

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.

GYNECOLOGICAL CANCER

Gynecological cancers are cancers that start in a part of the female reproductive system, such as the cervix, vagina, vulva, ovary, uterus or endometrium. If you are dealing with gynecological cancer, or if you are a friend, family member, or caregiver of a gynecological 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. There are also separate pathfinders available for Ovarian, Uterine and Cervical Cancers.

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.

100 questions & answers about vulvar cancer and other diseases of the vulva and vagina (Book) **WP200 B972 2009**
 Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10530096>. 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.

100 questions & answers for women living with cancer (Book) **QZ201 K94 2007**

Cancer sourcebook for women (Book) **WP145 C215s 2010**

Fast facts: gynecologic cancer (Book) **WP145 S525 2010**

Questions & answers about human papilloma virus (HPV) (Book)

WP480 D622q 2011

Women's cancers (Book)

WP145 W872 2011

Women's cancers: pathways to healing (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 and click on Health Info→Types of Cancer→Women's Cancer 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 and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→Women's Cancer Websites, or a specific type of gynecological cancer.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Women's Cancer, or a specific type of gynecological cancer.

The BC Cancer website provides information about gynecological cancer for patients and the public. Topics include what causes gynecological 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 gynecological cancer."

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