

Pathfinder Series: Young Women with Breast Cancer

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

Books and Audiovisual

Fighting for Our Future: How Young Women Find Strength, Hope, and Courage While Taking Control of Breast Cancer / Beth Murphy

Call number: 7.4.8 2003

Since breast cancer does not afflict younger women as often as it does the middle-aged and elderly, physicians have also misdiagnosed them. Combining anecdotes from breast cancer patients who have undergone treatment with emerging scientific research, Murphy has compiled a clear and non-judgmental guide to negotiating treatment and living with the illness. Included are suggestions for the newly diagnosed on the questions to ask health care professionals, information on how to establish a support network, the pros and cons of reconstructive surgery, and details on handling breast cancer while pregnant.

I'm Too Young to Have Breast Cancer: Regain Control of Your Life / Beth Leibson-Hawkins

Call number: 7.4.7 2004

For women in their twenties and thirties, being diagnosed with breast cancer is a vastly different experience than for their older counterparts. The author has spoken with many younger women who shared their experience of breast cancer. They discuss how this disease affected their career goals, education, and shifting work/life priorities.

Never Too Young: Psychosocial Information and Support for Young Women With Breast Cancer / Canadian Breast Cancer Network.

Call number: 7.4.18 2010

A practical booklet for young women newly diagnosed with breast cancer, this publication offers information about mental health and emotional issues, family concerns, workplace situations, financial guidance, sexuality and much more. Many resources are included for further research and assistance.

This Should Not Be Happening: Young Adults With Cancer / Anne Katz

Call number: 6.4.0 2014

This is a straight-talking book from one of the best authors around. Based on current research, the author's own clinical expertise and interviews with over a dozen young adult cancer survivors, this book confronts the challenges of cancer head-on with frank, pragmatic advice and inspiration on issues unique to young adults dealing with life-changing illness.

Websites

FORCE: Facing Our Risk of Cancer Empowered

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

FORCE was founded on the principle that no one should have to face hereditary breast and ovarian cancer alone. They are dedicated to improving the lives of individuals and families affected by hereditary breast, ovarian, and related cancers.

Living Beyond Breast Cancer

<http://www.llbc.org/Audiences/Young-Women/>

LLBC's website community for young women acknowledges that your psychosocial and medical concerns are different than those of women over age 45, and they are dedicated to providing you with age-appropriate information and resources specific to your needs. You're able to read about the latest breast cancer news, updates on clinical trials, first person stories, etc.

PYNK: Young Women with Breast Cancer

<https://sunnybrook.ca/content/?page=pynk-young-women-breast-cancer-toronto>

Run by an interdisciplinary team of experienced health care professionals and a dynamic group of young breast cancer survivors, this program aims to address the special clinical, psychological, research and educational needs of younger women with breast cancer.

Rethink Breast Cancer

<http://rethinkbreastcancer.com/>

The goal of this charity is to bring bold, relevant awareness to the under-40 crowd. They look to foster a new generation of young and influential breast cancer supporters, infuse sass and style into the cause, and, most importantly, respond to the unique needs of young women going through it.

Susan G. Komen – Unique Issues for Young Women with Breast Cancer

<https://ww5.komen.org/BreastCancer/YoungWomenandBreastCancer.html>

An organization that addresses breast cancer on multiple fronts such as research, community health, global outreach and public policy initiatives in order to make the biggest impact against this disease. This section looks at breast cancer in young women, their unique challenges and much more.

Young Survival Coalition

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

YSC is an excellent resource, as it is an organization specifically focused on the needs of young women with breast cancer. Here you will find information on breast cancer itself, treatment, reconstructive surgery, how to ensure your best quality of life, and more. The site also acts as an online community that allows you to connect with other survivors who can relate to your experiences.