

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.

LYMPHOMA

Lymphomas are cancers that arise from lymphocytes, white blood cells that circulate primarily through the lymphoid system. If you are dealing with lymphoma, or if you are a friend, family member, or caregiver of a lymphoma 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 lymphoma (Book)

WH525 H747 2016

2014 edition available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10944506>. 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.

Johns Hopkins patients' guide to lymphoma (Book)

WH525 B246 2010

Also available online at <http://www.r2library.com/Resource/Title/076378513X>. 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.

Life beyond lymphoma guide (Online book)

Available online at www.lymphoma.ca. Click on Programs & Resources → Publications.

Living with lymphoma (Book)

WH525 A237 2016

Lymphoid cancer education forum 2013 (DVD)

WH525 L986b 2013

Lymphoid cancer education forum 2015 (Video online)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Video Resources→Lymphoid cancers. Some videos of previous presentations are also available here.

Understanding CLL & SLL (Book)

WH250 L986 2016

Also available online at www.lymphoma.ca. Click on Programs & Resources→Publications.

Understanding Hodgkin lymphoma (Book)

WH500 L986 2016

Also available online at www.lymphoma.ca. Click on Programs & Resources→Publications.

Understanding NHL (Book)

WH525 L986 2016

Also available online at www.lymphoma.ca. Click on Programs & Resources→Publications.

PAMPHLETS

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

BC blood cancer resource guide (Leukemia & Lymphoma Society of Canada)

Available online at www.llscanada.org/bcyukon-region/british-columbia-blood-cancer-resource-guide

Understanding Hodgkin Lymphoma (Lymphoma Research Foundation)

Go to www.lymphoma.org and click on Learn→Booklets/Fact Sheets→Hodgkin Lymphoma

Understanding Non-Hodgkin Lymphoma (Lymphoma Research Foundation)

Go to www.lymphoma.org and click on Learn→Booklets/Fact Sheets→Non-Hodgkin Lymphoma

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→Hodgkin Lymphoma or Non-Hodgkin Lymphoma.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Blood and Lymphoid Cancer.

The BC Cancer website provides information about lymphoma for patients and the public. Topics include what causes non-Hodgkin and Hodgkin lymphoma, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up.

Click on Cancer Information → Cancer Types → non-Hodgkin Lymphoma or Hodgkin Lymphoma.

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. In addition, information is available in number of different languages.

Leukemia/Bone Marrow Transplant Program of BC**<http://leukemiabmtprogram.org>**

This web site provides information about the Leukemia/Bone Marrow Transplant Program of British Columbia including: Treatment Options provided by the Program; Issues around coping and support — both emotional and financial aspects; Available resources for patients and families; Information for stem cells and marrow donors; and Cancer Management Guidelines.

Leukemia & Lymphoma Society of Canada**www.llscanada.org**

Provides information for patients and caregivers about leukemia, lymphoma, and myeloma and managing cancer. Includes a contact number for information and support and a live chat.

Life Beyond Lymphoma**<http://lifebeyondlymphoma.ca>**

Created for lymphoma patients who are in the off-treatment phase of their journey. A unique feature of Life Beyond Lymphoma is that it offers a conversational, interactive experience that guides you to the information on lymphoma survivorship that is most relevant for you.

Lymphoma Canada**www.lymphoma.ca**

Provides information about diagnosis, treatment, advanced cancer, post-treatment, caregiver support, coping, nutrition, financial resources and much more.

Lymphoma Research Foundation**www.lymphoma.org**

Provides information, webcasts, podcasts, teleconferences, support and resources about lymphoma.

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 Canadawww.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.

Leukemia & Lymphoma Society of Canada First Connectionwww.llscanada.org/support/first-connection

A peer-to-peer program that matches newly diagnosed patients and their families with trained volunteers who have shared similar experiences.

Lymphoma Canada Peer Supportwww.lymphoma.ca/peersupport

The Peer Mentoring Program matches screened and trained patient or caregiver volunteers who have experience with lymphoma with patients and caregivers who need support.

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