

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.

PRIMARY LIVER CANCER

If you are dealing with liver cancer, or if you are a friend, family member, or caregiver of a liver 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 liver cancer (Book)

WI735 A155 2009

Cleveland Clinic guide to liver disorders (Book)

WI700 Z45 2009

PAMPHLETS

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

Primary liver cancer (Canadian Cancer Society)

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→Liver Websites.

BC Cancer

www.bccancer.bc.ca

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

The BC Cancer website provides information about liver cancer for patients and the public. Topics include what causes liver cancer, prevention, screening, signs & symptoms, diagnosis, types & stages, treatment and coping & follow-up. Links are provided to view videos and to access the BC Cancer Library.

American Cancer Society

www.cancer.org

Click on CancerA-Z→View all Cancer Types→Liver Cancer.

Included here is information on prevention, early detection, treatment & support and research.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Types→More Cancer Types→Liver.

This website includes information signs & symptoms, diagnosis, pathology & staging, treatment, supportive care, research & development, statistics and prognosis & survival. Available also are links to support services in BC and the rest of Canada (Cancer Information Service and a Community Services Locator). A list of “Questions to Ask Your Healthcare Team” is also available.

Cancer.Net

www.cancer.net

Click on Types of Cancer→Liver Cancer.

In addition to a review of liver cancer and its treatment, this site includes sections titled “Latest Research” and “Medical Illustrations.” A section titled “Questions to Ask the Doctor” may help when preparing for appointments.

MedlinePlus

medlineplus.gov

Click on Health Topics→Cancers→Liver Cancer.

This website provides many links to sources of information on liver cancer. By providing your e-mail address, you can receive liver cancer updates by e-mail. An interactive tutorial is provided.

National Cancer Institute

www.cancer.gov

Click on Cancer Types→Liver Cancer.

This website contains information about the treatment of liver and bile duct cancer and information related to prevention and screening. This website can be viewed in English and in Spanish.

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 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