



**BC Cancer Agency**  
**Library/Cancer Information Centre**

***LIFE AFTER CANCER***

**BOOKS**

**After cancer : a guide to your new life**

Wendy Schlessel Harpham, 1995. QZ201 H296a 1995

Addresses a wide range of issues, including after-effects of treatment; relating to friends and family; helping children deal with a parent's cancer; and the practicalities of living wills and insurance.

**After cancer treatment : heal faster, better, stronger**

Julie K. Silver, 2006. QZ201 S586a 2006

Deals with topics such as getting your life back on track, physical healing, exercise, nutrition, fatigue, pain, intimacy and spirituality.

**The cancer survivor's guide : the essential handbook to life after cancer**

Michael Feuerstein and Patricia Findley, 2006. QZ266 F423 2006

Offers hope and practical advice for working through the physical and psychological issues associated with living with cancer and mastering the intricacies of the healthcare system.

**Cancervive : the challenge of life after cancer**

Susan Nessim and Judith Ellis, 1991. QZ266 N465 1991

Drawing on the personal testimonials and accounts of survivors, the authors offer advice on what comes after the cure, including physical, emotional, and psychosocial problems; employment discrimination; insurance difficulties; and biomedical issues related to treatment such as fertility.

**Childhood cancer survivors : a practical guide to your future**

Nancy Keene, 2007. QZ200 K26c 2007

Provides information about late effects from treatment, emotional aspects of cancer survivorship, schedules for follow-up care, healthy living, and employment issues.

**Dancing in limbo : making sense of life after cancer**

Glenna Halvorson-Boyd and Lisa Hunter, 1995. QZ266 H197 1995

A straightforward account of what life is like after the whirlwind of doctors' visits and radical treatments comes to an end.

**Facing forward : life after cancer treatment**

National Cancer Institute, 2007. QZ266 N278f 2007

**From cancer patient to cancer survivor : life in transition**

Maria Hewitt, 2005. QZ266 F931 2005

Report on the needs of cancer survivors.

**Life after cancer treatment : a guide for people who were treated for cancer**

National Cancer Institute, 2002. QZ266 N277 2002

Also available online: [www.cancer.gov/CancerInformation/life-after-treatment](http://www.cancer.gov/CancerInformation/life-after-treatment)

A guide for survivors on issues such as potential physical, emotional, social, and workplace changes after treatment.

**Livestrong resource for cancer survivors : survivorship notebook**

Lance Armstrong Foundation, 2004-2005. QZ201 A736I 2004-2005

Also available free from [www.livestrong.org](http://www.livestrong.org)

Covers physical, emotional and practical survivorship topics in a three-ring binder that can also be used to organize information.

**100 questions & answers about life after cancer : a survivor's guide**

Page Tolbert, 2008. QZ201 T648 2008

Answers questions survivors might have about life after cancer on topics such as communicating with friends and family, workplace concerns, intimacy, spirituality and staying healthy.

**Picking up the pieces : moving forward after surviving cancer**

Sherri Magee and Kathy Scalzo, 2006. QZ201 M191 2006

Focused on the practical things a survivor can do when treatment is over. Includes specific activities and tools, such as self-scans and action plans.

**RECOMMENDED WEBSITES**

**Beyond the Cure : Information for Survivors of Childhood Cancer**

[www.beyondthecure.org](http://www.beyondthecure.org)

**Cancer Survivors Network**

[csn.cancer.org](http://csn.cancer.org)

**Cancer Survivors Project**

[www.cancersurvivorsproject.org](http://www.cancersurvivorsproject.org)

**Livestrong : Lance Armstrong Foundation**

[www.livestrong.org](http://www.livestrong.org)

**National Coalition for Cancer Survivorship**

[www.canceradvocacy.org](http://www.canceradvocacy.org)

**LIFE AFTER BREAST CANCER**

**BOOKS**

**After breast cancer : a common-sense guide to life after treatment**

Hester Hill Schnipper, 2003. WP870 S361 2006

Practical information about the issues women face after cancer, including physical recovery, relationships with family and friends, sexuality and fertility, spirituality, and fear of recurrence.

**Living beyond breast cancer : a survivor's guide for when treatment ends and the rest of your life begins**

Marisa C. Weiss and Ellen T. F. Weiss, 1998. WP870 W431 1998

Discusses problems women face after treatment ends, including side effects, health insurance, fears of recurrence, ongoing relationships with healthcare professionals, how to find support, how to become as healthy as possible, how to deal with recurrence, job issues, health insurance, lymphedema, arm and shoulder exercises, helpful organizations, fertility, pregnancy and adoption, menopause and aging, complementary and alternative treatments, love and sexuality, and breast cancer genes.

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**Spinning straw into gold : your emotional recovery from breast cancer**

Ronnie Kaye, 1991. WP870 K23 1991

Looks at emotional responses to breast cancer treatments, reconstruction, body image and sexuality, and life after treatment. Includes exercises in relaxation, imagery, and inner child work.

***PAMPHLETS***

**After breast cancer treatment : what next?**

Alliance for Breast Cancer Information and Support.

**Follow-up program after breast cancer treatments**

BC Cancer Agency.

***DVD***

**Moving beyond breast cancer**

National Cancer Institute, 1999. WP870 M935 1999

Breast cancer survivors discuss issues of body changes, emotions, fears, relationships, and new outlooks on life.