

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://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 ovarian cancer	WP322 D622 2015
Confronting hereditary breast and ovarian cancer	WP870 F911 2012
Guide to survivorship for women who have ovarian cancer	WP322 G946 2015
Memoir of a debulked woman	WP322 G921 2012
My wonderful nightmare	WP322 H636 2010
Patients' guide to ovarian cancer	WP322 S161 2011
Still by your side	WP322 S241 2016
Ultimate guide to ovarian cancer	WP322 B467 2013
Women's cancers	WP145 W872 2011
Women's cancers: pathways to living	WP145 S657 2016

### 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.

**Bearing witness: living with ovarian cancer**

[tinyurl.com/y5mnox32](http://tinyurl.com/y5mnox32)

**Patients' guide to ovarian cancer**

[tinyurl.com/y2ignrtg](http://tinyurl.com/y2ignrtg)

## Women's cancers: pathways to living

[tinyurl.com/y2l6slou](http://tinyurl.com/y2l6slou)

## DVDs

Title	Library Call Number
Gynecological cancer education forum 2013	WP145 B862 2013

## Pamphlets

Ovarian cancer: understanding your diagnosis (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Ovarian%20cancer%20UYD/32067-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Ovarian%20cancer%20UYD/32067-1-NO.pdf)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about ovarian cancer. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**BC Cancer:** [bccancer.bc.ca/health-info/types-of-cancer/pelvic-area/ovary](http://bccancer.bc.ca/health-info/types-of-cancer/pelvic-area/ovary)

**Canadian Cancer Society:** [cancer.ca/en/cancer-information/cancer-type/ovarian/ovarian-cancer/?region=bc](http://cancer.ca/en/cancer-information/cancer-type/ovarian/ovarian-cancer/?region=bc)

**National Cancer Institute:** [cancer.gov/types/ovarian](http://cancer.gov/types/ovarian)

**National Ovarian Cancer Coalition:** [ovarian.org](http://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:** [ovariancanada.org](http://ovariancanada.org)

Click on the tab "About Ovarian Cancer" to find information about statistics, risk factors, symptoms, and treatment for ovarian cancer.

**OVCARE: Ovarian Cancer Research Program of BC:** [ovcare.ca](http://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 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](http://bccancer.bc.ca/supportprograms)

**BC Cancer Patient & Family Counselling:** [bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://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](http://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](http://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:** [ovariancanada.org/Living-with-Ovarian-Cancer/Find-Local-Support-Groups](http://ovariancanada.org/Living-with-Ovarian-Cancer/Find-Local-Support-Groups)

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

**Ovarian Cancer Support Group** (Wellspring): [wellspring.ca/online-programs/programs/all-programs/ovarian-cancer-support-group](http://wellspring.ca/online-programs/programs/all-programs/ovarian-cancer-support-group)

Virtual support group.

## 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)