



# One Autumn Day: Surviving Cancer

*Fred Scott*

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**One Autumn Day: Surviving Cancer** Fred Scott

**"An epic journey full of peaks of elation and troughs of despair" - Stephen Cannon VP Royal College of Surgeons of England**

**"Fred's writing is an affirmation of life" - Dr Nadine Izumi, Anaesthetist**

At 23 years of age, a shooting pain in the left knee during a morning run can easily be ignored. This was not the case for Fred. Subsequent scans and doctors' appointments resulted in the shocking diagnosis of osteosarcoma – a rare and deadly bone cancer.

Rattled by the prospect of premature death, Fred made a decision to do everything in his power to survive, and help those experiencing what he was forced to endure.

A narrative relevant to survivors, carers and victims alike, *One Autumn Day* gives unparalleled insight into the effects and implications of the most vicious and indiscriminating disease known to man: cancer.

Fred's physical and psychological battles are both encouraging and inspirational. His heart-warming story will certainly offer consolation and reassurance to those living with the reality of cancer.

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