

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 can be found at [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library).

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca)). While BC Cancer 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 BC Cancer Library are listed below. Visit your local BC Cancer 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>

### **Cancer Site-Specific Resources**

<b>100 questions &amp; answers about advanced and metastatic breast cancer</b> (Book)	<b>WP870 S559 2012</b>
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Also available online at

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=432327>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library

## PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer 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 Library.

### **My voice: expressing my wishes for future health care treatment : a planning guide**

Go to [www.gov.bc.ca/advancecare](http://www.gov.bc.ca/advancecare) or pick up a copy from the BC Cancer Library.

### **Practical and financial support for people with advanced cancer** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Practical Support→Resources.

### **You've been diagnosed with cancer: Now what?** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Advance Care Planning.

## RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer 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.

### **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.

### **National Cancer Institute**

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

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 BC Cancer. BC 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. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

[www.bccancer.bc.ca/our-services/services/support-programs](http://www.bccancer.bc.ca/our-services/services/support-programs)

### BC Cancer 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.

Get more information at [www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

### Cancer Chat Canada

[cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)

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

Call 1.844.725.2476 for information.

### 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. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

### Peer Support (Canadian Cancer Society)

<https://match.cancer.ca>

A service that allows people with cancer to match with a trained cancer survivor volunteer. Patients can select their match online based on criteria important to them (eg. cancer type, gender, age, etc.). Once the match is made, volunteers listen and provide support via the telephone.

Call 1.888.939.3333.

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

### Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

### Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

### Prince George

Toll-free 1.888.675.8001, ext. 8001

### Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

### Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

### Victoria

250.519.5517 or toll-free 1.800.670.3322