

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.

ORAL/HEAD AND NECK CANCER

If you are dealing with oral or head and neck cancer, or if you are a friend, family member, or caregiver of an oral or head and neck 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 to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

100 questions & answers about head and neck cancer (Book)	WE705 C297 2008
Cancers of the head & neck (Book)	WE707 L983 2019
Living and thriving with head and neck cancer (Book)	WE707 M383 2012
Meeting the challenges of oral and head and neck cancer (Book)	WE705 M495 2011
Patients' guide to head and neck cancer (Book)	WE705 G715 2011

Also available online at www.r2library.com/Resource/Title/0763774316. 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.

Personal Stories

Bangers & mash (Book)

WE705 H557 2009

No quit in me : my wild ride with tongue cancer (Book)

WI210 K95 2018

Playing ball with oral cancer (DVD)

QZ200 B366 2008 v.2

PAMPHLETS

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

ISOO Multidisciplinary Patient Care Fact Sheets (International Society of Oral Oncology):

How to Care for Your Mouth During Active Chemotherapy

How to Care for Yourself Before Head and Neck Radiation Begins

How to Care for Yourself After Head and Neck Radiation Begins

How to Care for Yourself During Head and Neck Radiation

Available online at www.mascc.org/oral-care-education.

Questions & answers about HPV-positive oropharyngeal squamous cell cancer (Johns Hopkins Head and Neck Cancer Center)

Available online at https://www.hopkinsmedicine.org/kimmel_cancer_center/centers/head_neck/HPV/hpv.pdf

JOURNAL ARTICLES

Discussing the diagnosis of HPV-OSCC: common questions and answers (Oral Oncol. 2013 Sep; 49(9): 863–871)

This article provides in-depth answers to common questions about oral HPV cancers.

Available online at www.ncbi.nlm.nih.gov/pmc/articles/PMC4264664

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→ Head and Neck Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Head & Neck Cancer.

The BC Cancer website includes information on head and neck cancer including: What causes it and who get it?; Signs and symptoms; Diagnosis; Types and stages; Treatment; Follow-up after treatment; and Coping.

Cancer.Net**www.cancer.net**

Click on Types of Cancer→Head and Neck.

This website provides a guide that includes: Overview; Medical Illustrations; Risk Factors; Prevention; Symptoms; Diagnosis; Staging With Illustrations; Treatment; Clinical Trials Resources; Side Effects; After Treatment; Current Research; Questions to Ask the Doctor; and Patient Information Resources.

MedlinePlus**medlineplus.gov**

Click on Health Topics→Cancers→Head and Neck Cancer.

This site includes sections with information on: diagnosis/symptoms and prevention/screening; research including clinical trials and journal articles and references; and links to patient handouts.

National Cancer Institute**www.cancer.gov**

Click on Cancer Types→ Head and Neck Cancer.

This site includes information on: treatment of various types of head and neck cancer and prevention and screening. The website is available in English and Spanish.

Oral Cancer Foundation**http://oralcancerfoundation.org**

This site provides information about rates of occurrence, risk factors which lead to oral cancer, signs and symptoms, treatments, current research, complications of treatment, nutrition, related clinical trials, and current oral cancer related news. An anonymous patient / survivor discussion forum is open to the public.

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.

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