridi M, Kapelios CJ. **Providing evidence on the ongoing health care workers' mask debate.** Intern Emerg Med 2020;15(5):773-777 [abstract](#)
30. Wilson NM, Norton A, Young FP, Collins DW. **Airborne transmission of severe acute respiratory syndrome coronavirus-2 to healthcare workers: a narrative review.** Anaesthesia 2020;75(8):1086-1095 [abstract](#)
31. Wister A, Speechley M. **COVID-19: Pandemic risk, resilience and possibilities for aging research.** Can J Ag 2020;39(3):344-347 [abstract](#)

Dementia, care delivery and quality of life

32. Barros D, Borges-Machado F, Ribeiro O, Carvalho J. **Dementia and COVID-19: the ones not to be forgotten.** Am J Alzheimer's Dis Oth Dem 2020;35:online no abstract
33. Chu CH, Puts M, Brooks D, Parry M, McGilton KS. **A feasibility study of a multifaceted walking intervention to maintain the functional mobility, activities of daily living and quality of life of nursing home residents with dementia.** Rehab Nurs 2020;45(4):204-217 [abstract](#)
34. O'Rourke HM, Fraser KD, Duggleby W. **Differential association of aggression with sadness for people with moderate and severe dementia.** Am J Alzheimer's Dis Oth Dem 2020;35:online [abstract](#)
35. Reilly ST, Harding AJE, Morbey H, Ahmed F, Williamson PR, Swarbrick C, Leroi I, Davies L, Reeves D, Holland F, Hann M, Keady J. **What is important to people with dementia living at home? A set of core outcome items for use in the evaluation of non-pharmacological community-based health and social care interventions.** Age Ageing 2020;49(4):664-671 no abstract

Dementia prevention

36. Dhana K, Evans DA, Rajan KB, Bennett DA, Morris MC. **Healthy lifestyle and the risk of Alzheimer dementia: findings from 2 longitudinal studies.** Neurol 2020;95(4):e374-e383 [abstract](#)
37. Gupta S, Nair A, Jhawar V, Mustaq N, Sharma A, Dhanawat M, Khan SA. **Unwinding complexities of diabetic Alzheimer by potent novel molecules.** Am J Alzheimer's Dis Oth Dem 2020;35:online [abstract](#)
38. Livingston G, Huntley J, Sommerlad A, Ames D, Ballard C, Banerjee S, Brayne C, Burns A, Cohen-Mansfield J, Cooper C, Costafreda SG, Dias A, Fox N, Gitlin LN, Howard R, Kales HC, Kivimäki M, Larson EB, Ogunniyi A, Orgeta V, Ritchie K, Rockwood K, Sampson EL, Samus Q, Schneider LS, Selbæk G, Teri L, Mukadam N. **Dementia prevention, intervention, and care: 2020 report of the Lancet Commission.** The Lancet 2020;396(10248):413-443 [full text](#)

Design and older age

39. Benbow W. **Care Villages.** Can Nurs Home 2019;30(4)12-24 [abstract](#)
40. Center for Health Design **Behavioral and mental health toolbox.** 2020 [link](#)

Elder abuse and neglect

41. Han SD, Mosqueda L. **Elder abuse in the COVID-19 era.** J Am Geriatr Soc 2020;68(7):1386-1387 no abstract

End of life care

42. Freytag J, Street RL, Barnes DE, Shi Y, Volow AM, Shim JK, et al. **Empowering older adults to discuss advance care planning during clinical visits: the PREPARE randomized trial.** J Am Geriatr Soc 2020;68(6):1210-1217 [abstract](#)

43. Hanson LC. **We will all be changed: palliative care transformation in the time of COVID-19.** J Pall Med 2020;23(9):1145-1146 no abstract
44. Julian MK. **Skin failure in patients with a terminal illness.** Nurs Made Incred Easy 2020;18(4):28-35 [abstract](#)
45. Washington KT, Demiris G, Oliver DP, Backonja U, Norfleet M, Han CJ, Popescu M. **ENVISION: a tool to improve communication in hospice inter- disciplinary team meetings.** J Geront Nurs 2020;46(7):9-14 [abstract](#)

Ethics

46. Bazerman MH. **A new model for ethical leadership.** Harv Bus Rev 2020;98(5):90-97 [abstract](#)
47. Farrell TW, Francis L, Brown T, Ferrante LE, Widera E, Rhodes R, et al. **Rationing limited healthcare resources in the COVID-19 era and beyond: ethical considerations regarding older adults.** J Am Geriatr Soc 2020;68(6):1145-1149 [full text](#)
48. Taylor EJ. **During the COVID-19 pandemic, should nurses offer to pray with patients?** Nursing 2020;50(7):42-46 [abstract](#)

Frailty, physical activity and fall prevention

49. Briggs R, Donoghue OA, Carey D, O'Connell MDL, Newman L, Kenny RA. **What is the relationship between orthostatic blood pressure and spatiotemporal gait in later life?** J Am Geriatr Soc 2020;68(6):1286-1292 [abstract](#)
50. Hart LA, Phelan EA, Yi JY, Marcum ZA, Gray SL. **Use of fall risk-increasing drugs around a fall related injury in older adults: a systematic review.** J Am Geriatr Soc 2020;68(6):1334-1343 [abstract](#)
51. Kurita S, Doi T, Tsutsumimoto K, Nakakubo S, Kim M, Ishii H, Shimada H. **Association of physical activity and cognitive activity with disability: a 2-year prospective cohort study.** Phys Ther 2020;100(8):1289-1295 [abstract](#)
52. Ocker SA, Barton SA, Bollinger N, Leaver CA, Britner S, Harne-Heuston MM. **Preventing falls among behavioral health patients.** Am J Nurs 2020;120 (7):61-68 [abstract](#)
53. Radecki B, Keen A, Miller J, McClure JK, Kane A. **Innovating fall safety: engaging patients as experts.** J Nurs Care Qual 2020;35(3):220-226 [abstract](#)
54. Thillainadesan J, Scott IA, Le Couteur DG. **Frailty, a multisystem ageing syndrome.** Age Ageing 2020;49(5):758-763 [abstract](#)
55. Zamudio-Rodríguez A, Letenneur L, Féart C, Avila-Funes JA, Amieva H, Pérès K. **The disability process: is there a place for frailty?** Age Ageing 2020;49 (5):764-770 [abstract](#)

Isolation and loneliness

56. Gardiner C, Laud P, Heaton T, Gott M. **What is the prevalence of loneliness amongst older people living in residential and nursing care homes? A systematic review and meta-analysis.** Age Ageing 2020;49(5):748-757 [abstract](#)

57. Harvey K, Griffin M. **Exercise instructors for older adult fitness: a review of the literature.** Can J Ag 2020;39(3):373-384 [abstract](#)
58. Lamanna M, Klinger CA, Liu A, Mirza RM. **The association between public transportation and social isolation in older adults: a scoping review of the literature.** Can J Ag 2020;39(3):393-405 [abstract](#)
59. Pupilampu V, Matthews E, Pupilampu G, Gross M, Pathak S, Peters S. **The impact of cohousing on older adults' quality of life.** Can J Ag 2020;39(3):406-420 [abstract](#)
60. Yang R, Wang H, Edelman LS, Tracy EL, Demiris G, Sward KA, Donaldson GW. **Loneliness as a mediator of the impact of social isolation on cognitive functioning of Chinese older adults.** Age Ageing 2020;49(4):599-604 [abstract](#)

Living longer, living well

61. Lurie E, Nathwani M, Slater M, Pascoal E, Chadwick S, Cmorejova J, Guiang C. **Aging and sexual health: a cross-sectional survey of patients in a Canadian urban academic family health team.** Can J Ag 2020;39(3):365-372 [abstract](#)
62. Nliu S, Lim F. **The effects of smoking on bone health and healing.** Am J Nur 2020;120(7):40-46 [abstract](#)
63. Robinson EL, Park G, Skubic M, Rantz M. **Technology for healthy independent living: creating a tailored in-home sensor system for older adults and family caregivers.** J Geront Nurs 2020;46(7):35-40 [abstract](#)

Long term care or home and community care

64. Compton RM, Owilli AO, Caine V, Berendonk C, Jouan-Tapp D, Sommerfeldt S, McPhee DJ, Walz D. **Home First: exploring the impact of community-based home care for older adults and their family caregivers.** Can J Ag 2020;39(3):432-442 [abstract](#)
65. Ng R, Lane N, Tanuseputro P, Mojaverian N, Talarico R, Wadchis WP, Bronskill SP, Hsu AT. **Increasing complexity of new nursing home residents in Ontario, Canada: a serial cross-sectional study.** J Am Geriatr Soc 2020;68(6):1293-1300 [abstract](#)

Medication management and patient safety

66. Brandt N, Chou J. **Optimizing medication management during the COVID-19 pandemic: it takes a village.** J Geront Nurs 2020;46(7):3-8 [abstract](#)
67. Corrado J, Jackson O, Baxandall D, Robson J, Duggan-Carter P, Throssell J, Westgarth T, Chhokar G, Alty J, Cracknell A. **Get Parkinson's medications on time: the Leeds QI project.** Age Ageing 2020;49(5):865-872 [abstract](#)
68. Claire Murphy^{1,2}, Adam H. Dyer^{1,2}, Brian Lawlor^{2,3}, Sean P. Kennelly^{1,2}, for the NILVAD Study Group. **Potentially inappropriate medication use in older adults with mild-moderate Alzheimer's disease: prevalence and associations with adverse events.** Age Ageing 2020;49(4):580-587 [abstract](#)

69. O'Mahony D, Gudmundsson A, Soiza RL, Petrovic M, Cruz-Jentoft AJ, et al. **Prevention of adverse drug reactions in hospitalized older patients with multi-morbidity and polypharmacy: the SENATOR* randomized controlled clinical trial.** Age Ageing 2020;49(4):605-614 [abstract](#)
70. Tamblyn R, Bates DW, Buckeridge DL, Dixon WG, Girard N, Haas JS, et al. **Multinational investigation of fracture risk with antidepressant use by class, drug and indication.** J Am Geriatr Soc 2020;68(7):1494-1503 [abstract](#)

Mental health and addictions

71. Azulai A, Walsh C. **How do regulated nurse professionals in Alberta assess geriatric depression in residential care facilities?** Can J Ag 2020;39(3):468-484 [abstract](#)
72. Chan JYC, Chan TK, Kwok TCY, Wong SYS, Lee ATC, Tsoi KKF. **Cognitive training interventions and depression in mild cognitive impairment and dementia: a systematic review and meta-analysis of randomized controlled trials.** Age Ageing 2020;49(5):738-737 [abstract](#)
73. Patterson M, Williams-Jones P, Lewis TP. **Consequences of the vaping epidemic on adolescents.** Nursing 2020;50(7):30-38 [abstract](#)
74. Perkins A. **Yoga for patient health: uniting body, mind and spirit.** Nurs Made Incred Easy 2020;18(4):6-9 [abstract](#)
75. Perkins A. **Vaping related lung injury.** Nurs Made Incred Easy 2020;18(4):36-43
no abstract

Nutrition, gut and oral health

76. Cox NJ, Morrison L, Ibrahim K, Robinson S, Sayer AA, Roberts HC. **New horizons in appetite and the anorexia of ageing.** Age Ageing 2020;49(4):526-534 [abstract](#)
77. Jyvakorpi SK, Urtamo A, Strandberg TE. **Dietary fat composition and frailty in oldest-old men.** J Am Geriatr Soc 2020;68(6):1346-1350 no abstract
78. Kang J, Wu B, Bunce N, Ide M, Aggarwal VR, Pavitt S, Wu J. **Bidirectional relations between cognitive function and oral health in ageing persons: a longitudinal cohort study.** Age Ageing 2020;49(5):793-799 [abstract](#)
79. Kloss KA, Funnell MM, Piatt GA, Nwankwo R. **One size does not fit all: nutrition strategies for people with diabetes.** Nursing 2020;50(8):32-39 [abstract](#)
80. McDevitt D, Gattullo B. **Dental health and diabetes: the link between oral hygiene and wellness.** Nurs Made Incred Easy 2020;18(4):11-14 [abstract](#)

Person centred care

81. Dahlke S, Hunter KF, Kalogirou MR, Negrin K, Fox M, Wagg A. **Perspectives about interprofessional collaboration and patient-centred care.** Can J Ag 2020;39(3):443-455 [abstract](#)

Addressing racism

82. Caulley L. **Sticks and stones - confronting the full spectrum of racism.** New Eng J Med September 17, 2020;383(12):1103-1105 no abstract
83. Lewenson SB, Graham-Perel A. **'You don't have any business being this good': an oral history interview with Bernardine Lacey.** Am J Nurs 2020;120(8):40-47 [abstract](#)
84. Livingdton R. **How to promote racial equity in the workplace: a five-step plan.** Harv Bus Rev 2020;98(5):64-72 [abstract](#)
85. Roush K. **COVID-19 exposes health disparities.** Am J Nurs 2020;120(8):16 no abstract
86. Schuster MA, Osherov A, Chung PJ. **Why counting black lives matters – the 2020 census.** New Eng J Med 2020;383(9):e60-e63 no abstract
87. Yousif H, Avogu N, Bell T. **The path forward – an antiracist approach to academic medicine.** New Eng J Med September 22, 2020;383:epub ahead of print [link](#)

Reflective practice

88. Frush B. **The Present Concern.** Am J Nurs 2020;120(8):72 no abstract
89. Mayfield E, Highfield MEF, Mendelson S. **Meaning of courtesy and respect: nurse and patient experiences.** J Nurs Care Qual 2020;35(2):177-181 [abstract](#)
90. Zolot J. **COVID-19 brings changes to NP scope of practice.** Am J Nurs 2020;120(8):14 no abstract

Rehabilitation and prehabilitation

91. Augustine MR, Davenport C, Ornstein KA, Cuan M, Saenger P, Lubetsky S, et al. **Implementation of post-acute rehabilitation at home: a skilled nursing facility substitutive model.** J Am Geriatr Soc 2020;68(7):1584-1593 [abstract](#)
92. Davies C, Levenhagen K, Ryans K, Perdomo M, Gilchris L. **Interventions for breast cancer-related lymphedema: Clinical Practice Guideline from the Academy of Oncologic Physical Therapy of APTA.** Phys Ther 2020;100(7):1163-1179 [abstract](#)
93. Johnson JK, Fritz JM, Brooke BS, LaStayo PC, Thackeray A, Stoddard G, Marcu RL. **Physical function in the hospital is associated with patient-centered outcomes in an inpatient rehabilitation facility.** Phys Ther 2020;100(8):1237-1248 [abstract](#)
94. Neal-Boylan L. **Rehabilitation nursing in the age of COVID-19.** Rehab Nurs 2020;45(4):179 no abstract
95. Pfeiffer K, Kampe K, Klenk J, Rapp K, Kohler M, Albrecht D, Büchele G, Hautzinger M, Taraldsen K, Becker C. **Effects of an intervention to reduce fear of falling and increase physical activity during hip and pelvic fracture rehabilitation.** Age Ageing 2020;49(5):771-778 [abstract](#)

Self care and resilience

96. Rajamohan S, Davis CR, Ader M. **REST: break through to resilience.** Nursing 2020;50(8):53-56 [abstract](#)
97. Solomon DN. **Practicing the ABCDEs of self-care in pandemic times.** Am J Nurs 2020;120(7):47 online at this Off The Charts [link](#)

Technology

98. Carroll WM. **How blockchain can improve nursing.** Nursing 2020;50(8):62-63 no abstract
99. Turchioe MR, Grossman LV, Baik D, Lee CS, Maurer MS, Goyal P, Safford MM, Creber RMM. **Older adults can successfully monitor symptoms using an inclusively designed mobile application.** J Am Geriatr Soc 2020;68(6):1313-1318 [abstract](#)

Transformational leadership – emerging from the crisis

100. Luis C, Vance C. **A pandemic crisis: mentoring, leadership and the millennial nurse.** Nurs Econ 2020; 38(3):152-154 no abstract
101. Proulx B. **COVID-19 care model: leveraging advanced practice providers.** Nurs Econ 2020;38(3):149-150 no abstract

Virtual practice

102. Lee AC. **COVID-19 and the advancement of digital physical therapist practice and telehealth.** Phys Ther 2020;100(7):1054-1057 no abstract
103. Middleton A, Simpson KN, Bettger JP, Bowden MG. **COVID-19 pandemic and beyond: considerations and costs of telehealth exercise programs for older adults with functional impairments living at home—lessons learned from a pilot case study.** Phys Ther 2020;100(8):1278-1288 [abstract](#)
104. Turolla A, Rossettini G, Viceconti A, Palese A, Geri T. **Musculoskeletal physical therapy during the COVID-19 pandemic: is tele-rehabilitation the answer?** Phys Ther 2020;100(8):1260-1264 no abstract

Work life

105. Barnes M, Sax PE. **Challenges of “Return to Work” in an ongoing pandemic.** New Eng J Med 2020;383(8):779-786 no abstract
106. Tedone DA. **Eliminating horizontal violence from the workplace.** Nursing 2020;50(8):57-60 [abstract](#)

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Other links

From the Institute for Healthcare Improvement. **Why Is “Psychological PPE” Important for the Health Care Workforce?** August 2020 [link](#)

New England Journal of Medicine COVID-19 updates [link](#)

BrainXchange News September 2020 [link](#)

The Alzheimer Society Canada [link](#)

The Alzheimer Society of Waterloo Wellington [link](#)

American Journal of Nursing Off The Charts [link](#)

World Health Organization **Coronavirus disease (COVID-19) pandemic** [link](#)

Centers for Disease Control and Prevention [link](#) and the [link](#) for the newsletter

Johns Hopkins Center for Disease Health Security [link](#)

RGP Toronto COVID-19 resources [link](#)

The Social Care Institute for Excellence (SCIE) (UK) guidelines and COVID [link](#)

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“I guess that one of the most important things I’ve learned is that nothing is ever completely bad. Even cancer. It has made me a better person. It has given me the courage and a sense of purpose I never had before. But you don’t have to do like I did ...wait until you lose a leg or get some awful disease before you take the time to find out what kind of stuff you’re really made of. You can start now. Anybody can.”

Terry Fox

