

BC Cancer Library and Cancer Information Centre Resources

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

Books

Title	Library Call Number
Low iodine diet cookbook	QZ266 N9 G475 2005
Patient's guide to thyroid cancer	WK270 P298t 2010
Thyroid cancer : a guide for patients	WK270 T549v 2010

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.

QuickFacts thyroid cancer
tinyurl.com/y3q2ys26

Pamphlets

Patient's guide to thyroid cancer (Thyroid Cancer Canada)

Available online at thyroidcancer canada.org/en/patient-support/introduction-package

Thyroid Cancer Canada's low iodine diet (Thyroid Cancer Canada)

Available online at thyroidcancer canada.org/en/patient-support/introduction-package

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about thyroid cancer. For a complete list of websites recommended by the BC Cancer librarians, go to bccancer.bc.ca/library.

BC Cancer: bccancer.bc.ca/health-info/types-of-cancer/head-neck/thyroid

American Cancer Society: cancer.org/cancer/thyroid-cancer.html

American Thyroid Association: thyroid.org

Canadian Cancer Society: cancer.ca/en/cancer-information/cancer-type/thyroid/thyroid-cancer/?region=bc

Cancer.Net: cancer.net/cancer-types/thyroid-cancer

National Cancer Institute: cancer.gov/types/thyroid

Thyroid Cancer Canada: thyroidcancercanada.org

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

BC Cancer Patient & Family Counselling: 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

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

CancerConnection.ca (Canadian Cancer Society): 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.

Thyroid BC Society: thyroidbc.ca

Offers a face-to-face support group in Vancouver and an online option for those who cannot attend meetings in person.

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)