

Pathfinder series: Esophageal and Stomach Cancer

Websites

Medline Plus – Esophageal Cancer <http://www.nlm.nih.gov/medlineplus/esophagealcancer.html>

Medline Plus – Stomach Cancer <http://www.nlm.nih.gov/medlineplus/stomachcancer.html>

From the National Library of Medicine in the US, Medline Plus is a subject directory, directing you to various resources that help to explain different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of new treatments and tests and much more. With links to credible organizations such as the Mayo Clinic, the American Cancer Society and others, the site is updated regularly, and information is always accurate and very current. The site also offers interactive tutorials to help you learn about diagnostic tests, treatment and other topics.

National Cancer Institute – What you need to know about cancer of the esophagus

<http://www.cancer.gov/cancertopics/wyntk/esophagus>

National Cancer Institute – What you need to know about stomach cancer

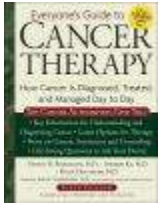
<http://www.cancer.gov/cancertopics/wyntk/stomach>

Two very comprehensive guides from the National Cancer Institute in the US. The “What you need to know about” series offers information on understanding a diagnosis of cancer, staging, treatment, follow-up care and where to find support. The guides can be read online or downloaded and printed out in PDF. Each is written for patients, and the information is concise and easy to understand. A glossary of cancer-related terms is also included.

OncoLink – Esophageal and Stomach (Gastric) Cancer <http://www.oncolink.org/>

One of the very first web-based tools for cancer patients and survivors. OncoLink is still one of the best around. Search OncoLink by type of cancer for detailed information on both esophageal and stomach cancers by clicking “Cancer Type” on the left hand side of the page. Users can take advantage of the OncoPilot program – an online navigational tool that can help you find information and keep track of appointments, medications, history and more. OncoLink also has a great deal of information surrounding the more supportive aspects of cancer care including nutrition, survivorship, coping, relationships, and much more.

Books available from Central library, St. Catharines:



Everyone's guide to cancer therapy : how cancer is diagnosed, treated, and managed day to day / Andrew H. Ko, Malin Dollinger, Ernest H. Rosenbaum. Pub date: c2008, Call No.: 616.99406 Ko

This trusted cancer resource is a comprehensive guide to a wide variety of topics, and has large sections dealing with both esophageal and stomach cancers. Also included is information about surgery, treatments, new areas of research and supportive care and also includes a glossary of medical terms and bibliography.

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

100 Questions and answers on esophageal cancer / Pamela K. Ginex

This book gives authoritative, practical answers to your questions about treatment options, post-treatment quality of life and sources of support. The "100 Q & A" series is a good place to begin your research into esophageal cancer.

What to eat when you don't feel like eating / James Haller

A useful resource designed to help patients and their supporters prepare and eat foods that are both beneficial and appealing during cancer treatment. The author discusses the concept of colour as a healing tool, and offers tips on avoiding the negative elements of eating. Ideas from this book should be discussed with a registered dietician if the patient has real difficulty eating or keeping food down, weight on, etc.

Goes down easy: recipes to help you cope with the challenge of eating during cancer treatment / Elise Mecklinger

This is a cookbook containing over 100 recipes to help people living with cancer and their families manage eating difficulties during treatment. The first five chapters focus on common side effects including loss of appetite, nausea, taste changes, and swallowing difficulties. Each chapter includes advice from a dietician specializing in cancer nutrition and several recipes designed to help alleviate side effects. The final chapter contains information on healthy eating after treatment.

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