



## Pathfinder series: Life After Cancer

### Websites

#### **Cancer.net – Survivorship** <http://www.cancer.net/patient/Survivorship>

Formerly called “People Living with Cancer” this site has been on the web since 2002, and is the patient version of the American Society of Clinical Oncology. Their section *Survivorship* includes information on, and links to, sites about rehabilitation, becoming your own advocate, healthy living, coping with physical and emotional changes and more.

#### **Canadian Cancer Society – Life After Cancer** (search “life after cancer” in the search box at top of page)

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

The CCS site offers information for survivors on topics such as understanding your feelings, worrying about the cancer coming back, work and school issues, relationships, living well after treatment, and provides a list of links to sites with more information for survivors.

#### **National Cancer Institute – Cancer Survivorship Research: Information for Survivors/ Caregivers/ Advocates** <http://dccps.nci.nih.gov/ocs/resources.html>

This site acts as a portal to many other sites for information aimed at cancer survivors. Topics include health and well-being after cancer treatment, possible late effects of treatment, follow-up care, and support for survivors and families. There is a downloadable pamphlet about life after cancer available at the following web address: <http://www.cancer.gov/cancertopics/life-after-treatment.pdf>

#### **The National Coalition for Cancer Survivorship** <http://www.canceradvocacy.org>

The NCCS was one of the first organizations in the US dedicated to cancer advocacy and to empowering cancer patients and survivors, and offers a guide to finding post-treatment resources and information. NCCS also produces the cancer Survival Toolbox<sup>®</sup>, an online series of audio files to help cancer patients deal with all aspects of their illness. The section entitled “Living Beyond Cancer” is designed specifically for the special, ongoing needs of cancer survivors

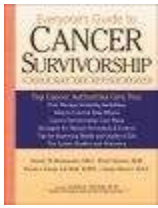
### Books available from Central library, St. Catharines:



#### **Picking up the pieces : moving forward after surviving cancer / Sherri Magee & Kathy Scalzo**, Raincoast, Pub date: c2006, **Call No.: 362.196994 Mag**

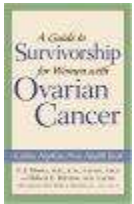
Once treatment ends, survivors may face new challenges, and this book acts as a guide through this difficult time. The recovery program helps integrate who you were before cancer with who you are now. It will support you as you begin to acknowledge the changes that have occurred, grieve the losses, gain new insights into your experience and learn to live with the uncertainty of tomorrow.

# Books available from Central library, St. Catharines:



**Everyone's guide to cancer survivorship : a road map for better health / Ernest H. Rosenbaum ... [et al.] ; with Louise Maffitt ; foreword by Sandra Horning,** Andrews McMeel Pub., Pub date: c2007, **Call No.: 616.99406 Eve**

Cancer survivors often experience the side effects of treatment long after active care has finished, and require information specifically tailored to their needs. The authors have provided a guide for cancer survivors with solid, well-researched, easy-to-understand information to help with the lingering effects of cancer treatment, and improve overall health and quality of life.



**A guide to survivorship for women with ovarian cancer / F.J. Montz, Robert E. Bristow with assistance from Paula J. Anastasia,** Johns Hopkins University Press, Pub date: 2005, **Call No.: 616.99465 Mon**

This guide offers a wealth of information. The authors put particular emphasis on the concept of "survivorship". They stress the importance of self-determination: the right of each patient to be informed, as well as quality of life. This book presents clear information on diagnosis and treatment, including surgery, chemotherapy, radiation, pain management and alternative therapies. Because the authors all have years of clinical experience, they seem to understand what women worry about and care about, and they address these issues throughout the book.

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

### **Here and now: inspiring stories of cancer survivors / Elena Dorfman**

In this book, you are introduced to 39 very different people, all of whom have confronted cancer at some point in their lives. In their own words, they explain how living through disease has helped shape who they are today.

### **The human side of cancer: living with hope, coping with uncertainty / Jimmie C. Holland and Sheldon Lewis**

An excellent book that can really help readers understand the emotions and uncertainties that a cancer diagnosis can bring. It offers a good deal of information on survivorship, and looks beyond the "one size fits all" approach to coping with cancer.

### **Can survive: reclaiming your life after cancer / Sherri Magee**

This work is based on the experiences of members of "Cancervive" – a support group formed to focus on the needs of cancer survivors. Suggestions offered for dealing with physical, psychological, emotional and social difficulties encountered during recovery.

### **The new cancer survivors: living with grace, fighting with spirit / Natalie Davis Springarn**

The author uses her experiences as the basis for the book and tries to realistically address the biggest issues for those who are living with serious, scary illnesses, and dealing with what that illness brings to their lives. She provides good reason to be hopeful as well as insight into how to respond when things don't go as well as hoped.

### **100 Questions & answers about life after cancer: a survivor's guide / Page Tolbert and Penny Damaskos**

With authoritative, practical answers to the many questions survivors have, this book offers advice from experts in the field of cancer survivorship, as well as information from actual survivors who have been there, and experienced the same type of things.

