

# Pathfinder series: Life After Breast Cancer

## Websites

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

LBBC is a US-based site that aims to help women improve their quality of life and take an active role in their recovery. Through message boards, publications – both print and multimedia – a blog, educational programs, and a newsletter LBBC is an extremely comprehensive site for breast cancer survivors, dedicated to helping women move past cancer treatment and into healthy survivorship.

### **Dr. Susan Love Research Foundation – Breast Cancer Survivors**

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

Long considered the provider of one of the most comprehensive books dealing with breast cancer, the Dr. Susan Love Foundation now has a website with a section dedicated to survivors. Topics include “Healthy Living” for information on concerns such as menopause, pregnancy and lymphedema; “Great Reads” which is an archive of articles, conference reports and more; “In the News” features top news articles and features on survivors, and much more. The site is updated frequently and the information is current and engaging.

### **Canadian Cancer Society – Life After Cancer**

<http://www.cancer.ca/en/cancer-information/cancer-journey/life-after-cancer/?region=on>

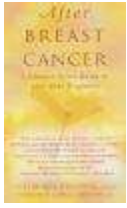
The CCS is a great go-to site for survivors of any type of cancer. The information can help you understand your feelings post treatment – including fears of recurrence – offer tips on heading back to work, and more. The Cancer Encyclopedia contains in-depth information on survivorship issues and a resource list provides links and places to go for even more information.

### **Getting Back on Track: Life After Breast Cancer Treatment**

[http://www.cbcf.org/ontario/YourDollarAtWork/EducationAwareness/Resources/Documents/Full+GBOT+Book\[1\].pdf](http://www.cbcf.org/ontario/YourDollarAtWork/EducationAwareness/Resources/Documents/Full+GBOT+Book[1].pdf)

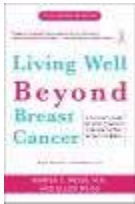
Breast cancer treatment is intense and demanding. When treatment ends, a new phase begins as women start getting life back on track. This book has been designed for women who are making the transition to life after breast cancer treatment and offers them a guide to help navigate the physical, emotional, practical and life changes they may face when their breast cancer treatment ends.

# Books available from Central library, St. Catharines:



**After breast cancer : a common-sense guide to life after treatment / Hester Hill Schnipper**, Bantam Books, Pub date: c2003, **Call No.: 616.9944903 Sch**

Women quickly discover that their life when treatment ends is very different from what it was before their diagnosis. They discover that the old version of normal no longer applies. This is a guide through this difficult journey that covers a range of topics to help survivors navigate the possibilities and challenges of life after breast cancer.



**Living well beyond breast cancer : a survivor's guide for when treatment ends and the rest of your life begins / Marisa C. Weiss, Ellen Weiss**, Three Rivers, Pub date: c2010, **Call No.: 616.99449 Wei**

This book addresses many of the questions women who are post-treatment ask, and answers everything from how to deal with hair loss and weight gain to finding online support groups and understanding healthy foods and supplements.



**Intimacy after breast cancer: dealing with your body, relationships and sex / Gina M. Maisano**, Square One Publishers, Pub date: 2010, **Call No.: 616.99449 Mai**

Part One examines ways to deal with the emotional and physical scars in order to regain confidence and self-esteem. Part two deals with how to rediscover sexuality after breast cancer. Survivor stories also offer a wealth of personal perspectives.

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

### **Reclaiming our lives after breast and gynecological cancer / Kristine Falco**

The author is a clinician who specializes in medical psychology, and who is also a breast cancer survivor. She shares her understanding of the physiology of gynecologic and breast cancers, and looks at the challenges of surviving through diagnosis, treatment and beyond.

### **After breast cancer: answers to questions you're afraid to ask / Musa Mayer**

Author and 14 year breast cancer survivor Musa Mayer talks frankly about the feelings of uncertainty and fear that breast cancer patients commonly face after treatment. She reviews scientific literature on survival statistics and explains what is known about follow-up visits and testing. She devotes chapters to emotional recovery, offering advice about how to tackle fears through information and support.