

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books

Title	Library Call Number
100 questions and answers about gastric cancer	WI320 S525 2008
Patients' guide to cancer of the stomach and esophagus	WI320 D912 2011

### eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

Patients' guide to cancer of the stomach and esophagus  
[tinyurl.com/y39nc5uz](http://tinyurl.com/y39nc5uz)

### Pamphlets

Cooking with joy, digesting with ease (Nourish)  
[nourishonline.ca/cooking-with-joy](http://nourishonline.ca/cooking-with-joy)

Guide for people with cancer of the stomach or GEJ (Nourish)  
[nourishonline.ca/nourish-extra](http://nourishonline.ca/nourish-extra)

Stomach cancer: understanding your diagnosis (Canadian Cancer Society)  
[cancer.ca/~media/cancer.ca/CW/publications/Stomach%20cancer%20UYD/32091-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Stomach%20cancer%20UYD/32091-1-NO.pdf)

### Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about pancreatic cancer. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**BC Cancer:** [bccancer.bc.ca/health-info/types-of-cancer/digestive-system/stomach](http://bccancer.bc.ca/health-info/types-of-cancer/digestive-system/stomach)

**American Cancer Society:** [cancer.org/cancer/stomach-cancer.html](http://cancer.org/cancer/stomach-cancer.html)

**Canadian Cancer Society:** [cancer.ca/en/cancer-information/cancer-type/stomach/stomach-cancer/?region=bc](http://cancer.ca/en/cancer-information/cancer-type/stomach/stomach-cancer/?region=bc)

**Cancer.Net:** [cancer.net/cancer-types/stomach-cancer](http://cancer.net/cancer-types/stomach-cancer)

**National Cancer Institute:** [cancer.gov/types/stomach](http://cancer.gov/types/stomach)

## Support Programs

This is a list of support programs offered by community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

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

**BC Cancer Patient & Family Counselling:** [bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

**Cancer Chat Canada:** [cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)

An online support group for people with cancer. Call 1.844.725.2476 for information.

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

## BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### Abbotsford

604.851.4710 x 646825  
1.877.547.3777 (toll free)

### Surrey

604.930.2098 x 654576  
1.800.523.2885 (toll free)

### Kelowna

250.712.3900 x 686821  
1.888.563.7773 (toll free)

### Vancouver

604.675.8001  
1.888.675.8001 x 8001

### Prince George

1.888.675.8001 x 8001 (toll free)

### Victoria

250.519.5517  
1.800.670.3322 (toll free)