

# Pathfinder Series: Melanoma

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

## Books & e-Books

*Beating Melanoma: A Five-Step Survival Guide* / Steven Q. Wang. Call number: 7.18.2 2011  
Beating Melanoma offers current research in the diagnosis, treatment and prevention of melanoma; photographs of different kinds of skin cancers, and a readable narrative that demystifies everything from the pathology report to the stages of cancer.

*Melanoma: Prevention, Detection and Treatment* / Catherine M. Poole. Call number: 7.18.4 2005  
This guide provides detailed information for patients and their families, to help them understand melanoma and its treatment. Excellent for newly-diagnosed patients.

*100 Questions & Answers About Melanoma and Other Skin Cancers* / Edward E. McLay.  
Call number: 7.18.5

100 Q&A provides both the doctor's and patient's view of melanoma. It offers authoritative, practical answers to questions about treatment options, post-treatment quality of life, and includes resources for other sources of support and information.

*Melanoma Skin Cancer – What You Need to Know...NOW* / American Cancer Society.  
Call number: 7.18.3 2012

A small book with big information, this ACS guide provides concise coverage of diagnosis, treatment options, potential side effects, coping and quality of life issues.

*Pale Girl Speaks: A Year Uncovered* / Hillary Fogelson. Call number: 7.18.7 2012

This book chronicles the author's experiences as a melanoma patient, delving into her neuroses, personal relationships with her husband and parents, and decision to adopt a positive outlook when her father receives the same diagnosis.

*Understanding Melanoma: a Guide for People with Cancer, Their Families and Friends*

<http://www.cancerouncil.com.au/1754/cc-publications/understanding-cancer-series/understanding-melanoma/understanding-melanoma/?pp=1754>

This publication from the Australian Cancer Council is a nice booklet with a good overview of melanoma diagnosis, staging treatment and more. A list of links is provided at the end of the booklet, for further research and more information

*What You Need to Know About Melanoma*

<http://www.cancer.gov/cancertopics/wyntk/skin.pdf>

This booklet is from the National Cancer Institute and deals with diagnosis, treatment options, what to expect from treatment (including side effects of treatment) and much more. A glossary of terms is included at the end of the booklet, which helps patients understand some of the terms that are used in diagnosis, staging, and throughout their treatment.

## **Websites**

**Melanoma Network of Canada** <http://www.melanomanetwork.ca/>

MNC is a national patient-led organization with the mission to provide melanoma patients and their caregivers with current and accurate information and services in the fight against melanoma. Includes questions to ask your doctor, understanding the pathology report, links to other useful sites and resources, a discussion forum and much more.

**Medline Plus – Melanoma interactive tutorial**

<http://www.nlm.nih.gov/medlineplus/tutorials/melanoma/htm/lesson.htm>

This tutorial is a good place to start melanoma research. Information is presented in an easy-to-understand manner, and the tutorial can be worked through at the individual's own pace. Topics include skin anatomy, causes, diagnosis and treatment options for melanoma, as well as a good overview of what cancer is.

**Melanoma Patients' Information Page**

<http://www.melanoma.org/community/mpip-community-central>

This site has excellent information about melanoma, but its main purpose is to link melanoma patients together. Through the use of discussion boards and chat forums, patients and caregivers can discuss melanoma-related information, ask questions and get support. There is a good news section, with current articles and links to studies, and much more.

**National Cancer Institute: Melanoma**

<http://www.cancer.gov/types/skin>

Topics covered in this highly-regarded website include treatment information, causes, prevention and genetics information, how to interpret lab tests, melanoma articles in cancer literature and information about current melanoma research. Most information is written for patients, although some is geared toward health care professionals. Overall, a lot of very good information on the subject of melanoma.



