

# Pathfinder Series: Lymphoma

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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 Lymphoma* / Peter Holman, Gregory Bociak, Jodi Gattett

Call number: 7.13.13 2016

*100 Questions and Answers about Lymphoma*, Third Edition is an invaluable resource for newly diagnosed patients, survivors, friends or relatives of either. This newly updated text features information on the latest, cutting-edge treatments and medication, Hodgkin's and Non-Hodgkin's lymphoma, natural killer cells, T-cell lymphoma, autoimmune diseases, and much more.

*Johns Hopkins Patients' Guide to Lymphoma* / Aditya Bardia and Eric J. Seifter

Call number: 7.13.11 2011

This is a concise, easy-to-follow, how-to guide that puts readers on a path to wellness by explaining lymphoma treatment from start to finish, and guides them through the overwhelming maze of decision making. This handy book provides valuable tools to help patients and their caregivers put together a plan of care.

*Living with Lymphoma: A Patient's Guide* / Elizabeth Adler

Call number: 7.13.18 2016

The author of this book is a neurobiologist, as well as a lymphoma survivor. She thoroughly explains the disease, describing the many different kinds of Hodgkin and non-Hodgkin lymphoma. Descriptions of the wide range of symptoms and the various treatment options available are provided. She gives readers the background necessary to understand and evaluate medical literature and to ask their physicians questions specific to their own needs.

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## Websites

### **Cancer.Net**

Non-Hodgkin Lymphoma: <http://www.cancer.net/patient/Cancer+Types/Lymphoma+-+Non-Hodgkin>

Hodgkin Lymphoma: <http://www.cancer.net/cancer-types/lymphoma-hodgkin>

This is the American Society of Clinical Oncology's website for patients with information about all types of cancer, supportive care, research, survivorship issues, coping and much more. The multimedia section includes videos and podcasts on relevant topics, and there are printable guides, fact sheets and other resources available as well.

### **Leukemia & Lymphoma Society of Canada** <http://www.llscanada.org/>

This is one of the largest organizations devoted to research, patient education and information about leukemia, lymphoma, myeloma and the related diseases. Financial and emotional support, a discussion forum, disease and treatment information, a call centre for live assistance and much more is offered by this highly respected organization.

### **Life Beyond Lymphoma** <http://lifebeyon.lymphoma.ca/>

From Lymphoma Canada, this is an interactive site, aimed at lymphoma patients who are in the off-treatment phase of their lymphoma journey. With a focus on survivorship, coping and supportive care topics, Life Beyond Lymphoma is a valuable tool for lymphoma survivors. Download the LBL Guide here:

<http://lifebeyon.lymphoma.ca/en/lbl-guide/>

### **Lymphoma Canada** <http://www.lymphoma.ca/>

This site offers information about the different types of lymphoma, including a comprehensive section for the newly diagnosed patient, tips for good communication with your healthcare team, a news and events section for upcoming information sessions and other patient education forums, webinars, and more.

### **Lymphoma Research Foundation** <https://www.lymphoma.org/>

The LRF site provides information about lymphoma, the signs and symptoms, as well as treatment options. Access to the LRF Helpline, information about clinical trials, webcasts, the LRF mobile app, and lymphoma support network are also available.

### **National Cancer Institute – Lymphoma** <http://www.cancer.gov/types/lymphoma>

The NCI has one of the most comprehensive sites on lymphoma, with regularly updated information on treatment, research, articles and much more for patients and their supporters. The NCI site also has excellent information resource for gaining information about supportive care, cancer journey.