

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.

BRAIN AND CNS CANCER

A brain tumour is an abnormal group of cells in the brain. Primary brain tumours start in the brain tissue, while secondary brain tumours start in other parts of the body and spread to the brain. If you are dealing with brain cancer, or if you are a friend, family member, or caregiver of a brain 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 brain tumors (Book) **WL358 S795 2010**

Also available online at www.r2library.com/Resource/Title/0763760544. 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.

Brain tumor dictionary (Book) **WL358 B8141 2010**

Brain tumor primer (Book) **WL358 B8142 2010**

Also available online at http://neurosurgery.mgh.harvard.edu/abta/ABTA_BrainTumorPrimer.pdf.

Brain tumour (Magazine issue) **WL358 B814i 2011**

Companion and reference guide for people with GBM (Book) **WL358 C737 2012**

Patients' guide to brain cancer (Book)

WL358 G549 2011

Also available online at www.r2library.com/Resource/Title/0763774251. 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.

Personal Stories

Chasing daylight (Book)

BF789 D4 O41 2008

From top to bottom...and back (Book)

WL358 H631 2005

I had brain surgery, what's your excuse? (Book)

WL358 B396 2005

Personal reflections (DVD with booklet)

WL358 P467 2006

Two steps forward (Book)

WL358 S675 2015

MAGAZINES/NEWSLETTERS

This list provides the names of some magazines and newsletters that are available at BC Cancer centres or online.

Headlines: a newsletter for brain tumour patients and their families (BC Cancer)

Available online at www.bccancer.bc.ca/headlines.

PAMPHLETS

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

Adult brain tumour handbook (Brain Tumour Foundation of Canada)

Copies available from the BC Cancer Library and also available for loan.

WL358 A244b 2012

Pediatric brain tumour handbook (Brain Tumour Foundation of Canada)

Copies available from the BC Cancer Library and also available for loan.

WL358 P371 2012

Metastatic brain tumours (American Brain Tumour Association)

Go to www.abta.org and click on Brain Tumor Information→ABTA Brain Tumor Patient Publications→Metastatic Brain Tumors.

Nutrition, radiation therapy, brain cancer (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer →Nutrition→Nutrition Handouts→ Specific Types of Cancer→ Brain Cancer.

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→Brain and CNS Websites

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Brain and Central Nervous System Cancer.

The BC Cancer website provides information about brain cancer for patients and the public. Topics include what causes brain cancer, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up. Also includes a link to an information sheet for patients undergoing radiation to the brain.

American Brain Tumor Association

www.abta.org

This website provides brain tumor information, statistics, a brain tumor dictionary, information about research, webinars and many online publications. Keep in mind that this is an American website so information in some sections may not be applicable to Canadian patients.

American Cancer Society

www.cancer.org

Click on Cancer A-Z→View all cancer types→Brain and Spinal Cord Tumors in Adults.

The ACS website provides information regarding cancer, treatments, and research.

Brain Tumour Foundation of Canada

www.braintumour.ca

This website has information about support services and care that is relevant for Canadian patients and their families.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→ Cancer Types→More cancer types→Brain and Spinal Cord.

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→Brain Tumor.

Contains medical illustrations, statistics, questions to ask your doctor and links to other resources and information.

MedlinePlus

www.nlm.nih.gov/medlineplus

Click on Health Topics→Cancers→Brain Tumors.

Contains a range of resources related to Brain Cancer, including interactive tutorials and information in languages other than English.

National Cancer Institute

www.cancer.gov

Click on Cancer Types→Brain Tumors.

This website provides information on a variety of brain tumour types. The website is available in English and Spanish.

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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.

CancerConnection.ca (Canadian Cancer Society)

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