

BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to bccancer.bc.ca/library to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

Books

Title	Library Call Number
100 questions & answers about myeloma	WH540 B299 2013
High-dose therapy and autologous stem cell transplantation	WH380 M997 2019
Myeloma survival guide	WH540 T158 2017
Understanding multiple myeloma	WH540 G249 2018

eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

100 questions & answers about myeloma

site.ebrary.com/lib/bccancer/reader.action?docID=10739355

Pamphlets

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

llscanada.org/bcyukon-region/british-columbia-blood-cancer-resource-guide

Multiple myeloma: understanding your diagnosis (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Multiple%20myeloma%20UYD/32048-1-NO.pdf

Multiple myeloma patient handbook (Myeloma Canada)

myelomacanada.ca/pixms/uploads/serve/ckeditor/myeloma_canada_patient_handbook_10_2017-2.pdf

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about multiple myeloma. For a complete list of websites recommended by the BC Cancer librarians, go to bccancer.bc.ca/library.

Canadian Cancer Society: cancer.ca/en/cancer-information/cancer-type/multiple-myeloma/multiple-myeloma

International Myeloma Foundation: myeloma.org

Leukemia/Bone Marrow Transplant Program of BC: leukemiabmtprogram.org

Leukemia & Lymphoma Society of Canada: llscanada.org

Myeloma Canada: myelomacanada.ca

Support Programs

This is a list of support programs offered by community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

bccancer.bc.ca/supportprograms

BC Cancer Patient & Family Counselling: bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

Cancer Chat Canada: cancerchat.desouzainstitute.com

An online support group for people with cancer. Call 1.844.725.2476 for information.

CancerConnection.ca (Canadian Cancer Society): 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.

Leukemia & Lymphoma Society of Canada: llscanada.org/support-resources

“First Connection” peer support program, online support groups and online chats.

Myeloma Cancer Peer Support Program: myelomacanada.ca/en/find-support/myeloma-peer-support-program

Myeloma Canada Virtual Support Groups: myelomacanada.ca/en/find-support/virtual-support-groups

Vancouver Island Multiple Myeloma Support Group: myelomavancouverisland.ca

BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

Abbotsford

604.851.4710 x 646825
1.877.547.3777 (toll free)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Prince George

1.888.675.8001 x 8001 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Victoria

250.519.5517
1.800.670.3322 (toll free)