

# Pathfinder Series: Esophageal and Stomach

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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 Esophageal Cancer*

Call number: 7.17.5 2010

Whether you're a newly diagnosed esophageal cancer patient, a survivor, or a friend or relative of either, this book offers help. The only text to provide the doctor's and patient's views, *100 Questions & Answers About Esophageal Cancer, Second Edition* gives you authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more. Written by two oncology nurses and a gastric surgeon, with extensive commentary from an esophageal cancer survivor, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease.

### *The Art of Eating Without a Stomach / Dr. Peter Thatcher*

Call number: 8.5.27 2014

A complete guide to living healthy, happy and pain free after a Gastrectomy. Dr. Peter Thatcher, a professional Physician and Gastroenterologist at the Royal Cornwall Hospital, has written a full guide for patients on the special diet they need to not only live, but thrive after surgery.

### *Goes Down Easy: Recipes to Help You Cope With the Challenge of Eating During Cancer Treatment / Elise Mecklinger.*

Call number: 8.5.1 2006

This book contains over 100 recipes to help people living with cancer manage eating difficulties during treatment. Each chapter includes advice from a dietitian specializing in cancer nutrition, and recipes designed to help alleviate side effects such as loss of appetite, nausea, and swallowing difficulties.

### *Johns Hopkins Patients' Guide to Cancer of the Stomach and Esophagus / Mark D. Duncan.*

Call number: 7.17.4 2011

This small yet concise guide to cancer of the stomach and esophagus covers topics from diagnosis, treatment and side effects, through to dealing with recurrence, communicating with family and your healthcare team and much more.

## Websites

### **Cancer.Net – Cancer Types**

<https://www.cancer.net/cancer-types>

One of the most detailed guides to cancer, Cancer.Net has good information both esophageal and stomach (gastric) cancers. Information includes treatment, coping with side effects, staging information, latest research, questions to ask your healthcare team and more. The information is easy to follow and the site is easy to access and navigate.

### **Medline Plus – Esophageal Cancer**

<http://www.nlm.nih.gov/medlineplus/esophagealcancer.html>

From the National Library of Medicine in the US, Medline Plus is a subject directory, directing you to various resources that help explain different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of new treatments and tests and much more. With links to credible organizations such as the Mayo Clinic, the American Cancer Society and others, the site is updated regularly, and information is always accurate and very current. The site also offers interactive tutorials to help you learn about diagnostic tests, treatments and other topics.

### **Medline Plus – Stomach Cancer**

<http://www.nlm.nih.gov/medlineplus/stomachcancer.html>

From the National Library of Medicine in the US, Medline Plus is a subject directory, directing you to various resources that help explain different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of new treatments and tests and much more.

### **National Cancer Institute – Esophageal Cancer**

<https://www.cancer.gov/types/esophageal>

The U.S. National Cancer Institute's descriptions for patients include an overview as well as sections on treatment, causes & prevention, screening, statistics, coping with cancer, and research.

### **National Cancer Institute – Stomach (Gastric) Cancer**

<https://www.cancer.gov/types/stomach>

The U.S. National Cancer Institute's descriptions for patients include an overview as well as sections on treatment, causes & prevention, screening, statistics, coping with cancer, and research.

### **OncoLink – Esophageal and Stomach (Gastric) Cancer**

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

One of the very first web-based tools for cancer patients and survivors, OncoLink is still one of the best around. Search OncoLink by type of cancer for detailed information about esophageal cancer by clicking "Cancer Type" on the left side of the page. Users can take advantage of the OncoPilot program – an online navigational tool that can help you find information and keep track of appointments, medications, history and more. OncoLink also has a great deal of information surrounding the more supportive aspects of cancer care including nutrition, survivorship, coping, relationships, and much more.