

Pathfinder series: Breast Cancer

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books and Audiovisual

The Breast Cancer Survival Manual: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer / John Link. Call number: 7.4.63 2012

The 5th edition of the Breast Cancer Survival Manual includes current advice and information on pathology reports, types of breast cancer, treatment options, breast reconstruction, genetics and more. This book is a good place to start your research into breast cancer as a patient or caregiver.

Breast Cancer Journey: The Essential Guide to Treatment and Recovery / Ruth O'Regan. Call number: 7.4.21 2013

Presents a guide to coping with the physical and emotional demands of breast cancer treatment and recovery, in an updated edition that covers the latest treatment options, building a support network, and breast reconstruction.

Dr. Susan Love's Breast Book / Susan W. Love, Karen Lindsey. Call number: 7.4.0 2010

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.

Facts About Breast Cancer / Maricopa Integrated Health System.

Call number: 7.4.2 2010 DVD

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

The Intelligent Patient's Guide to Breast Cancer / Ivo Olivotto. Call number: 7.4.6 2011

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.

Breast Cancer and You: A Guide for Women Living with Breast Cancer / Katia Tonkin.

Call number: 7.4.12 2011

This guide was written to help the patient diagnosed with breast cancer find the information and help they need. It provides information about the staging of the disease, the likelihood of a cure and treatment options, practical information about procedures and resources, as well as information about coping with the emotional effects of cancer on themselves and their families.

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/health-info/types-of-cancer/breast-cancer/breast>

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 and 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/cancer-guides/cedars-cancer-guides/breast-cancer.html?sectionID=25&guideID=169&themeID=170&chaptreID=4394&pageID=12589>

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.