

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.

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.

RADIATION THERAPY

Radiation therapy works by directing high-energy radiation beams to a specific area of the body (external treatment) or by inserting radioactive isotopes into the body (internal treatment). This treatment may kill the cancer cells or stop them from growing and reproducing. People receiving radiation therapy, or their family or friends, may have questions about how to cope with treatment and its side effects. 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 cancer symptoms and cancer treatment side effects **QZ201 K29 2010**

Also available online at www.r2library.com/Resource/Title/0763777609. 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.

Coping with radiotherapy (Book) **QZ269 P949 2007**

Side effects of radiation and chemotherapy for breast cancer patients (DVD) **WP870 B863 2008 v.16**

Understanding, acceptance and hope: the radiation therapy experience (DVD) **vvQZ269 U55 2010**

Cancer Site-Specific Resources

Radiation therapy for the breast cancer patient (DVD)

WP870 B862c 2008

Radiation therapy for the prostate cancer patient (DVD)

WJ752 B862r 2011

AUDIO CDs

This list provides the names of just a few of the many CDs that are available at BC Cancer centre libraries. These CDs can help you relax and cope with radiation therapy.

Meditation to help you with radiation therapy

QZ266 N1953 1999

You can manage radiation therapy side effects

QZ269 Y67 2007

PAMPHLETS

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

Radiation therapy: what to expect (BC Cancer)

Go to www.bccancer.bc.ca and click on Our Services→Treatments→Radiation Therapy or pick up a copy from the BC Cancer Library.

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→Cancer Treatment Websites→Radiation Therapy Websites or Our Services→Services→Library→Recommended Websites→Managing Symptoms and Side Effects Websites.

BC Cancer

www.bccancer.bc.ca

Click on Our Services→Treatments→Radiation Therapy.

This site explains what radiation therapy is, the radiation team, what radiation therapy feels like, describes specific types of radiation therapy and side effects.

American Cancer Society

www.cancer.org

Click on Find Treatment & Support→Treatment & Side Effects→Types of Cancer Treatment→Radiation Therapy.

Available at this site is a guide to radiation therapy (what it is, how it helps), a video showing different types of radiation therapy and what to expect, an area that provides more in depth information about radiation therapy, and a radiation therapy side effects worksheet to help patients track their side effects.

Click on Cancer Information→Diagnosis and Treatment→Radiation Therapy.

This site provides information on how radiation therapy works, describes specific types of radiation therapy and explains side effects of radiation therapy and their management.

MedlinePlus**medlineplus.gov**

Click on Health Topics→Radiation Therapy.

This site provides links to websites that provide overviews on radiation therapy, details on specific types of radiation therapy, related topics (managing side effects, radiation safety) and many patient handouts.

National Cancer Institute**www.cancer.gov**

Click on About Cancer→Cancer Treatment→Types of Treatment→Radiation Therapy.

This site provides information about different types of radiation therapy and what to expect during treatment.

RT Answers**www.rtanswers.org**

This site provides information about how radiation therapy works, possible side effects, palliative care, treatment for specific cancer types, survivorship issues, questions to ask your doctor and much more.

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