

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.

PERSONAL APPEARANCE

Being treated for cancer can change both your outward appearance and how you view yourself. The following resources may help you deal with these changes and see your beauty from the inside out.

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.

Beauty and cancer (Book)	QZ200 N953 1992
Guide to skin care, hair care, makeup techniques, fashion, and exercise.	
Beauty pearls for chemo girls (Book)	QZ200 M217 2009
Beauty guide for chemotherapy patients includes information about skin care, wardrobe, makeup, wigs, headscarves, and fatigue and other side effects.	
Body image workbook	WM172 C338 2008
An eight-step program for learning to like your looks.	
Changes, choices, and challenges (Book)	QZ200 C457 1990
A guide to coping with hair loss and skin changes from cancer and its treatment.	

Crazy sexy cancer tips (Book)

QZ201 C311 2007

Provides some tips about hair, makeup and fashion.

Facing the mirror with cancer (Book)

QZ200 O96 2004

A guide to using makeup during cancer treatment.

Fashion with compassion video workshop (DVD)

QZ200 F516 2001

Hats and scarves for women with hair loss.

Scarves (DVD)

QZ200 P543 2007

Tips and instructions on how to wear scarves for women with hair loss.

PAMPHLETS

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

Resources for Hair Loss and Appearance Changes (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Managing Symptoms→Hair Loss & Appearance.

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→Managing Symptoms and Side Effects→Personal Appearance Websites.

Look Good Feel Betterwww.lgfb.ca

Canadian website includes how-to videos for skin care, makeup, and hair and information about their free workshops.

Look Good Feel Better For Menwww.lookgoodfeelbetterformen.org

Provides hair, skin, body care tips for men dealing with cancer

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

Look Good Feel Better Program

A free workshop committed to helping women manage the appearance-related effects of cancer and its treatment.

Register online at www.lgfb.ca or if you do not have online access to register call 1.800.914.5665.

Wigs & Head Coverings

No cost head coverings or wigs may be available from a Canadian Cancer Society location at or near your cancer centre.

Call 1.888.939.3333 for more information.

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