

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.

## ***HEREDITARY CANCER***

If you are wondering whether cancer might run in your family or if you have already been diagnosed with a hereditary cancer syndrome, the following resources might answer some of your questions.

### **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>Cancer in the family</b> (Book)	<b>QZ210 R826 2016</b>
<b>Hereditary Breast and Ovarian Cancer</b>	
<b>Confronting hereditary breast and ovarian cancer</b> (Book)	<b>WP870 F911 2012</b>
<b>Positive results</b> (Book)	<b>WP870 M875 2010</b>
<b>Previvors: facing the breast cancer gene</b> (Book)	<b>WP870 P839 2010</b>
<b>What's new in hereditary breast cancer</b> (DVD)	<b>WP870 B863 2008 v.10</b>

## Personal Stories

<b>Apron strings</b> (Book)	<b>WP870 G799a 2007</b>
<b>In the family</b> (DVD)	<b>QZ201 R916 2008</b>
<b>Pretty is what changes</b> (Book)	<b>WP870 Q3 2008</b>

## Hereditary Colorectal Cancer

<b>Colorectal cancer can run in the family</b> (Book)	<b>WI520 C721b 2006</b>
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## PAMPHLETS

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

### **Does cancer run in my family?** (BC Cancer)

Go to **[www.screeningbc.ca/Hereditary](http://www.screeningbc.ca/Hereditary)** and click on Am I a candidate?→Resources→Does Cancer Run in My Family? 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](http://www.bccancer.bc.ca)** and click on Our Services→Services→Library→Recommended Websites→Causes and Prevention Websites→Genetics and Hereditary Cancer Websites.

### **BC Cancer Hereditary Cancer Program**

**[www.screeningbc.ca/Hereditary](http://www.screeningbc.ca/Hereditary)**

This website provides information about the hereditary cancer program in BC, including what hereditary cancer is, facts and myths about hereditary cancer, and how referrals to the program can be made.

### **American Cancer Society**

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

Click on Cancer A-Z→What Causes Cancer?→Genetics and Cancer.

Provides information about family cancer syndromes, genes and cancer, and genetic testing.

### **Canadian Cancer Society**

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

Click on Prevention and Screening→Be Aware→Family Genetics.

Provides information about cancers that are known to be hereditary, genetic risk assessment, and taking action to reduce your risk.

Click on Navigating Cancer Care→Cancer Basics→Genetics.

Provides information about the genetics of cancer, genetic testing, collecting your family history, what to expect when meeting a genetic counsellor, sharing results with your family and hereditary cancer-related syndromes.

**Genetics Home Reference****http://ghr.nlm.nih.gov**

Provides information about hereditary conditions that can increase the risk of developing cancer.

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

Click on About Cancer →Causes and Prevention→Genetics.

Provides general information about cancer genetics, hereditary cancer syndromes and genetics testing.

**Hereditary Breast and Ovarian Cancer Websites****FORCE: Facing Our Risk of Cancer Empowered****www.facingourrisk.org**

Provides information and support for people at risk or facing a diagnosis of breast or ovarian cancer. There are support forums, webinars and a toll-free helpline available.

**Hereditary Breast and Ovarian Cancer Society****hbocsociety.org**

Provides information about hereditary breast and ovarian cancer syndrome and cancer symptoms and detection. Includes links to other websites, clinics and research facilities, social media, online tools,

**Hereditary Colorectal Cancer Websites****Familial Gastrointestinal Cancer Registry****zanecohencentre/fgicr**

Provides information about Familial Adenomatous Polyposis and other syndromes that can cause colorectal cancer.

**Lynch Syndrome International****lynchcancers.com**

Provides information and support for people with Lynch Syndrome.

**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](http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

## **Cancer Chat Canada**

[www.cancerchatcanada.ca](http://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](http://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 the BC Cancer Library.*

### **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