

Breast Cancer Information Kit

Resources available at www.bccancer.bc.ca/breastkit

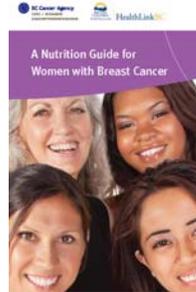
Breast Cancer Companion Guide

This is the navigation tool for the kit. It directs you to information needed at each step of the journey.



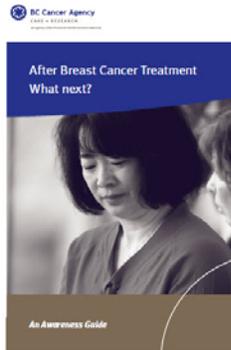
Nutrition Guide for Women with Breast Cancer

Eating well can help improve recovery and may help lower the risk of breast cancer recurrence.



After Breast Cancer Treatment – What Next?

This pamphlet identifies issues and emotions that you may experience after treatment ends.



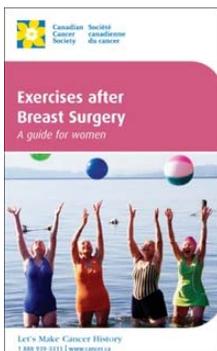
My Partner Has Breast Cancer: How Can I Help? A Parallel Journey

A booklet for partners and support persons.



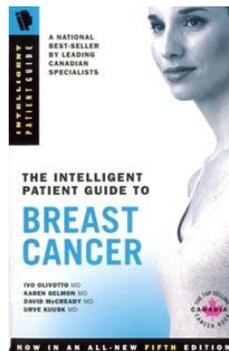
Exercises After Breast Cancer: A Guide for Women.

This Canadian Cancer Society booklet provides useful exercises for women who have undergone breast cancer surgery. Available in English, French and Chinese.



Intelligent Patient Guide to Breast Cancer. 5th ed.

This book can be **borrowed** from BCCA and public libraries. Written by local experts this guide can also be purchased from the publisher and online booksellers.



If you would like more information about these or other resources, please contact one of the BC Cancer Agency Libraries. www.bccancer.bc.ca/Library