

Pathfinder Series: Life After Breast Cancer

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

Books & Audiovisual

After Breast Cancer: A Common Sense Guide to Life After Treatment / Hester Hill Schnipper.

Call number: 7.4.38 2006

Women quickly discover that their life when treatment ends is very different from what it was before their diagnosis. They discover that the old version of normal no longer applies. This is a guide through this difficult journey that covers a range of topics to help survivors navigate the possibilities and challenges of life after breast cancer.

Getting Back on Track: Life After Breast Cancer Treatment / Canadian Breast Cancer Foundation.

Call number: 7.4.2 2010

A helpful guide for women who have completed active breast cancer treatment, *Getting Back on Track* provides answers to many of the questions women may have as they try to adjust to life after breast cancer.

Living Well Beyond Breast Cancer: A Survivor's Guide For When Treatment Ends and the Rest of Your Life Begins / Marisa C. Weiss, Ellen Weiss. Call number: 7.4.13 2010

This book addresses many of the questions women who are post-treatment ask, and answers everything from how to deal with hair loss and weight gain to finding online support groups and understanding healthy foods and supplements.

Intimacy After Breast Cancer: Dealing With Your Body, Relationships and Sex / Gina M.

Maisano. Call number: 5.12.12 2010

Part one examines ways to deal with the emotional and physical scars in order to regain confidence and self-esteem. Part two deals with how to rediscover sexuality after breast cancer. Survivor stories also offer a wealth of personal perspectives.

Whole: Women Healing Ourselves With Loving Energy, 12 Principles for Rebuilding Life After Breast Cancer / Jacci Thompson-Dodd. Call number: 7.4.29 2007

This book offers practical, easy-to-follow guidance on finding and using your "loving energy" to overcome the obstacles breast cancer has scattered in your path. The author examines 12 key aspects of life that have been impacted by the travails of breast cancer including body image, relationships, family, sexuality, work, and finances.

Websites

Living Beyond Breast Cancer <http://www.lbbc.org/>

LBBC is a US-based site that aims to help women improve their quality of life and take an active role in their recovery. Through message boards, publications – both print and multimedia – a blog, educational programs, and a newsletter LBBC is an extremely comprehensive site for breast cancer survivors, dedicated to helping women move past cancer treatment and into healthy survivorship.

Dr. Susan Love Research Foundation – Breast Cancer Survivors

<http://www.dslrf.org/breastcancer/>

Long considered one of the most comprehensive books dealing with breast cancer, the Dr. Susan Love Foundation now has a website with a section dedicated to survivors. Topics include “Healthy Living” for information on concerns such as menopause, pregnancy and lymphedema; “Great Reads” which is an archive of articles, conference reports and more; “In the News” features top news articles and features on survivors, and much more. The site is updated frequently and the information is current and engaging.

Canadian Cancer Society – Life After Cancer <http://www.cancer.ca/> (search “life after cancer” in the search box at the top of the page)

The CCS is a great go-to site for survivors of any type of cancer. The information can help you understand your feelings post-treatment – including fears of recurrence – offer tips on heading back to work, and more. The Cancer Encyclopedia contains in-depth information on survivorship issues and a resource list provides links and places to go for even more information.

Johns Hopkins Medicine – Breast Cancer Survivorship Care

http://www.hopkinsmedicine.org/breast_center/treatments_services/survivor_care/

Johns Hopkins has provided a series of excellent articles and videos on topics relevant to breast cancer survivors including the role of integrative medicine in post-treatment care, nutrition and healthy eating, keys to sexual wellness, and many others.

National Coalition for Cancer Survival – Living Beyond Cancer

<http://www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/living-beyond-cancer/>

Cancer survivorship is a day-to-day, ongoing process that begins with diagnosis and continues through the rest of your life. Living Beyond Cancer discusses a number of important issues that are specific to life beyond the diagnosis and initial treatment of cancer. Surviving cancer is more complicated than simply being sick or well, having cancer or being cancer free. Instead, it is a continual process that is constantly changing. LBC from the NCCS is part of their excellent Cancer Survival Toolbox, which can be downloaded from this website, or from the iTunes store.