

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.

## ***LIFE AFTER CANCER***

The transition from active treatment to post-treatment life can be challenging. It is common to have questions around managing your physical, social, emotional and practical issues during this adjustment phase. The following resources may help you to cope and act as a guide as you try to get back to “regular life.”

### **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>100 questions &amp; answers about life after cancer: a survivor's guide</b> (Book)   | <b>QZ201 T648 2008</b>  |
| <b>After cancer care</b> (Book)   | <b>QZ266 L555 2015</b>  |
| <b>After cancer treatment: heal faster, better, stronger</b> (Book)   | <b>QZ201 S586a 2006</b> |
| Also available online at <a href="http://site.ebrary.com/lib/bccancer/detail.action?docID=10188527">http://site.ebrary.com/lib/bccancer/detail.action?docID=10188527</a> . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library. |                         |
| <b>After you ring the bell: 10 challenges for the cancer survivor</b> (Book)  | <b>QZ200 K19a 2012</b>  |
| Also available online at <a href="http://site.ebrary.com/lib/bccancer/reader.action?docID=11078056">http://site.ebrary.com/lib/bccancer/reader.action?docID=11078056</a> . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library  |                         |

**Cancer and returning to work (Booklet)** **QZ200 P248 2014**

**Cancer survivor's handbook (Book)** **QZ200 P949 2009**

**Childhood cancer survivors: a practical guide to your future (Book)** **QZ200 K26c 2012**

**Picking up the pieces: moving forward after surviving cancer (Book)** **QZ201 M191 2006**

Also available online at

<http://site.ebrary.com/lib/bccancer/reader.action?ppg=1&docID=10193498&tm=1443716605253>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

**Picking up the pieces: moving forward after surviving cancer (DVD)** **QZ200 B366a 2008 v.5**

**Surviving after cancer: living the new normal (Book)** **QZ200 K19s 2011**

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10447159>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

## **Personal Stories**

**CaN'Tswer: how I couldn't...what I found (DVD)** **QZ201 T367 2008**

## **Resources for Children**

**Our dad is getting better (Book)** **QZ201 C5 S586d 2007**

**Our mom is getting better (Book)** **QZ201 C5 S586d 2007**

## **PAMPHLETS**

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

### **BC Cancer Emotional Support Resources**

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

Various patient handouts are available that look at emotions and behaviours related to the stress that people can experience after cancer treatment, and possible strategies to change them. This includes strategies such as deep breathing exercises, strategies to help with sleep, and progressive muscle relaxation.

### **Cancer and returning to work** (BC Cancer)

BC Cancer patients can request a free copy by going to the BC Cancer Contact page and completing the web query request form. To order a hard copy go to the PHSA Bookstore .The cost is \$20.00 each + shipping & handling. You can also borrow a copy from the BC Cancer library.

### **Facing forward: life after cancer treatment** (National Cancer Institute)

Go to [www.cancer.gov](http://www.cancer.gov) and search for “Life after cancer treatment.”

### **Life after cancer treatment** (Canadian Cancer Society)

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

### **Facing Forward: when someone you love has completed treatment** (National Cancer Institute)

Go to [www.cancer.gov](http://www.cancer.gov) and search for “When someone you love has completed treatment.”

## **Cancer Site-Specific Pamphlets**

### **After breast cancer treatment: what next?** (Alliance for Breast Cancer Information & Support, BC & Yukon)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Types of Cancer→Breast Cancer→Information Kit or pick up a copy from the BC Cancer Library.

### **Follow-up program after breast cancer treatments** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Life After Cancer→Follow-Up After Treatment or pick up a copy from the BC Cancer Library.

### **Follow-up program after colorectal cancer treatments** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Life After Cancer→Follow-Up After Treatment or pick up a copy from the BC Cancer Library.

## **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→Living with Cancer Websites→Survivorship Websites.

### **BC Cancer**

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

Click on Health Info→Coping with Cancer→Life After Cancer.

Provides information about what to expect after cancer treatment, follow-up, preventing second cancers, and health and wellness.

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

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

This website provides support and educational information for childhood cancer survivors. There is information about survivorship conferences that can be attended virtually.

### **Cancer and Work**

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

Provides resources from across Canada to survivors with practical, up-to-date information on returning to work, including support offered by provinces and territories.

### **Cancer Survivors Network**

<http://csn.cancer.org>

This website allows survivors to connect with each other by joining their free online network. There is also information about survivorship for those not interested in joining the network.

### **National Cancer Institute**

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

Click on About Cancer → Coping → Survivorship.

This website includes information about adjusting to a new normal, follow-up medical care, physical changes, and family issues. There is also a link to Moving Beyond Breast Cancer videos.

### **National Coalition for Cancer Survivorship**

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

The organization advocates for quality cancer care for all people touched by cancer and provides tools that empower people to advocate for themselves.

### **Springboard Beyond Cancer**

<https://survivorship.cancer.gov>

Provides information about coping with cancer symptoms, stress and mood, and about health topics such as nutrition, exercise, and quitting smoking.

## **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**<https://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.

**Thriving and Surviving Self-Management Program**[www.selfmanagementbc.ca/cancerthrivingsurvivingprogram](http://www.selfmanagementbc.ca/cancerthrivingsurvivingprogram)

Offer free six-week workshop that helps people who are cancer survivors to better manage their health and daily lives.

Call 1.866.902.3767 for more information.

*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