

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.

OVARIAN CANCER

Ovarian cancer is cancer that starts in the ovary or ovaries, part of the female reproductive system. If you are dealing with ovarian cancer, or if you are a friend, family member, or caregiver of an ovarian 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 ovarian cancer (Book)	WP322 D622 2015
By your side (Book)	WP322 B993 2015
Cancer sourcebook for women (Book)	WP145 C215s 2010
Confronting hereditary breast and ovarian cancer (Book)	WP870 F911 2012
Fast facts: gynecologic cancer (Book)	WP145 S525 2010
Guide to survivorship for women who have ovarian cancer (Book)	WP322 G946 2015

Patients' guide to ovarian cancer (Book)

WP322 S161 2011

Also available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10530012>. 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.

Still by your side (Book)

WP322 S241 2016

Ultimate guide to ovarian cancer (Book)

WP322 B467 2013

Women's cancers (Book)

WP145 W872 2011

Women's cancers: pathways to living (Book)

WP145 S657 2016

2009 edition available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10274813>. 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.

Personal Stories

Bearing witness: living with ovarian cancer (Book)

WP322 B369 2009

Also available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10382306>. 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.

Memoir of a debulked woman (Book)

WP322 G921 2012

Through the fire (Book)

WP322 C758t 2008

My wonderful nightmare (Book)

WP322 H636 2010

PAMPHLETS

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

Taking it step by step: a guide for women diagnosed with gynecological cancer

Go to www.bccancer.bc.ca and click on Health Info→Types of Cancer→Women's Cancer to find a link to this guide online 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 and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→Ovary Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Women's Cancer→Ovary.

The BC Cancer website provides information about ovarian cancer for patients and the public. Topics include what causes ovarian cancer, prevention, screening, signs and symptoms, diagnosis, types & stages as well as treatment and follow-up. There is also a link to the guide, "Taking it step by step: a guide for women diagnosed with gynaecological cancer."

National Cancer Institute

www.cancer.gov

Click on Cancer Types→ Ovarian, Fallopian Tube, and Primary Peritoneal Cancer.

This website contains a lot of information about the treatment, prevention and screening of ovarian cancer. This website can be viewed in English and in Spanish.

National Ovarian Cancer Coalition (US)

www.ovarian.org

This is an American website with some useful information for women in all stages of their cancer journey. Videos, brochures, and book recommendations can be found by clicking on the "Resources" tab.

Ovarian Cancer Canada

www.ovariancancer.org

By clicking on the tab "About Ovarian Cancer" you can access information about statistics, risk factors, symptoms, and treatment for ovarian cancer.

OVCARE: Ovarian Cancer Research Program of BC

www.ovcare.ca

This is the website for BC's Ovarian Cancer Research Team. On this site there is information about recent research, clinical trials, and patient stories.

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.

OVdialogue

www.ovariancanada.org

Click on OVdialogue to find an online community for those who have been diagnosed with ovarian cancer.

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.

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