

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.

SKIN CANCER AND MELANOMA

Skin cancer is the most common type of cancer diagnosed in Canada. Melanoma is a more serious type of skin cancer but it is less common. If you are dealing with skin cancer, or if you are a friend, family member, or caregiver of a skin 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.

Basal and squamous cell skin cancer: what you need to know—now (Book)

Available online at <https://ebookcentral.proquest.com/lib/bccancer-ebooks/reader.action?docID=914188>. 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.

Beating melanoma (Book)

WR500 W246 2011

Managing lymphedema for the melanoma patient (Booklet)

WH700 L783 2012

Melanoma: what you need to know (Booklet)

WR500 M516 2019

Also available online at <https://ebookcentral.proquest.com/lib/bccancer-ebooks/reader.action?docID=1076624>.

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.

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→Skin and Melanoma Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Skin Cancer.

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

American Cancer Society

www.cancer.org

Click on Cancer A-Z→Skin Cancer.

Included here is information on prevention, early detection, treatment & support and research. There are links to “Stories of Hope,” “Online Support Communities” and “Skin Cancer in the News.”

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Types→More Cancer Types→Skin-Melanoma or Skin-Non-Melanoma.

This website includes information about signs & symptoms, diagnosis, pathology & staging, treatment, supportive care, research & development, statistics and prognosis & survival. Also includes links to support services in BC and the rest of Canada (Cancer Information Service and a Community Services Locator) and a list of “Questions to Ask Your Healthcare Team.”

Cancer.Net

www.cancer.net

Click on Types of Cancer→Skin Cancer (Non-Melanoma) or Melanoma.

In addition to reviews of skin cancer and melanoma, this site includes sections titled “Latest Research” and “Medical Illustrations.” A section titled “Questions to Ask the Doctor” may help when preparing for appointments.

MedlinePlus

medlineplus.gov

Click on Health Topics→Cancers→Skin Cancer or Melanoma.

This website provides many links to sources of information on skin cancer and melanoma. An interactive tutorial is provided.

Melanoma Network of Canada

www.melanomanetwork.ca

Includes information about support services, questions to ask your doctor, helpful websites, and a discussion forum.

Provides information about melanoma, as well as discussion boards and chat rooms.

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

Click on Cancer Types→Skin Cancer.

Provides information about skin cancer treatment, causes and prevention, screening, statistics and research. There are also resources for coping 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

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**

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.

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