

Pathfinder series: Breast Cancer

Websites

Breastcancer.org <http://www.breastcancer.org/>

Breastcancer.org is one of the first and still one of the best sites dedicated to providing the most reliable, complete, and up-to-date information about breast cancer. The site also boasts an active online community for people living with breast cancer, "Ask-the-Expert" online conferences, a blog and more.

BC Cancer Agency: Breast Cancer

<http://www.bccancer.bc.ca/PPI/TypesofCancer/Breast/default.htm>

The BC Cancer Agency provides a nice, comprehensive and straight forward guide to a breast cancer diagnosis. Throughout the site are links to other sources of information, definitions of terms and information about some of the BCCA's programs and clinics as well. Skip to the bottom of the publication and there are links to other useful websites, videos and other multimedia resources.

Canadian Breast Cancer Network <http://www.cbcn.ca/>

The CBCN's site provides news, events, and information for different types of patients with different types of breast cancer, including sections for young women, those with metastatic cancer, rural women, a section dealing with survivorship issues and one for those who have been newly diagnosed. Videos, a downloadable newsletter and links to other helpful resources are also included.

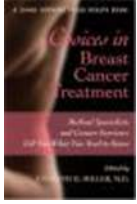
Cedars MUHC Patient Education Guides <http://www.muhcpatienteducation.ca/?q=cancer-guides>

These patient guides are an innovative approach to learning about what cancer is, how it is treated, what other effects it can have on the body (fertility, menopause, etc.) and more. Currently there are eight different types of cancers with patient education guides, including breast cancer. Learn how breast cancer is staged, how it may spread, the different types of surgery and other treatments that are available, as well as what you can expect after treatment.

Living Beyond Breast Cancer <http://www.lbbc.org/>

This site offers information, support, and resources for breast cancer patients and survivors. Their free "Monthly Webinar for the newly Diagnosed" series is a great place to start, and other videos and multimedia sources are offered on the website as well.

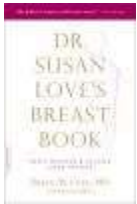
Books available from Central library, St. Catharines:



Choices in breast cancer treatment: medical specialists and cancer survivors tell you what you need to know / edited by Kenneth D. Miller.

Johns Hopkins University Press, Pub date: 2008, **Call No.: 616.99449 Cho**

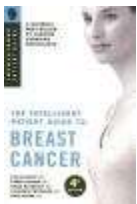
A diagnosis of breast cancer can be overwhelming. This book provides patients with medically reliable and up-to-date information to help them with these decisions. The authors describe surgery, radiation, chemotherapy, hormone therapy and breast reconstruction. The medical experts clarify the choices and offer support, while breast cancer survivors tell their own stories of pain, perseverance and triumph.



Dr. Susan Love's breast book / Susan M. Love, with Karen Lindsey.

Da Capo Press, Pub. Date: 2010, **Call No.: 618.19 Lov**

This is a comprehensive text about the breast. It provides information on the healthy breast, as well as on the diagnosis and treatment of breast cancer. The author is a physician with extensive experience in this field. She offers practical advice on maintaining quality-of-life during treatment.



Intelligent patient guide to breast cancer / Ivo Olivotto ... [et al.] ; edited by Cheryl Edwards ; illustrated by Jane Rowlands.

Series: Intelligent patient guide, 4th ed., **Call No.: 616.99449 Int**

The authors of *The Intelligent Patient* series of books understand that patients want to be more involved with their treatment and decisions surrounding their care than ever before. This book offers strategies for coping, dealing with common emotional responses, tips on communicating with your healthcare team, and more. Having this information helps patients take an active role in their own care.

Books/videos they may be able to help you find:

Breast cancer clear and simple: All your questions answered / American Cancer Society

You've just found out you have breast cancer and you need easy-to-understand answers to lots of questions. This book from the American Cancer Society will help you understand treatment choices, deal with the effects of treatment, find out about support groups and how to move on after treatment. There are lists of suggested questions to ask your healthcare team at various stages of treatment.

Facts about breast cancer / Maricopa Integrated Health System DVD

This short film provides a brief introduction to breast cancer, what it is, and how it is treated.

Saving jack: A man's struggle with breast cancer / Jack Willis

This is the first-person account of a man's experience with breast cancer, a disease normally associated with women, where the author relates his personal experiences, from his first feeling a small lump in his breast to diagnosis, mastectomy and chemotherapy. This is one of the first books to address breast cancer in men.



The materials recommended have been compiled and reviewed by the team at Juravinski Cancer Centre, our regional cancer centre