



# The Race of my life: 50 Essays on Living with Cancer

*Dr. David C Eitrheim M.D., Amy J Eitrheim*

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When Dr. David Eitrheim was diagnosed with an aggressive form of tongue cancer, his physicians gave him six to nine months to live. As an avid marathon, and ultra-marathon runner, this was shocking and unexpected: how could an otherwise healthy and relatively young man be given such a grim prognosis? With an abrupt end to his medical career, and his running days probably over, he decided to write a weekly blog in order to keep in contact with patients, family, and friends. He wanted to use the time remaining in his life to share his faith, to tell stories, and to educate the readers on issues surrounding death and dying, and end-of-life care. Dave's insight into living with cancer from a physician-turned-patient's perspective is enlightening and thought-provoking. The questions at the end of each essay are meant to generate conversation, or, at least, to encourage people to think about their own wishes for end-of-life care.

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