

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.

COPING WITH CANCER

When you heard your doctor say the word “cancer”, you may have been flooded with intense reactions. For many patients these include feelings of shock, fear, anxiety, sadness – and even anger. You may find yourself on an emotional roller-coaster. Internally, you can feel frightened and discouraged. It is hard to act like your usual self...when for now... everything in your world has changed. The resources below will provide some reassurance that you are not alone in having these struggles and may give you some ideas for getting through treatment and beyond.

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.

Anatomy of hope: how people prevail in the face of illness (Book) **WM172 G876 2004**

Explores the extent to which hope features in the experience of patients with chronic and terminal illnesses; the importance of hope in enabling patients, families, friends, and physicians to meet the challenges of serious illness; the various forms that hope can take; and the role of the physician in fostering or at least not extinguishing hope.

Cancer: 50 essential things to do (Book) **QZ201 A5461 1999**

Tells how the patient can regain some control in the face of feeling fearful and overwhelmed.

Cereal for dinner: strategies, shortcuts, and sanity of moms battling illness (Book) **QZ266 B832 2004**

Teaches mothers how to balance their lives so that they can care for themselves while still taking care of their families.

Coping with cancer (Book)

QZ200 D295 2009

Includes tips on coping, hints on finding one-minute pleasures, and ways of sustaining hope and creating positive thoughts.

Coping with the emotional impact of cancer (Book)

QZ201 F518c 2009

Tools for managing the shock at receiving a diagnosis, lessening stress, combating depression and living with the fear of recurrence.

Facing cancer (Book)

QZ201 F141s 2004

Includes: facing a cancer diagnosis; how to deal with the news; the impact on the family; helping children cope; facing cancer therapy; dealing with depression and anxiety.

Finding hope: ways to see life in a brighter light (Book)

WM172 J58 1999

After describing what hope is and how it works this book offers twenty-two specific ideas about how to find, keep and build hope in your life.

Finding your way through cancer (Book)

QZ266 K68 2010

Offers advice on working through issues such as, family matters, learning from your emotions, mastering anxiety, seeing cancer as a gift, five existential dilemmas and cancer and your life story.

Hoping, coping and moping (Book)

WM172 J58h 2000

Offers practical, sometimes humorous, suggestions for moving beyond self-pity and towards feeling better. Discusses the effects physical suffering and illness have on your body, mood, energy, emotions, spirit, loved ones and overall quality of life.

Human side of cancer: living with hope, coping with uncertainty (Book)

QZ200 H735 2000

Surveys a range of available coping strategies, both physical (e.g., medications) and psychological (e.g., support groups).

Silver linings: finding hope, meaning, and renewal during times of transition (Book)

WM172 W519 2004

Shows how the worst things that happen to people can often be blessings in disguise, and how to use make the most of those blessings as catalysts to lasting and significant life changes.

Personal Stories

The truth of it (5 DVDs)

QZ201 T875c 2010

A group of Canadians diagnosed with cancer were asked to share their story on video so others could learn from their experience.

PAMPHLETS

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

BC Cancer Emotional Support Handouts

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Emotional Support→Helpful Handouts.

Various handouts and pamphlets are available, including:

Anxiety
Deep breathing exercises
Expressing anger
Managing stress
Progressive muscle relaxation
Steps to problem solving

Coping when you have cancer (Canadian Cancer Society)

Go to www.cancer.ca and click on Support & Services→Publications or pick up a copy from the BC Cancer Library.

Emotional facts of life with cancer (Canadian Association of Psychosocial Oncology)

NEWSLETTERS

Supportive care patient newsletter (BC Cancer)

Go to www.bccancer.bc.ca and click on Our Services→Services→Patient & Family Counselling.

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→Living with Cancer Websites.

BC Cancer

www.bccancer.bc.ca/emotional-support

Provides information about dealing with emotions, support groups and programs, work-related issues and cancer and the family.

American Cancer Society

www.cancer.org

Click on Treatment & Support→Treatments & Side Effects→Coping with Cancer.

Topics include: distress; anxiety, fear and depression; attitudes and cancer; and coping checklists.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Journey→Living with Cancer.

Topics include: dealing with change; stress, sexuality; spirituality; getting help from others; and coping within a family.

Cancer Support Community

www.cancersupportcommunity.org

Offers lots of information about coping with cancer, free webinars, online support, and a cancer support helpline.

Cancer.Net

www.cancer.net

Click on Coping with Cancer.

Topics include: managing emotions; talking with family and friends; caring for a loved one; and finding support and information.

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