

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.

THYROID CANCER

Thyroid cancer is cancer that starts in the thyroid gland, part of the endocrine system. If you are dealing with thyroid cancer, or if you are a friend, family member, or caregiver of a thyroid 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.

Low iodine diet cookbook (Book)	QZ266 N9 G475 2005
QuickFacts thyroid cancer (Book)	WK270 Q6 2009
Also available online at http://site.ebrary.com/lib/bccancer/reader.action?docID=10491617	
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.	
Patient's guide to thyroid cancer (Book)	WK270 P298t 2010
Thyroid cancer : a guide for patients (Book)	WK270 T549v 2010

PAMPHLETS

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

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

Available online at www.thyroidcancercanada.org and click on Support for Patients→Order Patient Publications.

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

Available online at www.thyroidcancercanada.org and click on Support for Patients→Order Patient Publications.

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→Thyroid Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Head and Neck Cancer→Thyroid.

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

American Cancer Society

www.cancer.org

Click on Cancer A-Z→View all cancer types→Thyroid Cancer.

Information about causes and prevention, diagnosis and staging, treating thyroid cancer and after cancer can be found here. Keep in mind that the support resources listed on this website are for American patients.

American Thyroid Association

www.thyroid.org

Information about thyroid cancer, clinical trials, practice guidelines. Support resources listed on this website are for American patients.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Types→More Cancer Types→Thyroid.

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

Click on Types of Cancer→Thyroid Cancer.

In addition to a review of thyroid cancer and its treatment, this site includes sections titled “Latest Research” and “Medical Illustrations.” A section titled “Questions to Ask the Doctor” may help when preparing for appointments.

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

Click on Cancer Types→ Thyroid Cancer.

This website contains a lot of information about the treatment of thyroid cancer and information related to prevention, screening, and coping.

Thyroid Cancer Canada**www.thyroidcancercanada.org**

Provides information about thyroid cancer and its treatment. There is also telephone and email support and an online forum.

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