

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](http://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](http://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.

## ***CERVICAL CANCER***

Cervical cancer is cancer that starts in the cervix, part of the female reproductive system. If you are dealing with cervical cancer, or if you are a friend, family member, or caregiver of a cervical 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](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

<b>100 questions &amp; answers about cervical cancer</b> (Book)	<b>WP480 D622 2008</b>
<b>Cancer sourcebook for women</b> (Book)	<b>WP145 C215s 2010</b>
<b>Cervical cancer</b> (Book)	<b>WP480 H669c 2010</b>
<b>Fast facts: gynecologic cancer</b> (Book)	<b>WP145 S525 2010</b>
<b>Gynecological cancer education forum 2013</b> (DVD)	<b>WP145 B862 2013</b>
<b>Questions &amp; answers about human papilloma virus (HPV)</b> (Book)	<b>WP480 D622q 2011</b>

### **Patients' guide to cervical cancer (Book)**

**WP480 M131 2011**

Also available online at [www.r2library.com/Resource/Title/0763774278](http://www.r2library.com/Resource/Title/0763774278). 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.

### **What every woman should know about cervical cancer (Book online)**

Available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10284813>. 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.

### **Women's cancers (Book)**

**WP145 W872 2011**

### **Women's cancers: pathways to living (Book)**

**WP145 S657 2016**

2009 edition available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10274813>. 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.

## **PAMPHLETS**

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

### **Taking it step by step: a guide for women diagnosed with gynecological cancer**

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Types of Cancer→Women's Cancer→Cervix to find a link to this guide online or pick up a copy from the BC Cancer Library.

## **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](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→Cervix Websites.

### **BC Cancer**

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Click on Health Info→Types of Cancer→Women's Cancer→Cervix.

The BC Cancer website provides information about cervical cancer for patients and the public. Topics include what causes cervical cancer, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up. There is also a link to the guide, "Taking it step by step: a guide for women diagnosed with gynaecological cancer."

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Click on Cancer A-Z→View all cancer types→Cervical Cancer.

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

**Canadian Cancer Society**[www.cancer.ca](http://www.cancer.ca)

Click on Cancer Information→More Cancer Types→Cervical.

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.

**Cancer.Net**[www.cancer.net](http://www.cancer.net)

Click on Types of Cancer→Cervical Cancer.

In addition to a review of cervical 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](http://www.nlm.nih.gov/medlineplus)

Click on Health Topics→Cancers→Cervical Cancer.

This website provides many links to sources of information on cervical cancer. By providing your e-mail address, you can receive cervical cancer updates by e-mail.

**National Cancer Institute**[www.cancer.gov](http://www.cancer.gov)

Click on Cancer Types→Cervical Cancer.

Provides information on cervical cancer treatment, prevention and screening. The website is available in English and Spanish.

**National Cervical Cancer Coalition**[www.nccc-online.org](http://www.nccc-online.org)

Provides information about cervical cancer, screening, prevention, HPV and relationships, and myths and facts. There are also videos, survivor stories, educational materials, and information about coping for patients and for caregivers.

## 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](http://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](http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

**Cancer Chat Canada**[www.cancerchatcanada.ca](http://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](http://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