

BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to bccancer.bc.ca/library to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

Books

Title	Library Call Number
100 questions & answers about advanced and metastatic breast cancer	WP870 S559 2012
100 questions & answers about breast cancer sensuality, sexuality and intimacy	WP870 K94 2010
100 questions & answers about triple negative breast cancer	WP870 A544 2011
Breast cancer survival manual	WP870 L756 2017
Breast cancer : thriving through treatment to recovery	WP870 P945 2019
Breast reconstruction guidebook	WP870 S824 2017
Cancer fabulous diaries	WP870 C215s 2014
Dr. Susan Love's Breast Book	WP840 L897 2015
Flat : reclaiming my body from breast cancer	WP870 G984 2018
In-between days	WP870 H322 2016
Intelligent patient guide to breast cancer	WP870 I61 2017
Living with metastatic breast cancer	WP870 L786w 2014
Mayo Clinic breast cancer book	WP870 H334 2012
New generation breast cancer book	WP870 P839 2015
Silver lining	WP870 J17 2014
Straight talk about breast cancer	WP870 S896 2019
Surviving triple-negative breast cancer	WP870 P951 2013

eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

100 questions & answers about advanced and metastatic breast cancer

tinyurl.com/y5meq82n

100 questions & answers about breast cancer sensuality, sexuality and intimacy

tinyurl.com/yxmcah7x

Breast cancer : thriving through treatment to recovery

tinyurl.com/1snuwkzn

Breast cancer: what you need to know – now

tinyurl.com/yyn5npvo

Breast cancer companion

tinyurl.com/y59p4chs

Breast cancer journey

<https://tinyurl.com/y4bcoodc>

Breast cancer sourcebook

tinyurl.com/y6mrnhu7

Breast reconstruction : your choice

tinyurl.com/y2wyfw7b

Navigating breast cancer

tinyurl.com/y2n8xv7t

Never too young

cbcn.ca/en/never_too_young

Patient's guide to breast cancer

tinyurl.com/yxna6ur4

Surviving triple-negative breast cancer

tinyurl.com/yxf4hjgt

Pamphlets

After breast cancer treatment: what next? (BC Cancer)

bccancer.bc.ca/patient-and-public-info-site/Documents/AllianceAfterTreatment2013_reformattedFinalInt.pdf

Breast cancer : understanding your diagnosis (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Breast%20cancer%20UYD/32064-1-NO.pdf

Breast cancer companion guide (BC Cancer)

bccancer.bc.ca/patient-and-public-info-site/Documents/CompanionGuide2014Revision.pdf

Exercises after breast surgery (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Exercises%20after%20breast%20surgery/32071-1-NO.pdf

My partner has breast cancer: how can I help? (BC Cancer)

bccancer.bc.ca/patient-and-public-info-site/Documents/Partner_has_cancer_2012_1.pdf

Nutrition guide for women with breast cancer (BC Cancer)

bccancer.bc.ca/nutrition-site/Documents/Patient%20Education/a_nutrition_guide_for_women_with_breast_cancer.pdf

Resources for after a mastectomy or lumpectomy (BC Cancer)

bccancer.bc.ca/coping-and-support-site/Documents/Resources%20for%20after%20a%20mastectomy%20or%20lumpectomy.pdf

Understanding treatment for breast cancer (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Understanding%20treatment%20breast/32077-1-NO.pdf

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about breast cancer. For a complete list of websites recommended by the BC Cancer librarians, go to bccancer.bc.ca/library.

BC Cancer: bccancer.bc.ca/health-info/types-of-cancer/breast-cancer

American Cancer Society: cancer.org/cancer/breast-cancer.html

Breastcancer.org: breastcancer.org

This site includes information on symptoms & diagnosis, treatment & side effects, day-to-day-matters (nutrition, exercise, sex & intimacy), and tips on lowering risk. There is a “Community” section providing access to discussion boards and a section on “Breast Cancer in the News”.

Canadian Cancer Society: cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=bc

Canadian Breast Cancer Network: cbcn.ca

Cancer.Net: cancer.net/cancer-types/breast-cancer

MedlinePlus: medlineplus.gov/breastcancer.html

National Cancer Institute: cancer.gov/types/breast

Rethink Breast Cancer: rethinkbreastcancer.com

This organization helps young people who are affected by breast cancer. Provides information on support, research, and awareness. Members of the Rethink Young Women’s Network will also get access to a Facebook group comprised of young women from across Canada who have a personal experience with breast cancer.

Support Programs

This is a list of support programs offered by community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

bccancer.bc.ca/supportprograms

BC Cancer Patient & Family Counselling: bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

Breast Cancer Support Group (Wellspring): wellspring.ca/online-programs/programs/all-programs/breast-cancer-support-group

Virtual support group.

Canadian Breast Cancer Foundation: support.cbcf.org/get-support/breast-cancer-helpline

Call the Breast Cancer Support and Information Helpline at 1.888.778.3100.

Cancer Chat Canada: cancerchat.desouzainstitute.com

An online support group for people with cancer. Call 1.844.725.2476 for information.

CancerConnection.ca (Canadian Cancer Society): 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.

BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

Abbotsford

604.851.4710 x 646825
1.877.547.3777 (toll free)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Prince George

1.888.675.8001 x 8001 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Victoria

250.519.5517
1.800.670.3322 (toll free)