

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
Complete guide to complementary therapies in cancer care	QA266 C345c 2011
Do you believe in magic?	WB890 O32 2013
Doctor's guide to alternative medicine	WB890 B734 2014
Integrative strategies for cancer patients	QZ266 L153 2012
Mayo Clinic book of alternative medicine	WB890 M474 2010
Supplement handbook	QU160 M938 2014

Pamphlets

Fact or fiction: finding good health information on the internet

bccancer.bc.ca/library-site/Documents/Fact%20vs%20Fiction%20-%20Patient%20Handout.pdf

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about complementary and alternative medicine. 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/coping-with-cancer/complementary-alternative-therapies

CAM – Cancer: cam-cancer.org

Provides evidence-based information about complementary and alternative medicine (CAM) for cancer.

Memorial Sloan Kettering, About Herbs: mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs

Medline Plus: medlineplus.gov/complementaryandintegrativemedicine.html

Good starting point if you want more information on CAM. There is a separate section on Cancer Alternative Therapies. Herbal remedies and supplements: click on Drugs and Supplements → Herbs and Supplements.

National Cancer Institute: cancer.gov/about-cancer/treatment/cam

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

InspireHealth: inspirehealth.ca

InspireHealth offers exercise therapy, stress management, nutrition and counselling services free of charge to Canadians living with cancer and their support people.

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)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Prince George

1.888.675.8001 x 8001 (toll free)

Victoria

250.519.5517
1.800.670.3322 (toll free)