

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.

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

Complementary and alternative medicine (CAM) includes any treatment that is not considered to be part of conventional medicine, such as a natural health product, relaxation therapy, acupuncture, therapeutic touch, naturopathy, etc. This Pathfinder is designed to help you access CAM information and resources.

Please note: It is important to discuss any use of CAM with your health providers.

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.

American Cancer Society complete guide to complementary & alternative cancer therapies (Book)	QZ266 A5138 2009
Complete guide to complementary therapies in cancer care (Book)	QZ266 C345c 2011
Do you believe in magic? (Book)	WB890 O32 2013
Doctor's guide to alternative medicine (Book)	WB890 B734 2014
Integrative strategies for cancer patients (Book)	QZ266 L153 2012

Mayo Clinic book of alternative medicine (Book)

WB890 M474 2010

Supplement handbook (Book)

QU160 M938 2014

Survivorship: living well during and after cancer (Book)

QZ266 C345e 2014

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→Cancer Treatment Websites→Complementary/Alternative Therapies Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Coping with Cancer→Complementary and Alternative Therapies.

Provides recommendations about the use of natural health products during active cancer treatment.

CAM-Cancer

http://cam-cancer.org

Information about complementary and alternative medicine for cancer is presented in evidence-based summaries.

MedlinePlus

www.nlm.nih.gov/medlineplus

Click on Health Topics→Complementary and Integrative Medicine

This website is a good starting point for anyone wanting more information about CAM. It provides links to research, clinical trials, definitions, videos and many other resources. There is a separate section on Cancer Alternative Therapies.

Click on Drugs and Supplements→Herbs and Supplements for useful information about supplements and herbal remedies.

Memorial-Sloan Kettering Cancer Center

www.mskcc.org

Click on For Adult Patients→Cancer Care→About Diagnosis & Treatment→Managing Symptoms & Side Effects→Integrative Medicine→About Herbs, Botanicals & Other Products

Provides reviews of natural health products.

National Cancer Institute

www.cancer.gov

Click on About Cancer→Treatment→Complementary and Alternative Medicine.

This comprehensive website provides information and resources for cancer patients to make decisions about complementary and alternative therapies.

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

InspireHealth

www.inspirehealth.ca

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

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