

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.

## **LUNG CANCER**

Lung cancer has many names – pulmonary cancer, bronchial cancer and small cell lung cancer are just a few. People with any type of lung cancer, or their family or friends, may have questions about the disease and how to live well during treatment or want practical advice or personal insights from lung cancer survivors. This Pathfinder can help with all 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](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.

**100 questions & answers about lung cancer** (Book)

**WF658 S334 2009**

2012 edition available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10739347>. 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 about mesothelioma** (Book)

**WF658 P285 2014**

Also available online at <https://ebookcentral.proquest.com/lib/bccancer-ebooks/reader.action?docID=3319333>. 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.

**ABC's of lung cancer for patients and advocates** (Book)

**WF658 D676 2016**

<b>Be a survivor: lung cancer treatment guide</b> (Book)	<b>WF658 L256 2012</b>
<b>Cleveland Clinic guide to lung cancer</b> (Book)	<b>WF658 M478 2010</b>
<b>Lung cancer : from diagnosis to treatment</b> (Book)	<b>WF658 S431 2018</b>
2012 edition available online at <a href="http://site.ebrary.com/lib/bccancer/reader.action?docID=10521834">http://site.ebrary.com/lib/bccancer/reader.action?docID=10521834</a> . 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.	
<b>Lung cancer : your questions, your answers</b> (Book)	<b>WF658 S334 2017</b>
<b>Patient's guide to lung cancer</b> (Book)	<b>WF658 K63 2011</b>
Also available online at <a href="http://www.r2library.com/Resource/Title/0763774367">www.r2library.com/Resource/Title/0763774367</a> . 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.	
<b>Understanding lung cancer</b> (Book)	<b>WF658 A398 2014</b>
Also available at <a href="http://site.ebrary.com/lib/bccancer/reader.action?docID=10835313">http://site.ebrary.com/lib/bccancer/reader.action?docID=10835313</a> . 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**

<b>How to survive lung cancer</b> (Book)	<b>WF658 L793 2007</b>
<b>Mom's cancer</b> (Book)	<b>WF658 F466 2006</b>
<b>Voices of lung cancer</b> (Book)	<b>WF658 V889 2007</b>
<b>Women with lung cancer share their stories</b> (DVD)	<b>WF658 W872 2006</b>

### **Shortness of Breath / Dyspnea**

<b>Dyspnea: the feeling of breathlessness</b> (DVD)	<b>QZ266 M928 2009</b>
<b>Managing shortness of breath</b> (DVD)	<b>QZ266 M266 2011</b>
Also available online at <a href="http://www.lungcancercanada.ca/Resources/Managing-Difficulty-Breathing.aspx">www.lungcancercanada.ca/Resources/Managing-Difficulty-Breathing.aspx</a>	

## PAMPHLETS

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

**Inspire: coping with lung cancer: the emotional journey : for the patient** (Canadian Association of Psychosocial Oncology)

Available from the BC Cancer Library.

**Inspire: coping with lung cancer: emotional support and help for caregivers** (Canadian Association of Psychosocial Oncology)

Available from the BC Cancer Library.

## Shortness of Breath / Dyspnea

**Dyspnea** (BC Cancer)

Available 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→Types of Cancer Websites→Lung Websites.

### BC Cancer

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Click on Health Info→Types of Cancer→Lung Cancer.

The BC Cancer website provides information about primary lung cancer for patients and the public. Topics include what causes lung cancer, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up. There are also links to many online videos about lung cancer.

### American Lung Association

[www.lung.org](http://www.lung.org)

Click on Lung Health & Diseases → Lung Cancer.

Information about life changes caused by lung cancer as well as treatment decisions can be found here. Keep in mind that the support resources listed on this website are for American patients.

### Canadian Cancer Society

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

Click on Cancer Information→Cancer Types→Lung Cancer.

There is a wealth of information on this website including a general overview of your healthcare team, information about treatment and coping skills as well as current statistics and a section explaining myths related to cancer.

Click on Types of Cancer→Lung Cancer - Non-Small Cell OR – Small Cell

Information about lung cancer staging and treatment as well current research and clinical trial information can be found here. There is also a section titled “Questions to Ask the Doctor” that may be useful to read before your next appointment.

**Lung Cancer Alliance****www.lungcanceralliance.org**

This organization is dedicated to patient support and advocacy for people living with lung cancer and those at risk for the disease.

**Lung Cancer Canada****www.lungcancercanada.ca**

Information on patient support as well as educational resources for patients, family members, healthcare professionals and the general public can be found here. This website also has a list of clinical trials for lung cancer patients in Canada (scroll down to Clinical Trials under the Lung Cancer tab). There is also a very helpful video about managing shortness of breath.

**Lungcancer.org****www.lungcancer.org**

Information for lung cancer patients, caregivers and support persons, as well as healthcare professionals can be found here.

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

Click on Cancer Types→Lung Cancer.

This website contains information about the treatment of lung cancer and information related to prevention and screening.

## **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](http://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**

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.*

<b>Abbotsford</b>	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
<b>Kelowna</b>	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
<b>Prince George</b>	Toll-free 1.888.675.8001, ext. 8001
<b>Surrey</b>	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
<b>Vancouver</b>	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
<b>Victoria</b>	250.519.5517 or toll-free 1.800.670.3322