

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](http://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](http://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.

## **SURGERY**

Surgery can be used to remove cancer from your body and for many other reasons in people with cancer. People undergoing surgery, or their family or friends, may have questions about surgery 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](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

#### **Surgery sourcebook** (Online book)

Available online at <http://site.ebrary.com/l...r.action?docID=10655847>. 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.

#### **Surgery videos** (Online videos)

Go to <https://medlineplus.gov> and click on Videos & Tools→Surgery Videos.

Provides links to prerecorded webcasts of operations performed at medical centres in the United States.

## Cancer Site-Specific Resources

### **Before and after radical prostate surgery** (Online book)

Available online at <http://site.ebrary.com/l...r.action?docID=10264348>. 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.

### **Breast reconstruction : your choice** (Online book)

Available online at <http://site.ebrary.com/l...r.action?docID=10235097>. 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.

### **Cosmetic breast surgery** (Book)

**WP910 F889c 2004**

### **Essential guide to hysterectomy** (Book)

**WP468 S914 2013**

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10643339>. 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.

### **Understanding breast reconstruction surgery: is it for me?** (DVD)

**WP870 B863 2007 v.9**

Also available online at [http://learn.phsa.ca/bcc.../Lennox\\_flv\\_loader.html](http://learn.phsa.ca/bcc.../Lennox_flv_loader.html)

## **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 surgery.

### **Getting ready : preparing for surgery, radiation and chemotherapy with minimal side effects**

**QZ266 S574g 2004**

### **Preparing for successful surgery**

**QZ266 N195p 2006**

### **Preparing for surgery**

**QZ266 R837p 2004**

### **Surgery : mindful mending**

**QZ266 H798s 2006**

## PAMPHLETS

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

### Cancer Site-Specific Pamphlets

#### **Exercises after breast surgery** (Canadian Cancer Society)

Go to [www.cancer.ca](http://www.cancer.ca) and click on Support & Services→Resources→Publications or pick up a copy from the BC Cancer Agency library.

#### **Getting ready for breast surgery** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Types of Cancer→Breast→Treatment.

## 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](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Cancer Treatment Websites→Surgery.

#### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Click on Treatment & Support→Treatments and Side Effects→Types of Cancer Treatment→Surgery.

This site provides answers to commonly asked questions by those considering, preparing for or recovering from cancer surgery. Some of the questions answered and topics covered include: How is surgery used in cancer? Special surgery techniques to treat cancer; Questions to ask your doctor about cancer surgery; What will surgery for cancer be like? Planning and preparing for cancer surgery; What to expect during the operation; Recovery; Going home after cancer surgery; Risks and side effects; When to call the doctor after cancer surgery; Does surgery cause cancer to spread?

#### **Canadian Cancer Society**

[www.cancer.ca](http://www.cancer.ca)

Click on Cancer Information→Diagnosis and Treatment→Surgery.

Included on this site are descriptions of: the role of cancer surgery in prevention, diagnosis and staging, treatment, and lowering the chances of recurrence; types of surgery; having surgery; anesthesia; and the side effects of surgery.

#### **Cancer.net**

[www.cancer.net](http://www.cancer.net)

Click on Navigating Cancer Care→How Cancer is Treated→Surgery.

This site provides basic information on cancer surgery, what to expect, the side effects of surgery, anesthesia and sections on reconstructive surgery and understanding colostomies. A video in the “What to expect” section outlines the basic types of surgery used in cancer treatment.

Click on About Cancer→Treatment→Types→Surgery.

A wide range of topics is covered at this site including: How surgery is performed; types of surgery; who has surgery; how surgery works against cancer; risks of surgery; how much surgery costs; where you have surgery; what to expect before, during, and after surgery; special diet needs before and after surgery; and working after surgery.

**Surgery Wait Times**

**<https://swt.hlth.gov.bc.ca>**

This website offers information about wait times for elective surgical procedures in British Columbia.

*If you would like more information about these or other resources, please contact the BC Cancer Library.*

<b>Abbotsford</b>	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
<b>Kelowna</b>	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
<b>Prince George</b>	Toll-free 1.888.675.8001, ext. 8001
<b>Surrey</b>	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
<b>Vancouver</b>	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
<b>Victoria</b>	250.519.5517 or toll-free 1.800.670.3322