

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
Managing pain before it manages you	WL700 C371 2009
Mayo Clinic guide to pain relief	WL704.6 M473 2014
Mindfulness solution to pain	WL700 G227 2009
Yoga for pain relief	QZ266 M113 2009

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.

Living a healthy life with chronic pain

tinyurl.com/y278ljbw

Meditations for pain recovery

tinyurl.com/y29sdsu

Understanding pain

tinyurl.com/y2vb35pn

Audio CDs

Title	Library Call Number
Mindfulness meditation for pain relief	QZ266 K12m 2010
Pain control	QZ266 M113 2009
Pain: softening the sensations	QZ266 H7981p 2006

Videos

BC Cancer Pain & Symptom Management/Palliative Care Clinic

[youtube.com/watch?v=VZi8JHPSQ9U](https://www.youtube.com/watch?v=VZi8JHPSQ9U)

Marc's Experience with the Pain & Symptom Management Clinic

[youtube.com/watch?v=k90UpM8HhPA](https://www.youtube.com/watch?v=k90UpM8HhPA)

Pamphlets

Pain & Symptom Management/Palliative Care Clinic (BC Cancer)

bccancer.bc.ca/managing-symptoms-site/Documents/PSMPC-Brochure.pdf

Pain from cancer (BC Cancer)

bccancer.bc.ca/managing-symptoms-site/Documents/Pain-from-Cancer.pdf

Pain relief (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Pain%20relief/32059-1-NO.pdf

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about pain. For a complete list of websites recommended by the BC Cancer librarians, go to

bccancer.bc.ca/library

BC Cancer: bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/pain-from-cancer

American Cancer Society: cancer.org/treatment/treatments-and-side-effects/physical-side-effects/pain.html

Canadian Cancer Society: cancer.ca/en/cancer-information/diagnosis-and-treatment/pain/?region=bc

National Cancer Institute: cancer.gov/about-cancer/treatment/side-effects/pain

PainAction: painaction.com

Provides articles, self checks, lessons, tools, etc. for cancer and neuropathic pain. Helpful lessons on this website include: "Things you can do to manage pain" and "How to use relaxing images to manage pain."

Support Programs

This section provides a list of relevant support programs offered by community organizations or BC Cancer.

Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

bccancer.bc.ca/our-services/services/support-programs

BC Cancer Pain & Symptom Management/Palliative Care Clinic: bccancer.bc.ca/our-services/services/supportive-care/pain-symptom-management

People living with cancer can access services if their family doctor and oncologist are not able to satisfactorily meet their needs for symptom management or advance care planning, at any stage of their cancer journey.

Pain BC: painbc.ca

Virtual pain support and wellness groups available.

Self-Management BC: selfmanagementbc.ca/CommunityPrograms

Offer free programs for adults living with chronic pain online, by telephone, and by mail. Call 604-940-1273 or toll free 1-866-902-3767 for information.

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)