

# Pathfinder series: Gallbladder and Pancreatic Cancer

## Websites

### **Cancer.Net – Gallbladder Cancer**

<http://www.cancer.net/patient/Cancer+Types/Gallbladder+Cancer>

The patient information website from the American Society for Clinical Oncology, Cancer.Net includes an overview of cancer of the gallbladder, information about staging, treatment and life after treatment. It also provides a good section on questions to ask the doctor, side effects, research news, and where to go to find other credible information sources.

### **Cancer Research UK – Cancer help UK – Gallbladder Cancer**

<http://www.cancerresearchuk.org/about-cancer/type/gallbladder-cancer/>

This site from Cancer research UK includes a “What’s new in gallbladder cancer?” section that outlines current, new treatments and more. Information on living with gallbladder cancer, a reading list, questions to ask, and much more is included in this comprehensive site.

### **Johns Hopkins Pathology – Gallbladder & Bile Duct Cancer**

<http://pathology2.jhu.edu/gbbd/index.htm>

This website from Johns Hopkins University explains the different types of gallbladder cancer, current treatments, diagnosis and staging and more. The information is easy to read and understand, and it is well illustrated, and detailed. A discussion forum is included where patients and family members can ask questions and get information from other patients.

### **Medline Plus – Gallbladder Cancer** <http://www.nlm.nih.gov/medlineplus/gallbladdercancer.html>

**Medline Plus – Pancreatic Cancer** <http://www.nlm.nih.gov/medlineplus/pancreaticcancer.html>

From the national Library of Medicine in the US, medline Plus is a subject directory, pointing you to various resources that help explain the different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of 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, treatments and other topics.

### **National Pancreatic Cancer Canada Foundation <http://www.pancreaticcancercanada.ca/>**

This organization has been around since 2005, but their new website was just launched in 2011, NPCCF is a volunteer-driven foundation committed to building awareness, advancing research and providing support and resources to pancreatic cancer patients and their families. Information is relevant to newly-diagnosed patients as well as patients who have been dealing with pancreatic cancer for some time. Clinical trials, research information, fundraising and awareness event information and much more is provided on the site.

### **National Cancer Institute – Gallbladder Cancer**

**<http://www.cancer.gov/cancertopics/types/gallbladder>**

The National Cancer Institute in the US is a leader in patient education initiatives, and their website provides an enormous amount of information relating to gallbladder cancer. Guides to treatment, diagnostic testing and other topics are easy to read, well-illustrated and the information is current. Information includes treatment options, genetics information, staging, dealing with recurrence and more. Patients can also access supportive information such as learning how to cope with your disease, information for caregivers, explaining cancer to your children and family, and other important topics.

### **Pancreatic cancer Action network <http://www.pancan.org/>**

This is a large US-based organization dedicated to providing educational information for pancreatic cancer patients, as well as advocating for research funding, offering support for those with a diagnosis of pancreatic cancer. The site is packed with information and stories from current patients and survivors. Well worth a visit.

### **Pancreatica.org <http://www.pancreatica.org/>**

An extremely comprehensive site dedicated to information about pancreatic cancer, Pancreatica includes a detailed FAQ section, a clinical trials database, current news and research, support services and much more. Some of its focus is quite medical in scope, but there is enough for the layperson as well, and the site is well laid out and easy to navigate. Highly recommended for current information on pancreatic cancer.

## **Books available from Central library, St. Catharines:**

### **100 Questions and answers about pancreatic cancer / Eileen O'Reilly**

Practical answers to pertinent questions, and good tips for living with pancreatic cancer. Information about treatment, coping emotional and social concerns and much more, this book is an excellent place to begin your research into this disease. It is easy to read and understand, offers very straightforward information and provides a good guide to additional resources.

### **Pancreatic cancer: a doctor and his patient balance hope and truth / Michael J. Lippe, Dung T. Le**

Doctor and pancreatic cancer patient tell their stories in alternating chapters, making this an interesting read. The book offers clear explanations of what the disease is, describes symptoms, talks about current treatment options and more.



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