

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.

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). 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.

BLADDER CANCER

Bladder cancer starts in the lining of the bladder and may spread into the bladder wall. If you are dealing with bladder cancer, or if you are a friend, family member, or caregiver of a bladder cancer patient, you may be looking for information to help you understand and cope with the disease, searching for reliable online resources, or wanting to connect with someone going through a similar journey. This Pathfinder can help with these needs and more.

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 to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

100 questions & answers about bladder cancer (Book)

WJ500 E47 2010

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10529940>. 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.

Patients' guide to bladder cancer (Book)

WJ500 P298 2011

Also available online at www.r2library.com/Resource/Title/0763774243. 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.

Ostomy Resources

Handbook for new ostomy patients (Book)

WI520 H258 2010

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10432692>. 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.

PAMPHLETS

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

Bladder cancer patient guidebooks (Bladder Cancer Canada)

Go to <https://bladdercancercanada.org> and click on Helpful Information→Patient Resources →Patient Guidebooks or pick up 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 and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→Bladder Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Urinary Cancer→Bladder.

The BC Cancer website provides information about bladder cancer for patients and the public. Topics include what causes bladder cancer, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up.

American Cancer Society

www.cancer.org

Click on Cancer A-Z→View all cancer types→Bladder Cancer.

Information about life changes caused by bladder cancer as well as treatment decisions can be found here. Keep in mind that the support resources listed on this website are for American patients.

Bladder Cancer Advocacy Network

www.bcan.org

Contains information about clinical trials, patient tips, support groups, women and bladder cancer, inspirational stories and news about bladder cancer. Also provides a free handbook for the newly diagnosed.

Bladder Cancer Canada

www.bladdercancercanada.org

Provides information about bladder cancer, support groups, inspirational stories, videos and a discussion forum.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Types→More cancer types→Bladder.

There is a wealth of information on this website including a general overview of your healthcare team, information about treatment and coping skills as well as current statistics and a section explaining myths related to cancer. In addition, information is available in number of different languages.

Cancer.Net**www.cancer.net**

Click on Types of Cancer→Bladder Cancer.

Information about bladder cancer staging and treatment as well current research and clinical trial information can be found here. There is also a section titled “Questions to Ask the Doctor” that may be useful to read before your next appointment. Content is available in English and Spanish.

National Cancer Institute**www.cancer.gov**

Click on Cancer Types→ Bladder Cancer.

This website contains a lot of information about the treatment of bladder cancer and information related to prevention and screening. This website can be viewed in English and in Spanish.

Ostomy Websites

Ostomy Canada Society**www.ostomycanada.ca**

This site provides information about United Ostomy Association of Canada and its services.

United Ostomy Associations of America**www.ostomy.org**

This site provides information about the United Ostomy Associations of America as well as content about support and advocacy for people with ostomies and their caregivers.

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

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**

Cancer Chat Canada**www.cancerchatcanada.ca**

An online support group for people with cancer.

Call 1.844.725.2476 for information.

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