

# Pathfinder

## *A Guide to Finding Library and Support Services*

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](http://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](http://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.

## **PANCREATIC CANCER**

Pancreatic cancer starts in the pancreas, a gland deep in the abdomen behind the stomach that helps with the digestion of food and the regulation of blood sugar levels in the body. If you are dealing with pancreatic cancer, or if you are a friend, family member, or caregiver of a pancreatic 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](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

|   |                         |
|---|-------------------------|
| <b>Diet and nutrition</b> (Booklet)   | <b>WI810 P188d 2017</b> |
| <b>100 questions &amp; answers about pancreatic cancer</b> (Book)   | <b>WI810 O66 2010</b>   |
| Also available online at <a href="http://site.ebrary.com/lib/bccancer/reader.action?docID=10530149">http://site.ebrary.com/lib/bccancer/reader.action?docID=10530149</a> . 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. |                         |
| <b>Overview of pancreatic cancer</b> (Booklet)  | <b>WI810 P188o 2016</b> |
| <b>Pancreatic cancer</b> (Book)   | <b>WI810 L765 2011</b>  |
| <b>Patients' guide to pancreatic cancer</b> (Book)  | <b>WI810 A287 2011</b>  |

## Personal Stories

**Dream new dreams** (Book)

**QZ201 P334 2012**

Written from the perspective of the surviving spouse.

**Last lecture** (Book)

**BF637 B4 P334 2008**

## 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](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→Pancreas Websites.

### **BC Cancer**

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Click on Health Info→Types of Cancer→Digestive System→Pancreas.

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

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Click on Cancer A-Z→View all Cancer Types→Pancreatic Cancer

Information about life changes caused by pancreatic cancer as well as treatment decisions can be found here. Keep in mind that the support resources listed on this website are for American patients.

### **Canadian Cancer Society**

[www.cancer.ca](http://www.cancer.ca)

Click on Cancer Information→Cancer Types→More cancer types→Pancreatic.

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.

### **Cancer.Net**

[www.cancer.net](http://www.cancer.net)

Click on Types of Cancer→Pancreatic Cancer.

Information about pancreatic cancer staging and treatment as well current research and clinical trial information can be found here. There is also a section titled “Questions to Ask the Doctor” that may be useful to read before your next appointment. Content is available in English and Spanish.

### **Lustgarten Foundation**

[www.lustgarten.org](http://www.lustgarten.org)

This U.S. website contains information about pancreatic cancer, clinical trials, managing side effects, hereditary cancer, caregiver resources, and news and events.

Click on Cancer Types→ Pancreatic Cancer.

This website contains a lot of information about the treatment of pancreatic cancer. This website can be viewed in English and in Spanish.

**Pancreas Centre BC****<http://pancreascentrebc.ca>**

This website provides information about risks, diagnosis, treatment and research projects in BC.

**Pancreatic Cancer Canada****[www.pancreaticcancercanada.ca](http://www.pancreaticcancercanada.ca)**

This website provides information about pancreatic cancer and its treatment, living with pancreatic cancer, clinical trials, and survivor experiences.

**Pancreatica****[www.pancreatica.org](http://www.pancreatica.org)**

This website includes Frequently Asked Questions, abstracts of journal articles and stories of inspiration from survivors.

## **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. Availability varies by location. For a schedule of support groups offered, contact the Patient and Family Counselling Department at the closest BC Cancer regional centre.

**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. Contact the Patient and Family Counselling Department at the closest BC Cancer regional centre.

**Cancer Chat Canada****<https://cancerchat.desouzainstitute.com>**

Offers an online support group for people with advanced cancer and their caregivers.

Call 1.844.725.2476 for information.

**CancerConnection.ca** (Canadian Cancer Society)**[www.cancerconnection.ca](http://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.

*If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.*

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| <b>Abbotsford</b>    | 604.851.4710, ext. 646825 or toll-free 1.877.547.3777 |
| <b>Kelowna</b>       | 250.712.3900 ext. 686821 or toll-free 1.888.563.7773  |
| <b>Prince George</b> | Toll-free 1.888.675.8001, ext. 8001                   |
| <b>Surrey</b>        | 604.930.2098 ext. 654576 or toll-free 1.800.523.2885  |
| <b>Vancouver</b>     | 604.675.8001 or toll-free 1.888.675.8001, ext. 8001   |
| <b>Victoria</b>      | 250.519.5517 or toll-free 1.800.670.3322              |