

Pathfinder Series: Breast Surgery

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

Books & Audiovisual

Breast Cancer Surgery and Reconstruction: What's Right for You? / Patricia Anstett and Kathleen Gilligan

Call number: 7.4.42 2016

Breast cancer surgery and reconstruction offer more choices than ever for women to treat breast cancer. But looking back, women who have been through it often say they wish they knew more. Blending powerful insights from survivors with mental, emotional, and health perspectives, the authors provide a powerful resource for women and their loved ones.

The Breast Reconstruction Guidebook / Kathy Steligo

Call number: 7.4.41 2012

This guidebook helps answer many questions patients may have when considering reconstruction. It will help you sort through the benefits and limitations of each reconstructive procedure, and decide which, if any, is right for you.

Breast Reconstruction / Cancer Support Community

Call number: 7.4.49 2011

This booklet offers guidance for women considering breast reconstruction. With commentary from breast cancer patients and advice from experts, this is a useful guide to the process. Included is a chart that outlines breast reconstruction options, benefits, risks and other considerations.

Classical stretch: breast cancer rehabilitation post-surgery / Miranda Esmonde-White

Call number: 5.14.7 2003 DVD

The author is a breast cancer survivor and an exercise specialist. She developed this program to help her regain the mobility of her arm post-surgery, as well as to return to her former level of fitness. She also shares the story of her breast cancer journey.

Now What? A Patient's Guide to Mastectomy / Amy Curran Baker, et al.

Call number: 7.4.62 2012

An Occupational Therapist who worked with many cancer survivors is diagnosed with breast cancer, and offers advice and instruction on dealing with the effects of healing and recovery after mastectomy.

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Websites

American Cancer Society – Surgery for Breast Cancer

<http://www.cancer.org/cancer/breastcancer/overviewguide/breast-cancer-overview-treating-surgery>

This is a nice overview of the different surgical procedures that breast cancer patients may undergo. Illustrations are included as is a list of questions to ask the healthcare team about surgery and recovery.

Breastcancer.org – Surgery

<http://www.breastcancer.org/treatment/surgery>

One of the best breast cancer information sites on the web, this section of breastcancer.org covers surgical procedures including lumpectomy, mastectomy, lymph node removal, reconstruction and more.

Breastcancer.org – Types of Breast Reconstruction

<http://www.breastcancer.org/treatment/surgery/reconstruction/types>

One of the best breast cancer information sites on the web, this section of breastcancer.org covers surgical procedures including lumpectomy, mastectomy, lymph node removal, reconstruction and more.

Canadian Collaboration on Breast Reconstruction

<http://breastreconstructioncanada.ca>

From the website: “The Canadian Collaboration on Breast Reconstruction is a patient information website on breast reconstruction developed with the help of Canadian physicians from coast to coast involved in your breast cancer care and reconstruction.” Find information on types of reconstruction procedures, locate a surgeon, and more.

My Personalized Breast Reconstruction Journey

<http://www.myreconstruction.ca/>

While this site was developed for women who are choosing reconstruction through Toronto’s University Health Network, there is also a lot of good general information about breast reconstruction options, what to expect post-surgery, a frequently asked questions section and a downloadable PDF booklet that can answer more reconstruction questions.

Susan G. Komen – Breast Reconstruction

<https://ww5.komen.org/BreastCancer/BreastReconstruction.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 explores various aspects of reconstruction such as benefits, different types of reconstruction/surgery and much more.