

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BCCA Library, Patient and Family Counselling, or the BCCA website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca)). While BCCA does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

## **ADVANCED CANCER**

Sometimes, in spite of the best efforts of healthcare providers, cancer advances to a point where it can't be cured. At that time, treatment has two goals: to maintain or improve quality of life or to extend life as long as possible. The following resources may answer some of your questions and help you to cope with this difficult diagnosis.

### **LIBRARY/CANCER INFORMATION CENTRE RESOURCES**

The names and call numbers of popular books/DVDs available for loan from the BCCA Library are listed below. Visit your local BCCA Library or go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

<b>Advanced cancer: what you need to know now</b> (Book)	<b>QZ201 A244 2008</b>
<b>Bone metastases: helping you to help yourself</b> (Book)	<b>WE258 B712g 2008</b>
<b>Bone metastasis: what you need to know now</b> (Book)	<b>WE258 B712a 2008</b>
<b>Understanding the stages of solid tumours</b> (Flipchart)	<b>QZ201 U55s 2005</b>

## Cancer Site-Specific Resources

**100 questions and answers about advanced and metastatic breast cancer** (Book)

**WP870 S558 2009**

**Breast cancer recurrence and advanced disease** (Book)

**WP870 B828g 2010**

**Living with metastatic breast cancer** (Booklet)

**WP870 L786w 2014**

### PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BCCA centres or online.

**Advanced cancer** (Canadian Cancer Society)

Go to [www.cancer.ca](http://www.cancer.ca) and click on Support and Services→Publications or pick up a copy from the BC Cancer Agency Library.

**My voice: expressing my wishes for future health care treatment: advance care planning guide** (BC Government)

Go to <http://www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf> or pick up a copy from the BC Cancer Agency Library.

### RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BCCA librarians. For more recommended websites, go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→Advanced Cancer Websites.

**BC Cancer Agency**

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Click on Health Info→Coping with Cancer→Advanced Cancer & Palliative Care.

Provides links to information about managing symptoms and side effects; nutrition; metastases; coping; caregivers; palliative care; home and community care; hospice; financial information; advance care planning; wills; funerals; grief and online support.

**Canadian Cancer Society**

[www.cancer.ca](http://www.cancer.ca)

Click on Cancer Information→Cancer Journey→Advanced Cancer.

This website provides information about choosing care and treatment; physical symptoms; advance directives; signs that death is near; after someone dies; grief and bereavement.

**Cancer.Net**

[www.cancer.net](http://www.cancer.net)

Click on Navigating Cancer Care→Advanced Cancer.

Provides information about advanced care planning; advance directives; completing your life; when you and your family differ on treatment choices; hospice care; understanding CPR and DNR orders; care through the final days.

Click on About Cancer→Advanced Cancer.

Topics include: Choices for care when treatment may not be an option; talking about advanced cancer; coping with your feelings; planning for advanced cancer; advanced cancer and caregivers; and questions to ask your doctor.

## SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BCCA. BCCA cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Availability varies by location. For a schedule of support groups offered, contact the Patient and Family Counselling Department at the closest BC Cancer Agency regional centre.

### BCCA Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer. Contact the Patient and Family Counselling Department at the closest BC Cancer Agency regional centre.

### Cancer Chat Canada

[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)

Offers an online support group for people with advanced cancer and their caregivers.

Call 1.844.725.2476 for information.

### CancerConnection (Canadian Cancer Society)

A service that matches cancer patients with a cancer survivor volunteer based on criteria important to the patient (ex. cancer type, gender, age etc.). Volunteers listen and provide support.

Call 1.888.939.3333 or email [CancerConnection@bc.cancer.ca](mailto:CancerConnection@bc.cancer.ca).

### CancerConnection.ca (Canadian Cancer Society)

[www.cancerconnection.ca](http://www.cancerconnection.ca)

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support.

***If you would like more information about these or other resources, please contact one of the BC Cancer Agency Libraries.***

### Vancouver Centre Rix Family Library

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

### Abbotsford Centre Library

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

### Centre for the North

Toll-free 1.888.675.8001, ext. 8001

### Fraser Valley Centre Library

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

### SAH Centre for the Southern Interior Library

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

### Vancouver Island Centre Library

250.519.5517 or toll-free 1.800.670.3322