

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.

PROSTATE CANCER

The prostate is found only in males. It is located under the bladder and it wraps around the urethra, which is the tube that carries urine from the bladder through the penis. If you are dealing with prostate cancer, or if you are a friend, family member, or caregiver of a prostate 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 prostate cancer (Book)

WJ762 E49 2015

2014 edition available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10937148>. 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.

Androgen deprivation therapy (Book)

WJ752 W322 2018

2014 edition available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10883242>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Before and after radical prostate surgery (Book) WJ752 V224 2008

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10264348>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Canadian guide to prostate cancer (Book) WJ752 J32 2013

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10346040>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Do You Have Prostate Cancer? (Book) WJ762 R592d 2016

Intelligent patient guide to prostate cancer (Book) WJ752 G518 2014

Managing prostate cancer (Book) WJ752 R845 2015

Mayo Clinic essential guide to prostate cancer (Book) WJ752 M473 2015

Patients' guide to prostate cancer (Book) WJ752 B964 2011

Also available online at www.r2library.com/Resource/Title/0763774596. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Promoting wellness beyond hormone therapy (Book) WJ752 M938p 2013

Promoting wellness for prostate cancer patients (Book) WJ752 M938pr 2013

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10626633>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Prostate cancer and the man you love (Book) WJ752 K19p 2012

Prostate cancer : a new approach to treatment and healing (Book) WJ762 R592 2016

Prostate cancer : what you need to know—now (Book) WJ752 P966a 2011

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10491607>. 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.

Radiation therapy for the prostate cancer patient (DVD) WJ752 B862r 2011

Also available online. Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Video Resources.

What every gay man needs to know about prostate cancer (Book)

WJ752 W555 2013

Winning the battle against prostate cancer (Book)

WJ752 C545 2011

Personal Stories

Surely not me? : a year in the life of a victim of prostate cancer (Book)

WJ752 S645 2007

Surviving prostate cancer (Book)

WJ752 G659s 2006

PAMPHLETS

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

Guidelines for the prevention of osteoporosis for men with prostate cancer on hormone therapy (BC Cancer)

Go to **www.bccancer.bc.ca** and click on Health Info→Coping with Cancer→Nutrition→Nutrition Handouts→Prostate Cancer or pick up a copy from the BC Cancer Library.

Nutrition guide for men with prostate cancer (BC Cancer)

Go to **www.bccancer.bc.ca** and click on Health Info→Coping with Cancer→Nutrition→Nutrition Handouts→Prostate Cancer or pick up a copy from the BC Cancer Library.

Also available for loan from the BC Cancer Library

WJ752 B862n 2014

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→Prostate Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Men's Cancer→Prostate.

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

American Cancer Society

www.cancer.org

Click on Cancer A-Z→Prostate Cancer.

Includes information on prevention, early detection, treatment & support. There are links to "Stories of Hope," an "Online Support Community" and "Prostate Cancer in the News." A video, "Informed Decision Making," is available for men making decisions about treatment. The section on support addresses the side effects of treatment and sexuality.

Canadian Cancer Societywww.cancer.ca

Click on Cancer Information→Cancer Types→Prostate Cancer.

This website includes information from early detection, treatment and prognosis & survival. Also available are links to support services in BC and the rest of Canada (Cancer Information Service and a Community Services Locator).

Cancer.Netwww.cancer.net

Click on Types of Cancer→Prostate Cancer.

In addition to a review of prostate cancer and its treatment, this site includes sections titled, “Latest Research” and “Medical Illustrations.” A section titled, “Questions to Ask the Doctor”, may help when preparing for appointments.

Decision Support<http://decisionhelp.qcancercare.com>

Answers frequently asked questions from men recently diagnosed with prostate cancer and provides step-by-step help with choosing treatment.

If I Were Tom<http://ifiweretom.ca>

A Canadian website that provides information, tips and videos about coping with a prostate cancer diagnosis, treatment and side effects, living with it, and building a plan.

Island Prostate Centrewww.islandprostatecentre.com

This website provides an overview of resources available at the Centre (including a support group) and information on screening, diagnosis, and treatment options (including a treatment option video).

MedlinePlus<https://medlineplus.gov>

Click on Health Topics→Cancers→Prostate Cancer.

This website provides many links to sources of information on prostate cancer. By providing your e-mail address, you can receive prostate cancer updates by e-mail. An interactive tutorial is provided.

National Cancer Institutewww.cancer.gov

Click on Cancer Types→Prostate Cancer.

This website includes information on treatment (including a treatment-related decision tool), nutrition & dietary supplements, research and statistics. The site includes links to booklets and videos and a search tool to find prostate cancer clinical trials.

Prostate Cancer Canadawww.prostatecancer.ca

This website includes sections titled “About Prostate Cancer,” “Treatment” and “Facing Prostate Cancer.”

Vancouver Prostate Centrewww.prostatecentre.com

Click on Patient Information→Diseases of the Prostate→Prostate Cancer.

This website provides an overview of resources available at the Centre and information on screening, diagnosis, and treatment options, including opportunities to participate in clinical trials.

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

BC Cancer Prostate Cancer Supportive Care (PCSC) Program

<http://pcscprogram.ca>

A comprehensive survivorship program for men with prostate cancer, their partners and families from the time of diagnosis onwards, which provides support with treatment decision making, rehabilitation needs post-treatment and lifestyle management.

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.

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.

TrueNTH

<https://peernavigation.truenth.ca>

A free navigation program that puts you in touch with someone who has experienced prostate cancer and is trained to support you along your journey.

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