

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.

BREAST CANCER

Breast cancer starts in the cells of the breast. It occurs mostly in women, but men can get it too. If you are dealing with breast cancer, or if you are a friend, family member, or caregiver of a breast 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 advanced and metastatic breast cancer (Book)

WP870 S559 2012

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

100 questions & answers about breast cancer (Book)

WP870 B881 2009

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

WP870 K94 2010

Also available online at <http://site.ebrary.com/lib/bccancer/detail.action?docID=10530013>. 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.

Be a survivor (Book)

WP870 L274 2012

Breast cancer: what you need to know—now (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10491593>. 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.

Breast cancer companion (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10423565>. 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.

Breast cancer journey (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10774537>. 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.

Breast cancer sourcebook (Book)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10576462>. 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.

Breast cancer survival manual (Book)

WP870 L756 2017

Breast reconstruction: your choice (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10235097>. 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.

Breast reconstruction guidebook (Book)

WP870 S824 2017

Dr. Susan Love's Breast Book (Book)

WP840 L897 2015

Intelligent patient guide to breast cancer (Book)

WP870 I61 2017

Living well beyond breast cancer (Book)

WP870 W431 2010

Living with metastatic breast cancer (Booklet)

WP870 L786w 2014

Also available online at <http://www.willow.org/wp-content/uploads/MetastaticBreastCancerBooklet1.pdf>.

Mayo Clinic breast cancer book (Book)

WP870 H334 2012

Navigating breast cancer (Book)

WP870 S558n 2010

Also available at <http://site.ebrary.com/lib/bccancer/detail.action?docID=10530126>. 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.

Never too young (Book)

WP870 C215n 2010

Also available online at: https://www.cbcn.ca/en/never_too_young

New generation breast cancer book (Book)

WP870 P839 2015

Patient's guide to breast cancer (Book online)

Available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10529997>. 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.

Side effects of radiation and chemotherapy for breast cancer patients (DVD)

WP870 B863 2008 v.16

Also available online. Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Video Resources→Breast Cancer.

Straight talk about breast cancer (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=11011048>. 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

Cancer fabulous diaries (Book)

WP870 C215s 2014

Cup of comfort (Book)

WP870 C974s 2008

I am not my breast cancer (Book)

WP870 P394 2008

In-between days (Book)

WP870 H322 2016

Seventeen short films about breast cancer (DVD)

WP870 R649 2008

Silver lining (Book)

WP870 J17 2014

Also available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10822976>. 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.

Also available online at www.cancerview.ca/thetruthofit.

PAMPHLETS

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

Breast Cancer Information Kit (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Types of Cancer→Breast Cancer→Information Kit or pick up copies of the pamphlets from the BC Cancer Library.

Nutrition guide for women with breast cancer (BC Cancer)

Available online at www.bccancer.bc.ca. Click on Health Info→Coping With Cancer→Nutrition Support→Nutrition Handouts→Specific Types of Cancer→Breast Cancer.

Resources for after a mastectomy or lumpectomy (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Practical Support→Resources.

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→Breast Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Breast Cancer.

The BC Cancer website provides information about breast cancer for patients and the public. Topics include what causes breast cancer, prevention, screening, signs & symptoms, diagnosis, types & stages, treatment and coping & follow-up. Also includes information about “Getting Ready for Breast Surgery” and a “Pathology Report Patient Companion Guide.”

American Cancer Society

www.cancer.org

Click on Cancer A-Z→Breast Cancer.

Included here is information on prevention, early detection, treatment & support and research. There are links to “Stories of Hope,” “Online Support Communities” and “Breast Cancer in the News.” A list of “Questions to Ask My Doctor about Breast Cancer” is also available.

Breastcancer.org**www.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**www.cancer.ca**

Click on Cancer Information→Cancer Types→Breast Cancer.

This website includes information signs & symptoms, diagnosis, pathology & staging, treatment, supportive care, research & development, statistics and prognosis & survival. Available also are links to support services in BC and the rest of Canada (Cancer Information Service and a Community Services Locator). A list of “Questions to Ask Your Healthcare Team” is also available.

Canadian Breast Cancer Network**www.cbcn.ca**

This website has information on advocacy, including upcoming events and conferences, and links to information for women who are newly diagnosed, living with metastatic disease and residing in rural areas.

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

Click on Types of Cancer→Breast Cancer.

In addition to a review of breast cancer and its treatment, this site includes sections titled “Latest Research” and “Medical Illustrations.” A section titled “Questions to Ask the Doctor” may help when preparing for appointments.

MedlinePlus**www.nlm.nih.gov/medlineplus**

Click on Health Topics→Cancers→Breast Cancer.

This website provides many links to sources of information on breast cancer. By providing your e-mail address, you can receive breast cancer updates by e-mail. An interactive tutorial is provided.

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

Click on Cancer Types→Breast Cancer.

Provides information about breast cancer treatment, prevention and screening. This website is available in English and Spanish.

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 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

Canadian Breast Cancer Foundation

<http://support.cbcf.org/get-support/breast-cancer-helpline>

Call the Breast Cancer Support and Information Helpline at 1.888.778.3100.

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