

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.

## SYSTEMIC THERAPY (CHEMOTHERAPY)

Chemotherapy is called systemic therapy because the drug travels through blood to cells all over the body, to your whole "system". There are over 100 different chemotherapy drugs. Other types of drugs such as hormonal therapy, biological or targeted therapy are used to kill cancer cells as well. People receiving systemic therapy, or their family or friends, may have questions about how to cope with treatment and its side effects. 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>70 ways to cope with chemo</b> (Book)	<b>QZ201 E92 2015</b>
<b>100 questions &amp; answers about cancer symptoms and cancer treatment side effects</b>	<b>QZ201 K29 2010</b>
Also available online at <a href="http://www.r2library.com/Resource/Title/0763777609">www.r2library.com/Resource/Title/0763777609</a> . 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.	
<b>Basics of cancer immunotherapy</b> (Book)	<b>QZ267 B311 2018</b>
<b>Breakthrough : immunotherapy and the race to cure cancer</b> (Book)	<b>QZ267 G734 2018</b>
<b>Chemo brain</b> (Book)	<b>QZ267 C624 2009</b>
<b>Chemo: secrets to thriving: from someone who's been there</b> (Book)	<b>QZ267 B879 2011</b>

**Chemotherapy survival guide** (Book)

**QZ267 M153 2009**

Also available online at

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=413916>. 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.

**Coping with chemotherapy** (Book)

**QZ267 P9492 2009**

**Healthy eating during chemotherapy** (Book)

**QZ266 N9 V217 2008**

**Introduction to systemic therapy** (Online video)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Video Resources→Systemic Therapy Teaching Session.

Video recording of the introductory patient education session offered by BC Cancer to all patients receiving chemotherapy or other types of systemic therapy.

**Understanding drugs** (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10440474>. 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.

**Your brain after chemotherapy** (Book)

**QZ267 S587y 2009**

## **AUDIO CDs**

This list provides the names of just a few of the many CDs that are available at BC Cancer centre libraries. These CDs can help you relax and cope with chemotherapy.

**Chemotherapy: a healing solution**

**QZ266 H798c 2006**

Deep relaxation, guided imagery and affirmations, accompanied by harp music.

**Chemotherapy companion**

**QZ266 C517m 2001**

Different sounds, mental imagery and positive affirmations are used to facilitate deep relaxation.

**Meditation to help you with chemotherapy**

**QZ266 N195mc 1991**

Guided imagery and affirmations to help with chemotherapy and its side effects.

**Optimizing chemotherapy**

**QZ266 M648o 2008**

Deep relaxation, guided imagery and music.

## PAMPHLETS

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

### **Chemotherapy and other drug therapies** (Canadian Cancer Society)

Go to [www.cancer.ca](http://www.cancer.ca) and click on Support & Services→Publications or pick up a copy from the 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→Cancer Treatment Websites and/or Our Services→Services→Library→Recommended Websites→Managing Symptoms and Side Effects Websites.

### **BC Cancer**

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

Click on Our Services→Treatments→ Systemic Therapy (Chemotherapy)

Provides information about systemic therapy, how to prepare for it, and the possible side effects. Includes a link to the patient video, "Introduction to Systemic Therapy."

### **American Cancer Society**

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

Click on Treatment & Support→Treatments & Side Effects→Types of Cancer Treatment →Chemotherapy.

This website provides information about chemotherapy including: what it is, how it is given; a guide to chemotherapy for patients and families; a chemotherapy video; oral chemotherapy, and a side effect worksheet.

### **Canadian Cancer Society**

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

Click on Cancer Information→Diagnosis & Treatment→Chemotherapy & Other Drug Therapies→Chemotherapy.

This website includes information on: how chemotherapy works; types of chemotherapy; preparing for chemotherapy; getting chemotherapy; after chemotherapy and side effects.

### **Chemocare.com**

[www.chemocare.com](http://www.chemocare.com)

This website includes the following sections: what is chemotherapy?; drug information; chemotherapy acronyms; managing side effects; eating well during chemotherapy; and before and after chemotherapy.

### **MedlinePlus**

[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

Click on Health Topics→Diagnosis and Therapy→Drug Therapy→Cancer Chemotherapy.

In addition to an overview section that includes a guide to cancer drugs, this website has many links to other websites offering information, including that related to: latest news; nutrition; and side effects (e.g., chemo brain).

Click on About Cancer→Treatment→Side Effects.

Provides information about side effects of cancer treatment, including anemia, appetite loss, diarrhea, fatigue, lymphedema, memory problems, sleep problems, etc.

## 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)

### Introduction to Systemic Therapy Patient Information Session

Presentation offered by nurses for all new systemic therapy patients at BC Cancer.

Talk to a clerk to register.

*If you would like more information about these or other resources, please contact the BC Cancer Library.*

<b>Abbotsford</b>	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
<b>Kelowna</b>	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
<b>Prince George</b>	Toll-free 1.888.675.8001, ext. 8001
<b>Surrey</b>	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
<b>Vancouver</b>	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
<b>Victoria</b>	250.519.5517 or toll-free 1.800.670.3322