

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.

COLORECTAL CANCER

Colorectal cancer includes cancers of the rectum and colon, both part of the large intestine. If you are dealing with colorectal cancer, or if you are a friend, family member, or caregiver of a colorectal 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 a 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.

Be a survivor : colorectal cancer treatment guide (Book)	WI520 L274 2014
Colorectal cancer: what you need to know—now (Book)	WI520 C719a 2008
Also available online at http://site.ebrary.com/lib/bccancer/reader.action?docID=10558279 . 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.	
Colon & rectal cancer (Book)	WI520 R931 2012
Colorectal cancer & you (Booklet)	WI520 C718c 2018
Colorectal cancer forum 2013 (DVD)	WI520 B863 2013

Patients' guide to colon and rectal cancer (Book)

WI520 A287 2013

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10739349>. 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.

Patient's guide to colorectal and anal cancer (Book)

WI529 Z133p 2013

Positive options for colorectal cancer (Book)

WI520 L334 2014

Ostomy Resources

Handbook for new ostomy patients (Book)

WI520 H258 2015

Also available online at

http://uoacvancouver.weebly.com/uploads/2/6/8/9/26894454/revised_new_patients_edition_6th_printing_web_2015.pdf

Living well with an ostomy (Book)

WI520 R277 2012

Ostomy book (Book)

WI520 M958 2008

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10432692>. 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

Colon cancer survivors' guide (Book)

WI520 P474c 2005

What I learned from cancer (Book)

QZ201 M227 2014

PAMPHLETS

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

Colorectal cancer care : a cancer care map for patients (BC Cancer)

Available online at

www.bccancer.bc.ca/surgical-oncology-network-site/Documents/ColorectalCancerSurgeyCareMap_Web.pdf

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→Colorectal Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Digestive System→Colorectal.

The BC Cancer website provides information about colorectal cancer for patients and the public. Topics include what causes colorectal cancer, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up.

American Cancer Society

www.cancer.org

Click on Cancer A-Z→Colon/Rectum Cancer.

A variety of information is available here including content for people worried about developing colorectal cancer, making decisions about your treatment, and trying to stay well after treatment.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Types→Colorectal.

There is a wealth of information on this website including a general overview of the healthcare team, information about treatment and coping skills, as well as current statistics.

Cancer.Net

www.cancer.net

Click on Types of Cancer→Colorectal Cancer.

An overview of colorectal cancer including an explanation of colorectal polyps can be found here. There is also a section titled “Questions to Ask the Doctor” that may be useful to read before your next appointment.

Colorectal Cancer Canada

www.colorectalcancercanada.com

Statistics and information about colorectal cancer treatment and side effects can be found here. In addition, there is a useful Glossary of Terms section as well as a Just the Facts tab.

MedlinePlus

medlineplus.gov

Click on Health Topics→Cancers→Colorectal Cancer.

This website has a variety of information including an interactive tutorial. Content can be viewed in a number of different languages.

National Cancer Institute

www.cancer.gov

Click on Cancer Types→Colorectal Cancer.

This website is dense with information about colorectal cancer treatment and information related to prevention, genetics, and risk factors.

Hereditary Cancer Websites

Familial Gastrointestinal Cancer Registry

zanecohencentre.com/fgicr

Information about programs dedicated to the specialty care of families affected with rare forms of inherited colorectal cancer.

Lynch Syndrome International

lynchcancers.org

This website deals specifically with Lynch Syndrome, a hereditary disorder in which affected individuals have a higher than normal chance of developing colorectal cancer, endometrial cancer, and various other types of cancers.

Ostomy Websites

Ostomy Canada Society

www.ostomycanada.ca

This site provides information about United Ostomy Association of Canada and its services.

United Ostomy Associations of America

www.ostomy.org

This site provides information about the United Ostomy Associations of America as well as content about support and advocacy for people with ostomies and their 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

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

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