

# Pathfinder series: Breast Cancer

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

## Books

*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.

*Breast Cancer Clear and Simple: all your questions answered* / American Cancer Society

Call number: 7.4.45 2016

You've just found out you have breast cancer and you need easy-to-understand answers to lots of questions. This book from the American Cancer Society will help you understand treatment choices, deal with the effects of treatment, find out about support groups and how to move on after treatment. There are lists of suggested questions to ask your health care team at the various stages of treatment.

*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 and Karen Lindsey.

Call number: 7.4.0 2015

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.

*The Breast Cancer Survival Manual* / John Link.

Call number: 7.4.6 2017

This book provides essential updates on treatment and care and includes advice on the new genomic classification of breast cancer, cancer gene testing, and the continued importance of getting a second opinion.

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## Websites

### **BC Cancer Agency: Breast Cancer**

<http://www.bccancer.bc.ca/health-info/types-of-cancer/breast-cancer>

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.

### **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.

### **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.

### **Canadian Cancer Society – Breast Cancer**

<http://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=on>

The CCS has a good, detailed overview of breast cancer – types, treatments, grading and staging, supportive care information, and much more. As with most things cancer related, the CCS website or their excellent Cancer Information Service phone line (1-888-939-3333) is a great place to start your research.

### **Cedars MUHC Patient Education Guides – Breast Cancer**

<http://www.muhcpatienteducation.ca/cancer-guides/find-a-cancer/breast-cancer.html?parentID=300&sectionID=305>

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. 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. Sections include information for the newly diagnosed, triple-negative breast cancer, LGBT, men with breast cancer, and more. Videos and multimedia sources are offered on the website as well.