

# Pathfinder Series: Ovarian Cancer

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

## Books

*100 Questions and Answers about Ovarian Cancer* / Don S. Dizon and Dorinda Sparacio

Call number: 7.6.4 2016

Completely updated, the new third edition of 100 Questions & Answers About Ovarian Cancer gives you authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more. Written by a gynecologic oncologist and a gynecologic surgeon, with actual patient commentary, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease.

*A Guide to Survivorship for Women with Ovarian Cancer* / Robert E. Bristow, et al.

Call number: 7.6.15 2015

This book features detailed information on diagnosis and treatment, including surgery, chemotherapy, radiation, pain management, and integrative medicine. Also covered in depth are image recovery, nutrition, pain control and genetic testing. With candor, compassion, and hope, women who have ovarian cancer share advice on coping with the life-changing disease and its treatments.

*By Your Side* / Ovarian Cancer Canada

Call number: 7.6.2 2015

A resource developed by Ovarian Cancer Canada, to support and inform women through their journeys with ovarian cancer. Uniquely, it's from the community and for the community. The guide highlights personal contributions from a panel of seven survivors, combining their firsthand insights with expert knowledge from medical professionals, healthcare providers, and social workers to present the best available information on ovarian cancer.

*Johns Hopkins Patients' Guide to Ovarian Cancer* / Ritu Salani and Robert E. Bristow

Call number: 7.6.11 2011

This is a concise, easy to follow, "how-to" guide that puts patients on the path to wellness by explaining ovarian cancer treatments from start to finish. Includes guidance through treatment decisions and simplifies the often complicated schedule that lies ahead.

*Memoir of a Debulked Woman: Enduring Ovarian Cancer* / Susan Gubar

Call number: 7.6.22 2012

Renowned feminist scholar Susan Gubar explores the physical and psychological ordeal of living with ovarian cancer. This powerful memoir mines the deepest levels of anguish and devotion as she struggles to come to terms with her body's betrayal.

Feb/19

## Websites

### **Cancer.net – Ovarian Cancer**

<http://www.cancer.net/cancer-types/ovarian-cancer>

This site, the patient education site from the American Society of Clinical Oncology, provides an excellent overview of ovarian cancer with information about symptoms and diagnosis, treatment options, side effects, the latest research into ovarian cancer, post-treatment life, and more. Each section is highly detailed and up to date, and the website is easy to navigate, making Cancer.Net a good place to start.

### **Centers for Disease Control: Ovarian Cancer Fact Sheet**

[https://www.cdc.gov/cancer/ovarian/pdf/ovarian\\_facts.pdf](https://www.cdc.gov/cancer/ovarian/pdf/ovarian_facts.pdf)

This fact sheet about ovarian cancer is part of the Centers for Disease Control and Prevention's (CDC) *Inside Knowledge: Get the Facts About Gynecologic Cancer* campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.

### **Foundation for Women's Cancer**

<http://www.foundationforwomenscancer.org/>

This is an organization that supports research, education and awareness for all gynecologic cancers, with a good section on ovarian cancer in particular. Information on the site includes downloadable brochures, videos, and a comprehensive reading list in the "Bookshelf" section of their website.

### **National Ovarian Cancer Coalition**

<http://ovarian.org/>

The NOCC has a very comprehensive website, with print and downloadable resources for newly diagnosed women, and women dealing with recurrent disease, resources on quality of life issues for ovarian cancer patients, and resources for caregivers. They also have a video series with a wide range of topics such as dealing with recurrence, living with uncertainty, dealing with "treatment burnout" and more. There is also a good FAQ section, information about genetics and ovarian cancer, and a helpful guide to better communication with your healthcare team.

### **National Cancer Institute – Ovarian Cancer**

<http://www.cancer.gov/cancertopics/types/ovarian>

The NCI has one of the most comprehensive cancer information sites on the web. Their section on ovarian cancer includes information on the different types of ovarian cancer, the latest treatments, clinical trials, information about genetics and ovarian cancer, coping with cancer, complementary therapies, and much more.

### **Ovarian Cancer Canada**

<http://ovariancanada.org/>

Ovarian Cancer Canada is the only organization in Canada devoted to overcoming ovarian cancer. The OCC's site provides an overview of the disease and treatment information for both newly diagnosed women, and women dealing with disease recurrence. The site also offers regional information for visitors to keep up with events in their area, a webinar series featuring topics of interest to women living with ovarian cancer and their popular "Stories from our Community" series, which features women telling their stories, sharing insights and experiences in living with ovarian cancer. The OCC also has a YouTube channel featuring helpful videos and talks on relevant topics.