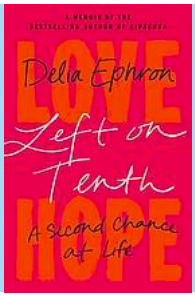
Discussion Guide



Life on Tenth
Delia Ephron

Little, Brown & Company
2022
304 pages
ISBN: 978-0316267656

Leukemia and Lymphoma

Summary

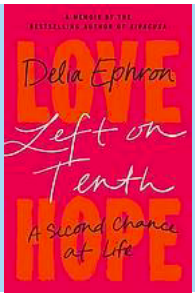
Soon after becoming a widow, and finding new love, Delia Ephron faces a life-threatening diagnosis of Acute Myeloid Leukemia (AML). In her memoir, she enchants as she seesaws us between tears and laughter, navigating the suicidal lows of enduring cutting-edge treatment and the giddy highs of a second chance at love. With Peter and her close girlfriends by her side, with startling clarity, warmth, and honesty about facing death, Ephron invites us to join her team of warriors and become believers ourselves.

Questions

1. What does the title, *Left on Tenth*," foreshadow about this story?
2. Delia spends the first part of the book describing her losses – both her husband, Jack, and her sister, Nora. Describe how her opening sets you up for what comes later in Delia's personal life?
3. Discuss the scene when the paramedics arrive after her husband's fall. Why do you think the situation was confusing and chaotic? Why was Delia frustrated? Could anything be done to prevent this type of occurrence from happening?
4. Discuss how Delia and Peter met. What characteristics did Delia admire and respect about Peter? Were you surprised at how quickly Delia and Peter married? Why or why not?
5. After losing her sister to AML, Delia proactively finds an oncologist and succumbs to regular blood screenings. Why was this important to her? Ultimately, how did this preventive measure benefit her?
6. Delia trusts her oncologist and does not ask too many questions about her disease. What was her reason? Does this serve her well? Why or why not? Would you make the same decision? Why or why not? Where would you seek information for a recent life-threatening diagnosis? What other trustworthy sources might you consult for information?
7. Discuss how Delia's support network helped her go through her bone marrow transplant. What was significant about each person's involvement? Why were Dr Roboz's comments, "Don't be afraid of the treatment, be afraid of leukemia."…."Just give me 48 hours." significant to Delia?
8. Describe what is involved with donating blood stem cells? What benefits do donors receive? Why did Delia's donor give?

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9. Describe the importance of Delia's op-eds in the *New York Times*. Overall, how does Delia's writing and author status affect her? How can her story benefit others?
10. After writing and reflecting on her experiences, what did Delia conclude? Did her story have you thinking differently about love, cancer, preventive exams, experimental drug treatments? What scenes from the story are you still thinking about? Why?

To learn more about Leukemia and Lymphoma, search MedlinePlus, a service of the National Library of Medicine.

You can learn more about the medical information referenced in the book from the following:

- CPX-351, the drug used to treat Delia for Acute Myeloid Leukemia (AML), visit PubMed and ClinicalTrials.gov.
- Donating Blood Stem Cells at DKMS
- Dr. Gail J. Roboz is the director of the Clinical and Translational Leukemia Program at Weill Cornell Medicine and NewYork-Presbyterian Hospital. Learn more about Dr. Roboz and her approach to care by watching this YouTube Video.

NOTE: The field of medicine is updated and developed regularly, and the drug treatment used for Delia is not to be considered medical advice. Always consult your doctor before taking any treatments.

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